

## Your Patient Participation Group (PPG)

The PPG is a group of registered patients who work with Millview Medical Centre to help improve services, communication, and patient experience.

PPGs give patients a direct voice in how the practice runs – sharing feedback, highlighting issues, suggesting improvements, and helping ensure information is clear and accessible.

They also help shape patient surveys, support health campaigns, and act as a link between the practice and the wider community.

## About Millview Medical Centre

Millview Medical Centre is a two-site practice (main site in Heckington with a branch site in Sleaford). Some services run at the main site due to space and staffing, but you can contact the practice through the same routes.

Tel: 01529 460213

Website:

www.millviewmedicalcentre.co.uk



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## MMR Matters as Measles Cases Rise

Measles cases are increasing, and because it spreads very easily – one case can infect **9 in 10 unvaccinated people** – now is the time to check your MMR protection.

### Why MMR

The MMR vaccine is the safest and most effective way to stop measles. Two doses give strong, long-lasting protection against measles, mumps and rubella (chickenpox). It is our best defence against outbreaks.

### Are You Up to Date?

You may need the MMR vaccine if:

- You have only had one dose
- You are unsure of your vaccination history
- Your child has missed routine immunisations

### Get Vaccinated

The MMR vaccine is free, safe and available. Speak to practice staff and get booked in. It only takes a moment to protect yourself and others.

### If You Think You Have Measles

- Symptoms can include:
- High fever
- Cough, runny nose, or red sore eyes
- Small white spots inside the mouth
- Blotchy rash that spreads across the body

**Please do not attend the practice without telephoning first.** This helps prevent spreading infection to other patients.

MMR is the most effective way for preventing measles outbreaks. If you are not sure if you are protected against measles, ask practice staff to check your patient record.



## Accessing Care: Help Us to Help You

The fastest way for many patients to get help is through the practice's online request system, AskMyGP. Your request is triaged to the right healthcare professional – which may be a GP, nurse, physio, or another member of the team.

### Top Tips to Make Access Easier

- Submit your online request in the morning, if possible
- Keep your phone nearby so the team can contact you easily
- Cancel any appointments you cannot attend – this helps free up space for others.

These simple actions can greatly improve availability across the practice.

### Easter Health Needs

Please order repeat prescriptions in good time – ideally 7 days before you run out. Pharmacies may have different opening hours over Easter.



## Breast Screening for Women Aged 70+ in Lincs

### Why breast screening matters for the over 70s

As we grow older, our risk of breast cancer increases – which is why staying breast-aware and attending screening when needed remains just as important after age 70.

The NHS Breast Screening Programme routinely invites women aged 50 to 70, but you can still request a free screening mammogram every 3 years once you are over 70.

Breast screening helps detect cancers early, when treatment is more likely to be successful.

Local and national reviews continue to show that breast screening picks up cancers at an earlier stage and saves lives.

National data continually shows improvements in breast cancers detected through the breast screening programme.

Breast screening continues to offer valuable early detection benefits.

#### How to Book

If you are aged over 70, you will no longer receive automatic invitations for breast screening appointments, but you are fully entitled to a mammogram.

To arrange a mammogram appointment, contact your local Breast Screening Service directly for an appointment – telephone: **01522 573999** (leave a message on the answerphone and a team member will call you back).

If you have mobility needs, concerns, or emotional barriers about breast screening, please speak to practice staff at Millview Medical Centre for help, advice and signposting.

#### Spring Wellness

As we move into spring, many common illnesses are still circulating, such as coughs, colds, and viral infections. Here are some simple steps to help keep you and your family well:

- Wash your hands regularly
- Let fresh air in by opening windows for short periods
- Stay home if you are unwell and avoid crowded indoor spaces
- Check your vaccinations including MMR and seasonal vaccines.

If you are unsure what symptoms require help, visit NHS111 online for quick advice ([111.nhs.uk](https://111.nhs.uk)).



## RSV Vaccination: New Protection for People Aged 80 & Over

From **1 April**, the NHS is expanding the **RSV (Respiratory Syncytial Virus) vaccination programme** to offer protection to all adults aged 80 and over.

RSV can cause:

- Severe lower-respiratory infection
- Breathing difficulties
- Hospitalisation
- Worsen long-term conditions such as COPD, or asthma.

RSV is not just a winter virus – it circulates all year round – which is why the new offer is a **year-round single-dose vaccination programme**.

Vaccination helps reduce the risk of severe disease, supports people to stay well for longer.

The RSV vaccine is free, quick and one of the most effective ways to stay well from serious respiratory illness.

By increasing protection, the programme aims to reduce serious illness and improve year-round resilience.

### How to Get the Vaccine

Millview Medical Centre can offer the RSV vaccine from 1 April.

If you are aged 80+, or you care for someone who is, contact the practice from 1 April to arrange an RSV vaccination appointment.

## Managing Hay Fever & Spring Allergies

As spring arrives, many people start to experience hay fever and seasonal allergies.

Symptoms like sneezing, itchy eyes, a runny nose and congestion can make daily life uncomfortable – but there are simple steps that can help.

### Practical Tips

- Keep windows closed
- Shower and change clothes after being outdoors
- Wear sunglasses
- Use petroleum jelly around the nostrils
- Clean surfaces and vacuum regularly.

**Antihistamines** can be very helpful when taken regularly during your allergy season, rather than only after symptoms start.

**Nasal sprays** can also help if you struggle with congestion or sinus pressure – but these take a few days to work, so early use is key.

## March: Ovarian Cancer Awareness Month

**Ovarian Cancer Awareness Month takes place every March. It aims to improve understanding of ovarian cancer, raising symptom awareness, and encouraging earlier diagnosis.**

Symptoms are usually persistent (happen more than 12 times per month). Common signs include:

- Bloating that does not come and go
- Feeling full quickly or loss of appetite
- Pelvic or abdominal pain or discomfort
- Needing to urinate more often or urgently
- Changes in bowel habits (constipation and/or diarrhoea).

Risk increases with:

- Age (most cases occur in women aged 50+)
- Family history of ovarian or breast cancer
- Being overweight
- Endometriosis or long-term hormone replacement therapy.

Most women with these risks do not develop ovarian cancer, but awareness helps earlier help-seeking. If you have any concerns, please speak to practice staff for help and guidance.



## Spring Vaccinations

Spring vaccination campaigns beginning in April include:

- **Spring COVID-19**

These are only available for:

- people aged 75 years and over
- older adult care home residents
- people aged 6 months and over with a suppressed immune system.

- **Catch-up MMR vaccination**

For children and young people who have missed their previous MMR vaccination offers in-school

- **HPV vaccinations**

for children aged from 12 years – these are provided in-school by the school vaccination service.

You will be notified if you or your child need any of these vaccinations and offered an appointment.

# Why Medicine Reviews Matter

Many people take regular medications, and over time it can be hard to know whether everything is still right for your health needs. A medicines review is a routine check-in offered by your GP practice or pharmacist to make sure your medicines are safe, effective and still working well for you.

A medicines review is a conversation – usually with your GP, pharmacist or practice nurse – where you look together at:

- What medicines you take and why
- Whether you are getting the right benefits
- Any side-effects you may be experiencing
- Whether doses or timings need adjusting
- Opportunities to simplify or reduce medicines where safe to do so.

It is your chance to ask questions, raise concerns, and make sure you fully understand what each medicine does.

## Who are Medicines Reviews for?

Anyone can request a medicines review, but they are very important if you:

- Take multiple medicines
- Have recently started a new medicine
- Have a long-term condition, eg diabetes, heart disease, asthma
- Have had a recent hospital stay
- Feel your medicines are not working as well as they used to.

## Why is a Medicines Review Helpful?

Medicine reviews can:

- Improve safety and reduce side-effects
- Ensure your medicines are up to date with the latest clinical advice
- Prevent interactions between different medicines
- Save you money and reduce waste
- Support your wellbeing and independence.

To arrange a medicines review, simply contact the practice and ask for a medicines review appointment or speak to your local pharmacy.