Winter 2026

Millview Medical Centre
Patient Participation Group
Newsletter

Patient Health Update

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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.

Tel: 01529 460213
www.millviewmedicalcentre.co.uk

Stay Well This Winter

Protect yourself with a seasonal vaccination

As the colder months arrive, now is the time to make sure you are protected against winter illnesses.

Flu vaccination

Flu can be much more serious than a heavy cold, particularly for older people and those with certain long-term health conditions. This winter, free NHS flu vaccination is available to eligible groups including people aged 65 and over, pregnant women, people with certain long-term health conditions, carers and most children.

Children aged 2 or 3 on 31 August 2026, children aged 4 who have not yet started school, and school-aged children from Reception to Year 11 are also recommended to receive a flu vaccine.

COVID-19 vaccination

The winter COVID-19 vaccination is more targeted. It is available to people aged 75 years and over, residents of older adult care homes, and peopled aged six months to 74 years who have a weakened immune system because of a health condition or treatment.

If you are eligible, you do not need to wait for an invitation before booking.

Don't be put off

Getting vaccinated reduces the risk of developing severe symptoms.

All children attending school will receive their flu vaccination in school.

If you are unsure whether you are eligible, please speak to practice staff, your pharmacist, or your healthcare team.

Prescription planning

Christmas and New Year can be a busy time, so it is worth checking your regular medicines before the festive period begins.

If you take repeat medication, please check that you have enough to cover the festive period.

You can order repeat prescriptions using your usual method, including the NHS App.

Simple reminders

- Check how much medication you already have before ordering
- Request only the medicines you need
- Allow enough time for your prescription to be processed and dispensed.
- Check your usual pharmacy's festive opening times
- Don't leave an essential prescription request until the last working day before a Bank Holiday.

Planning ahead helps ensure you have the medication you need while avoiding stockpiling.

PROSTATE CANCER UK **Check your risk in 30 seconds**

Are You at Risk of Prostate Cancer

Prostate cancer is the most common cancer in men.

There is something important that many people do not realise: ***most men with early prostate cancer do not have symptoms.*** That is why understanding your individual risk matters. Prostate Cancer UK provides a quick online tool to help.

Who is at greater risk?

Three of the main risk factors are:

1. **Age:** prostate cancer mainly affects men aged 50 and over
2. **Family history:** particularly if prostate cancer has affected your family
3. **Ethnicity:** Black men have an increased risk of prostate cancer

Take 30 seconds to check your risk
Visit the Prostate Cancer UK website and answer four quick questions to check your risk: www.prostatecanceruk.org

What should I do if I'm worried?

If you have risk factors or symptoms that concern you, speak to your GP.

Your GP can discuss your individual risk and the tests that may be appropriate, including the benefits and limitations of PSA testing.

PROSTATE CANCER UK

The important message is simple:

- **Know your risk.**
- **Don't wait for symptoms.**
- **If you are concerned, talk to us.**

Speak to Prostate Cancer UK specialist Nurses, telephone: **0800 074 8383**

Check your risk in 30 seconds:

Feeling unwell? Know where to get help.

Winter illnesses can make existing health problems worse. If you start to feel unwell, don't wait until a problem becomes more serious before asking for advice.

Community pharmacy can offer advice and treatment for a range of minor illnesses and will tell you if you need further medical help

Your GP practice for advice or assessment.

Call NHS 111 if you have an urgent medical problem and you are not sure what to do

999 / A&E for a life-threatening emergency, call 999 or go to A&E.

Getting advice early can help you get the right support sooner.



Cold weather can affect our health, particularly as we get older or if we are living with a long-term health condition.

A few simple steps can help you stay well during the colder months.

Be prepared for colder weather

- Keep your home comfortably warm and wear several layers of clothing when it is cold
- Have regular hot drinks and meals.
- Keep active where you can, even if bad weather means spending more time indoors.
- Make sure you have enough of your regular medicines, particularly before Christmas and New Year.
- Take extra care when paths and pavements are icy
- If you start to feel unwell, don't wait until things become more serious before asking for advice.

Look out for others too

Winter can be particularly difficult for people who live alone or find it harder to get out.

Reaching out by making a quick telephone call or popping round to see them, can make a real difference. So, if you have an older or vulnerable neighbour or relative, check that they are keeping warm, have enough food, the right medicines to hand, and are feeling well.

Lung Cancer Awareness Month: Know the Signs

November is Lung Cancer Awareness Month, an opportunity to raise awareness of the possible signs and symptoms of lung cancer and encourage people to seek advice if something does not feel right.

Lung cancer does not always cause symptoms in its early stages, and may symptoms can also be caused by other, much less serious conditions. However, it is important to get persistent or unexplained symptoms checked.

Possible symptoms

- A cough that isn't going away
- Shortness of breath
- Coughing up blood
- Repeated chest infections
- Persistent chest pains

Having any of these symptoms does not mean you have lung cancer.

Know the signs. Listen to your body. If your symptoms are not improving, speak to your GP.

Norovirus: Help Stop the Spread

Norovirus, sometimes called the winter vomiting bug, is particularly common during the colder months.

Norovirus can cause vomiting and diarrhoea and usually comes on quite suddenly. For most people it can be managed at home, with rest and plenty of fluids.

Help Protect Others

Norovirus spreads very easily. If you are unwell:

- Stay at home
- Drink plenty of fluids to keep hydrated
- Wash your hands regularly with soap and water
- Avoid preparing food for other people while you are unwell
- Avoid visiting vulnerable people until you a have recovered.

If you are worried about your symptoms, are struggling to keep fluids down or are concerned about a young child, older person, or someone with an existing health condition, please get medical advice.

Christmas & New Year at Millview Medical Centre

Please remember that normal opening arrangements will change over the Christmas and New Year bank holidays.

Christmas opening and closure details:

Thursday 24 December 2026 – OPEN as normal

Friday 25th December 2026 – Closed

Saturday 26th December 2026 – Closed

Sunday 27th December 2026 – Closed

Monday 28th December 2026 – Closed

Tuesday 29th & Wednesday 30th December 2026 – OPEN as normal

New Year opening and closure details

Thursday 31st December 2026 – OPEN as normal

Friday 1st January 2027 – Closed

Saturday 2nd January 2027 – Closed

Sunday 3rd January 2027 – Closed

Monday 4th January 2027 – OPEN as normal

If the practice is closed and you need urgent medical advice that cannot wait until the practice reopens, use NHS 111 online or telephone 111.

For a life-threatening emergency, call 999 or go to A&E.

Please also check your local pharmacy's Christmas and New Year opening arrangements before travelling.

Three things to do before the Christmas and New Year

1. Check your medicines and put in any necessary prescription requests in plenty of time to see you through the festive period
2. Know when the practice and pharmacy are open
3. Know where to go if you need medical help.

VITAMIN D

Vitamin D: Extra Help During Winter

During the autumn and winter, the UK sunlight is not strong enough for our bodies to make enough vitamin D.

Vitamin D is important for keeping our bones, teeth and muscles healthy.

The NHS advises that everyone should consider taking a daily supplement containing 10 micrograms of vitamin D during autumn and winter.

Some people are advised to take vitamin D throughout the year.

Vitamin D is found naturally in some foods, including oily fish, egg yolks and red meat, and is added to some fortified foods such as certain breakfast cereals and fat spreads.

Consider adding a daily 10 mg of vitamin D to your winter routine.

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