



Stoptober 2024

Stopping smoking is one of the best things you will ever do for your health.

It's never too late to quit smoking. Whether you've attempted to quit before, been thinking about it for a while, or are only just considering stopping, we can help. There are lots of different support options and tools available, so you can find the right way to quit for you.

What happens when you quit?

Your body starts repairing the day you stop smoking and benefits build over time. Quitting not only improves your respiratory health but also your mental wellbeing. You should also see a healthy improvement to your bank balance!

Give it a go...

<https://www.nhs.uk/better-health/quit-smoking>

STOP TOBER **NHS**

Stop smoking for Stoptober and you're 5 times more likely to quit for good.

Search **Stoptober** for free support

Better Health Let's do this

Download the free NHS Quit Smoking app

Home Settings

Perfect Week
Congratulations you've earned a new badge!

Your Progress

DAY 14 of 28

£254 Saved 20 Days Best Streak

Week 2 Guide
The science behind the importance of the first 28 days

Play Cards

Home Diary Discover Progress

Press Settings

If you stay smoke free you would have saved **£128**

a pack of 20, you pay **£8**

Per cigarette, that's **£0.40**

For a pouch of tobacco

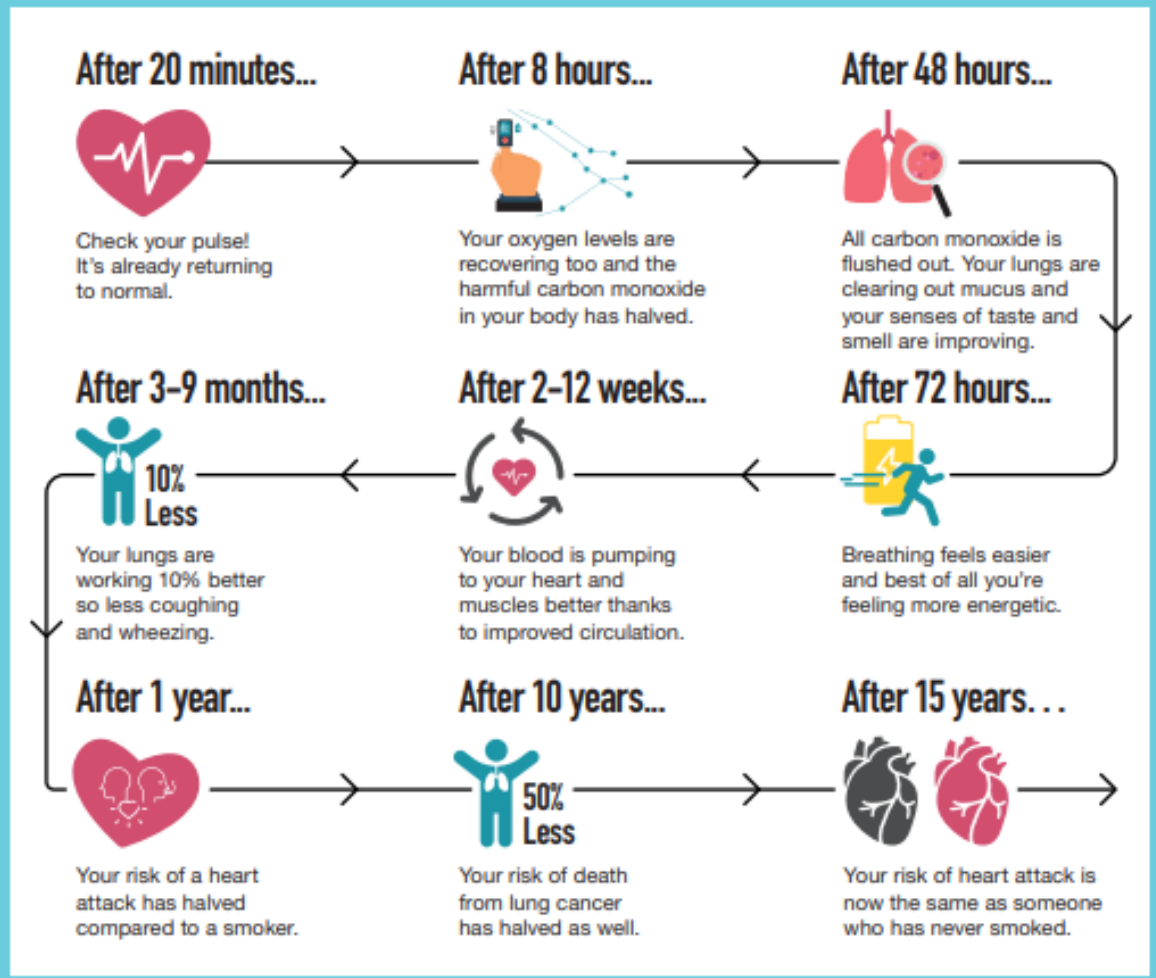
For 1g of tobacco

Home Diary Discover Progress



What happens when you quit smoking?

It's never too late to quit smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...



It's never too late to stop smoking. With the right support you're up to three times as likely to quit for good.

Search smoke free for free support and advice





Top tips to improve your mental wellbeing



There are little things we can all do to take care of our mental wellbeing.

Just like our physical health, it is important to look after our mental health. This can help us to learn new ways to cope with life's challenges and lead happier, healthier lives.

Simple changes can make a big difference – here are six areas that can help you look after your mental wellbeing:



1. Being aware of unhelpful thoughts

Learn to ask yourself whether your thoughts are helpful or not? Is there a different way to see the situation? What would you say to a friend?

2. Focus on now

Spend time focusing on the present instead of getting stuck on the past or worrying too much about the future. You could try relaxation techniques and mindfulness.

3. Getting enough rest

Make sure you have enough down time before bed and a good sleep routine with a regular bedtime and wake up time.

4. Connecting with others

Make time for socialising with friends and family or online communities where you are able to talk about the way you feel.

5. Living a healthy lifestyle

Eating well and getting enough exercise for your physical health can help to boost your mental wellbeing too.

6. Do something for yourself

Have some 'me time' by spending regular time on the things that make you happy, whether that's a hobby, trying something new or relaxing.



If you or someone you trust has a smart phone or computer and can access the internet, do visit www.nhs.uk/every-mind-matters/ for more tips and information on caring for your mental health, and find what works for you. You can also get access to the internet at most local libraries.



Dealing with Life's Challenges

We all go through difficult times, and it can be a healthy reaction to feel negative emotions when facing challenges.

There's no single "right way" to react, and some of us are more deeply affected by events than others. Everyone is different.

Our genes, life experiences, upbringing and environment all affect our mental health and influence how we think and respond to situations. It can also depend on how well other parts of our life are going or how supported we feel.

Being aware of these factors may make it easier to understand when we, or someone we care about, are struggling.

One of the best things we can do for our mental health and wellbeing is to be active – it's a natural mood booster.

Our bodies release feel-good hormones when we're active that can also reduce anxiety and stress and help us sleep better.

There are lots of free and affordable ideas to help boost your mental wellbeing. Find out more

<https://www.nhs.uk/every-mind-matters/>





Flu Vaccine

The flu vaccine helps protect against flu, which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu.

Who should have the flu vaccine?

The flu vaccine is recommended for people at higher risk of getting seriously ill from flu.

It's offered on the NHS every year in autumn or early winter.

You can get the free NHS flu vaccine if you:

- are aged 65 or over
- have certain long-term health conditions
- are pregnant
- live in a care home
- are the main carer for an older or disabled person, or receive a carer's allowance
- live with someone who has a weakened immune system

Frontline health and social care workers can also get a flu vaccine through their employer.

Whooping Cough Vaccination in Pregnancy

Whooping cough (pertussis) rates have **risen sharply** in recent years and babies who are too young to start their vaccinations are at greatest risk.

Young babies with whooping cough are often very unwell and most will be admitted to hospital because of their illness. When whooping cough is particularly severe, they can die.

Pregnant women can help **protect their babies by getting vaccinated** – ideally from 16 weeks up to 32 weeks pregnant. If for any reason you miss having the vaccine, you can still have it up until you go into labour.

For more information visit www.nhs.uk

Children's Flu Vaccine

The children's flu vaccine helps protect against flu. It's offered to children aged 2 to 3 years, school-aged children (Reception to Year 11) and children with certain long-term health conditions.

Most children will be able to have the vaccine as a nasal spray (up the nose), which is a quick and painless process.

Why your child should have the flu vaccine

Flu can be a very unpleasant illness in children causing fever, extreme tiredness, aching muscles and joints, stuffy nose, dry cough, and sore throat. Complications of flu include acute bronchitis, painful ear infections, and pneumonia. Some children may need to go to hospital for treatment, including intensive care.

Who will give your child their vaccination

Children aged 2 and 3 years old (age on 31 August before flu vaccinations start in the autumn) will be given the vaccination here at The Shrubberies.

School-aged children will mainly be offered the vaccination in school, with further opportunities to get vaccinated, potentially at NHS community clinics, for anyone who misses the session at school.

RSV vaccine

The RSV vaccine helps protect against respiratory syncytial virus (RSV), a common virus that can make babies and older adults seriously ill. It's recommended during pregnancy and for adults aged 75 to 79.

How to get the RSV vaccine

If you're pregnant

You should be offered the RSV vaccine around the time of your 28-week antenatal appointment. Getting vaccinated as soon as possible from 28 weeks will provide the best protection for your baby. But the vaccine can be given later if needed, including up until you go into labour.

If you're aged 75 to 79

We will contact you. Please wait to be contacted before booking your vaccination.



We value constructive feedback that helps to drive improved services, so don't hesitate to share your thoughts.

If your feedback relates:-

1) **THE SHRUBBERIES MEDICAL CENTRE MON – FRI 8.00 – 18.30** please ask for a feedback form at reception or go to our website

[Feedback - The Shrubberies Medical Centre](#)

2) **HEALTHBRIDGE DIRECT EVENING & WEEKEND CLINICS**

Go to their website [Contact – HealthBridge Direct](#)

Or phone **020 3981 3500**



We have an active Patient Participation Group which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested? Please contact **Michelle Greene 07941 077350**

Did not attend Appointment

Between **1 August and 30 September** we booked **5458** appointments.

126 patients did not attend (DNA)

Each missed GP appointment costs the NHS an average of **£30** per person (Source: [NHS](#)).

If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.

To cancel your appointment:

- ❖ phone us AT ANY TIME on 0208 530 4108 and select Option 1
- ❖ use your NHS account (through the NHS website or NHS App)

Who's who!

Dr Sharon Vu

MBBS (Lond. 2007), MRCGP (2012),
DRCOG, PGDip Clinical Dermatology
(Distinction)

Qualified from Royal Free and
University College Medical School in
2007 and completed GP training in
Watford and St Albans in 2012.
Also works as a private GP for BUPA.
Enjoys all aspects of general practice, in
particular Dermatology, Women's
Health, and Diabetes.

