



# Castle Donington Surgery & Patient Participation Group Newsletter

WINTER 2022-23



**Merry Christmas!**

**Welcome to our Winter Newsletter.**

In this edition, there is information on:

- Strep A and what to look out for
- Important vaccine updates for you and your children
- Mask wearing update
- Community Pharmacy Consultation Service
- A new Befriending Service, and more.....

## **Surgery Closures**

### **Christmas**

- Mon 26th & Tues 27th December
- Mon 2nd January

Please contact NHS 111 or the pharmacy if the surgery is closed.

### **Protected learning time (PLTs)**

Surgery closed from 1pm

- Thurs 19th January
- Wed 15th Feb
- Thurs 23rd Mar.

## **Keeping Warm**

During this time of high energy costs & cold weather it is very important to keep warm. **The Castle Donington Warm Hub** are open for lots of activities to meet people, visit the library, keep warm and enjoy coffee and snacks. **Open Mon - Fri 9am till 3 pm**



On behalf of all the  
Doctors, Nurses and  
Staff at the Surgery, &  
The PPG we would like  
to wish you a very Merry  
Christmas and a Happy  
New Year.





## Flu Vaccinations – from the Nurses

As winter starts to really take hold, the nurses at the surgery want to remind everyone to get their flu vaccine.

During the winter in the Southern Hemisphere, they experienced a bad flu season with many in the healthy, under 65 year age group, becoming extremely unwell. That's why the Department for Health has changed the eligibility criteria to include the 50 – 64 year-olds.

PLEASE help the NHS by getting yourselves vaccinated.

All adults over the age of 50 and those 18 – 49 with underlying health problems are entitled to a FREE flu vaccine at the surgery. It's especially important this winter with extra viruses circulating that you get vaccinated – it's important to protect those around us and the NHS.

## Children's Flu

If your child is aged 2 / 3 ( born between 1st September 2018 and 31st August 2020) they are eligible for a nasal flu vaccine here at the surgery.

If your child has an underlying health condition such as Asthma they are also eligible for the nasal vaccine at the surgery.

All other children at school up to year 11 will have theirs at school. We are not able to accommodate them here.

It is important to help protect the vulnerable around us too.

Children are “super spreaders” of the flu virus and can pass it on for up to 4 weeks.

Thank you and we would like to wish everyone a very Merry Christmas

**Jane, Ruth, Di, Sarah, Amy and Lynne**



## Mask Wearing

We are seeing high numbers of respiratory infections this winter, including Covid, flu and flu-like illnesses. Our Clinical Staff continue to wear masks in order to protect themselves, reducing the risk of staff absences and to protect our vulnerable patients.

Please consider wearing a mask when you visit the surgery, especially if you have a respiratory infection, to limit the spread of these infections.



## Strep A, Scarlet Fever and Invasive Group A Strep

We know that many patients are worried about the current situation regarding Strep A.

The latest data from the UK Health Security Agency (UKHSA) continue to indicate that there is an out of season increase in scarlet fever and group A strep infections. Cases usually show steepest rises in the new year, but have increased sharply in recent weeks.

### What should I look out for?

The rash of scarlet fever often begins with small spots on the body that then spread to the neck, arms and legs over the next 1-2 days. It is often 'sand-paper' like to touch but is not itchy.

Your child may also have a:

- Sore throat/tonsillitis
- Fever (temperature of 38°C (100.4°F) or above)
- Painful, swollen glands in the neck
- A red tongue (strawberry tongue)

In very rare occasions, the bacteria causing scarlet fever, group A streptococcus (GAS) can get into the bloodstream and cause an illness called invasive group A strep (iGAS), which can be very serious, particularly in older, younger and more vulnerable groups. iGAS cases across all age groups are slightly higher than expected at this time of year.

However, iGAS remains uncommon.

Information from: <https://www.gov.uk/government/news/ukhsa-update-on-scarlet-fever-and-invasive-group-a-strep-1>

There are lots of viruses that cause sore throats, colds and coughs circulating. These should resolve without medical intervention. However, children can on occasion develop a bacterial infection on top of a virus and that can make them more unwell. As a parent, if you feel that your child seems seriously unwell, you should trust your own judgement.

There is some clear information on the NHS "What 0-18" website here:  
<https://www.what0-18.nhs.uk/parents/carers/worried-your-child-unwell/scarlet-fever>  
Including a clear "When should you Worry" symptom list



## Measles Vaccination Reminder

There is also currently a serious outbreak of Measles so please make sure that your children's vaccines are up to date

### Greener practice

As a practice we are taking steps to work more sustainably as we recognise the huge risk climate change is to our health.

We have signed up to the Green Impact for Health Toolkit, a guide produced by the Royal College of General Practitioners to help practices to reduce their environmental impact in view of the climate crisis.

For more information, please visit [www.greenerpractice.co.uk](http://www.greenerpractice.co.uk) or speak to one of our staff when you next contact the surgery.



## North West Leicestershire District Council Information

There is lots of information on local social events, groups and wellbeing events at the NWLDC website here: [https://www.nwleics.gov.uk/pages/whats\\_on](https://www.nwleics.gov.uk/pages/whats_on)

You can also find guidance, help and support for the cost of living here:

<https://www.nwleics.gov.uk/pages/costofliving>

### Befriending Service



In conjunction with the surgery, the PPG will be starting to run a trial to see if we can help those in the community who are not ill but ring the surgery often for human contact rather than illness. These patients are being identified as lonely & needing someone to talk to rather than medical help. The designated befriender can then set up a regular contact with the person and signpost the person to activities within the community, like the Volunteer Centre, coffee mornings, art groups, Friday Group and the many community activities held in the village at The Hub and the Churches. It is hoped that this will firstly help those who feel alone and also free up valuable doctors time by reducing the number of phone calls where medical help is not needed.

### Community Pharmacy Consultation Service (CPCS)



This is an NHS service where patients with minor illnesses are referred to a pharmacy for treatment /advice and therefore may be seen earlier than waiting for a GP appointment. (The receptionist takes the patient details and refers direct to the pharmacy.) Conditions referred include bites/stings, colds, thrush, coughs/colds, sickness/diarrhoea, constipation

## Patient Participation Group

This is a group of patients who want to help the surgery to work as well as it can for patients, doctors and staff. The NHS requires every practice to have a PPG. If you would like to become involved, then please contact us via the surgery telephone or website

[www.castledoningtonsurgery.co.uk](http://www.castledoningtonsurgery.co.uk)

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