



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 act as a link between the practice and the wider community.

Millview Medical Centre is a two-site practice (main site in Heckington, with a branch in Sleaford). Some services run at the Heckington site only due to space and staffing.

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www.millviewmedicalcentre.co.uk

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Stay Strong, Get Vaccinated

Seasonal COVID-19, Influenza and RSV vaccinations

As we move into autumn and winter, respiratory viruses such as COVID-19, influenza (flu) and respiratory syncytial virus (RSV) become more common. Vaccination remains the best way to help protect yourself and those around you from serious illness.

The NHS vaccination programme is focused on protecting those most at risk from severe illness. Eligible groups include older adults, care home residents and people with weakened immune systems.

Respiratory viruses spread much more easily during colder months when people spend more time indoors.

While many people do recover quickly, respiratory infections can be much more serious for older and vulnerable people.

This year there is a strong focus on providing COVID-19 and flu vaccinations together wherever possible, making it easier and more convenient for eligible patients to receive protection in a single visit.

If you are invited for a vaccination, please take up the offer as soon as possible. Vaccination reduces the risk of hospital admission and helps protect vulnerable family members and friends.

Look out for invitations from the NHS or Millview Medical Centre and book your appointment at the earliest opportunity.

Being vaccinated early in the season helps ensure you are protected before infection levels begin to rise.

If you are unsure whether you qualify for these free vaccinations, speak to the Millview care coordinators.

Free Dementia Support from Nationwide

Nationwide Building Society provides free, specialist dementia support through Admiral Nurse clinics in over 200 branches, delivered in partnership with Dementia UK.

Key features:

- Free, confidential 45-minute appointments
- Open to anyone affected by dementia (no need to be a Nationwide customer)
- Support includes understanding diagnosis, managing symptoms, carer advice and navigating financial / legal issues.

To book:

- Online via Dementia UK's clinic booking page:
www.dementiauk.org
- Text: 'Appointment' to 07478 724000
- Email:
nationwide@dementiauk.org



Building Society



The NHS is encouraging all military veterans to identify themselves to their GP practice so that their veteran status can be recorded on their medical record.

This simple step can help healthcare professionals better understand veterans' experiences and ensure that they are made aware of specialist services and support available to all members of the Armed Forces community.

Many people do not realise they are a veteran. The term 'veteran' applies to anyone who has served at least one day in the UK Armed Forces.

Recording veteran status on an individual's healthcare record can help ensure they are directed towards the most appropriate services to suit their needs.

Veterans may also be eligible for additional support from organisations that work alongside the NHS and the wider Armed Forces community. This can include support with housing, employment, finances, other benefits and much more.

Tell us you have served

So if you have ever served in the Royal Navy, British Army, or Royal Air Force, as a regular or reservist at any point in your career, please speak to a Millview care coordinator. We can update your medical record and help ensure you are aware of the support, services and organisations available to local veterans.

Updating your record only takes a few moments and will ensure you can receive the support and recognition you deserve.

Have You Served in the Armed Forces?

Let practice staff know if you are a military veteran for additional help and support.

Lincolnshire Armed Forces Community

For serving personnel and their families.
Tel: 01205 510888

Op COURAGE Veteran's Mental Health & Wellbeing Service

NHS service for serving personnel, reservists, veterans and their families.
Tel: 0300 323 0139

Veterans' Gateway

First point of contact for veterans seeking advice and support on a wide range of issues.
Tel: 0808 802 1212

Royal British Legion

Provides support with welfare, financial advice, employment, recovery, rehabilitation and independent living.
Tel: 0808 802 8080
www.britishlegion.org.uk



Ketamine: What Parents Need to Know

Recent reports have highlighted growing concerns about ketamine use among young people.

While ketamine is a medicine used safely in healthcare settings, it is also sold illegally as a recreational drug and can cause serious harm to physical and mental health.

Many parents may not be aware of the signs that a young person is using ketamine.

Possible indicators can include:

- Changes in behaviour or mood
- Becoming secretive or withdrawn
- Unexplained tiredness, confusion or memory problems
- Poor attendance or declining performance at school or college
- Frequent complaints of stomach or bladder pain
- Urinating often, or pain when urinating.

One of the most serious risks associated with regular ketamine use is damage to the bladder and urinary tract. In some cases this damage can be permanent and may require significant medical treatment or surgery

Early help can make a significant difference. If you are worried about your child's substance use, please speak to a healthcare professional for advice and support.

Millview Text Services

Millview Medical Centre uses text messages to communicate with patients about appointments, test results, prescription reminders and important health information.

Using text messages helps the practice to contact patients quickly and efficiently, making sure you receive important information quickly.

Messages may include appointment reminders, invitations for vaccinations, health checks and routine reviews.

Please make sure the practice has your current mobile telephone number. If you have changed your number, let the practice know so your records can be updated.

If you are not getting this service and would like to, speak with practice staff.

Stoptober Support: Help is Available

People who stop smoking for 28 days or more are much more likely to quit smoking for good.

Stoptober offers free NHS support, practical tips and tools to help individuals to become smoke free.

Find free support, advice and tools to help giving up smoking this Stoptober at:
www.nhs.uk/better-health/quit-smoking/

Benefits of quitting:

- Improved breathing and circulation
- Reduced risk of heart disease, stroke and cancer
- More energy and improved wellbeing
- Better taste and smell
- Saving money.

Many people need several attempts before they quit for good. Every attempt to quit is a positive step towards better health.

Heckington Co-op

Pharmacy is no longer sending text messages to practice patients to notify them when their prescriptions are ready for collection.



Men's Health

Don't Ignore the Signs

Many common health conditions, including heart disease, diabetes and some cancers, can develop without obvious symptoms.

Taking a few simple health checks and seeking advice early can help identify problems before they become more serious.

Men should consider regular checks of blood pressure, cholesterol, weight and diabetes risk, particularly from middle age onwards.

Don't put off getting symptoms checked. Early diagnosis and treatment can make a real difference to your long-term health and wellbeing.

Back to School: Helping Children Stay Healthy

As children return to school after the summer holidays, it is common to see an increase in seasonal illnesses and infections.

Schools and nurseries provide opportunities for children to learn and socialise, but germs can also spread more easily when children are spending time together indoors.

Common childhood illnesses seen at this time of year include coughs, colds, sore throats, tummy bugs and childhood infections such as chicken pox. Most childhood illnesses are mild and can improve with rest, fluids and simple measures at home.

Parents can help reduce the spread of infection by encouraging regular handwashing, teaching children to cough and sneeze into, and keeping children at home if they are unwell with a fever.

The start of the school year is also a good time to check that your child is up to date with their routine vaccinations. Vaccines provide important protection against serious illnesses, including measles, mumps and rubella (MMR). Two doses of the MMR vaccine provide the best protection. If your child has missed one or both doses, it is never too late to catch up.

Check. Catch up. Stay protected.

Children are routinely offered vaccinations at different stages of their childhood, from infancy through to their teenage years. These vaccinations provide long-term protection against a range of potentially serious diseases. If you are unsure whether your child has received all their vaccinations, please contact the care coordinators at Millview Medical Centre; they can check your child's vaccination record and arrange any catch-up vaccinations that may be needed.

It is important to seek medical advice if your child is struggling to breathe, becoming unusually drowsy, is not drinking enough fluids, has signs of dehydration, (e.g. a dry mouth, fewer wet nappies or not passing urine as often), develops a persistent high temperature, or if their condition is getting worse rather than improving.

Parents and carers know their children best. Trust your instincts and seek advice if something does not seem right, particularly in babies and young children who can become unwell more quickly. Help and advice are available from the practice nurse, NHS 111, community pharmacies or urgent care services, depending on your child's symptoms.

In an emergency, such as severe breathing difficulties, unresponsiveness or a seizure, call 999 immediately.