

VMC PRACTICE UPDATE

STAFF

Dr Fiona Alexander is currently on sabbatical.

Dr William Ratliff is relocating to Newcastle and will sadly be leaving the practice.

SATURDAY MORNING CLOSING

As was forecast in the Autumn Newsletter, with the withdrawal of funding for extended hours services, VMC has unfortunately had to end its Tuesday evening and Saturday morning clinics, but is staying open until 8.00 pm on Thursday. The CliniChem pharmacy is also closed on Saturday morning.

VACCINATIONS



In 1721, 300 years ago, Lady Mary Wortley Montague, poet and pioneer, brought inoculation to Europe by asking that her two daughters be inoculated against deadly smallpox, a practice she had observed in Turkey. Seventy-five years later in 1796, Dr Edward Jenner created the world's first successful vaccine when he discovered that people infected with harmless cowpox were immune to smallpox. Since then, vaccines against dreaded outbreaks of cholera, diphtheria, influenza, polio, measles, mumps, pneumonia and many other serious illnesses have saved more human lives than any other medical invention in history.

It is not too late to boost your immunity against seasonal flu and Covid-19. Flu vaccinations for the over-65s will continue at VMC until the end of February. There is a walk-in vaccination service at 82 Vincent Square and at some local pharmacies including Portmans Pharmacy in Tachbrook Street (for Covid boosters and seasonal flu high-risk groups), the Warwick Pharmacy in Warwick Way (seasonal flu and high-risk groups), and at the Victoria Pharmacy in Page Street, subject to the availability of stocks.

If you are a patient and have a query about vaccinations, please contact VMC's Lead Practice Nurse Nancy Alvares either by email at nancy.alvares@nhs.net or by leaving a message for her at reception.

PHYSIOTHERAPY SERVICES

Healthshare, the South Westminster provider, is running a First Contact Physiotherapy Service out of VMC's Lees Place practice in addition to 82 Vincent Square. It is intended that later this year VMC will become the location of the First Contact Physiotherapy Service for South Westminster.

MENOPAUSE CAFÉ

Dr Susan Rankine is planning to hold another Menopause Café event on a Thursday evening to encourage working women (and men) to attend. All women patients aged between 40 and 55 years old will be individually texted with the date and time.

PATIENT PARTICIPATION GROUP ACTIVITIES

EXCLUSION

Concern about the increasing problem of society excluding people who cannot use the internet for whatever reason prompts the PPG to ask you to let the practice know if you would prefer to be contacted by other means. Or, if you personally know a patient who has a problem would you please give reception their contact details. Thank you.

NEXT PATIENT GROUP EVENT – DISCOVER MORE ABOUT YOUR LOCAL SERVICES

On Thursday 23 March the PPG will be holding an event at VMC telling patients how to access a whole range of local services. Come along at 6.00 pm and learn how to get the best from the NHS. A panel of speakers will include a local Pharmacist, a First Contact Physiotherapist, an Advance Nurse Practitioner and a representative from the NHS Emergency Services. More information to follow.

NHS vaccinations and when to have them

It's important that vaccines are given on time for the best protection, but if you or your child missed a vaccine, contact your GP to catch up.

NHS vaccination schedule

Babies under 1 year old

A table showing when vaccines are offered to babies under 1 year old

Age	Vaccines
8 weeks	6-in-1 vaccine Rotavirus vaccine MenB
12 weeks	6-in-1 vaccine (2nd dose) Pneumococcal (PCV) vaccine Rotavirus vaccine (2nd dose)
16 weeks	6-in-1 vaccine (3rd dose) MenB (2nd dose)

Children aged 1 to 15

A table showing when vaccines are offered to children aged 1 to 15

Age	Vaccines
1 year	Hib/MenC (1st dose) MMR (1st dose) Pneumococcal (PCV) vaccine (2nd dose) MenB (3rd dose)
2 to 10 years	Flu vaccine (every year)
3 years and 4 months	MMR (2nd dose) 4-in-1 pre-school booster
12 to 13 years	HPV vaccine

A table showing when vaccines are offered to children aged 1 to 15

Age	Vaccines
14 years	3-in-1 teenage booster MenACWY

Adults

A table showing when adults are offered vaccines

Age	Vaccines
50 years (and every year after)	Flu vaccine
65 years	Pneumococcal (PPV) vaccine
70 years	Shingles vaccine

Pregnant women

A table showing when pregnant women are offered vaccines

When it's offered	Vaccines
During flu season	Flu vaccine
From 16 weeks pregnant	Whooping cough (pertussis) vaccine

Coronavirus (COVID-19) vaccination

Age or at risk group	Vaccines
Everyone aged 5 and over (who turned 5 on or before 31 August 2022)	COVID-19 vaccine (1st and 2nd dose)
Everyone aged 5 and over who is at high risk from COVID-19 due to a health condition, or because they have (or live with someone who has) a weakened immune system	COVID-19 vaccine (1st and 2nd dose)

Age or at risk group

Vaccines

Everyone over 16 years, and people aged 12 to 15 at high risk from COVID-19 or who live with someone with a weakened immune system

[COVID-19 vaccine \(booster dose\)](#)

People who had a severely weakened immune system when they had their first 2 doses

[COVID-19 vaccine \(additional primary dose\)](#)

Certain people, including those aged 50 years or over, those at high risk from COVID-19 or who are pregnant, and frontline health and social care workers

[COVID-19 vaccine \(seasonal booster dose\)](#)

Extra vaccines for at-risk people

Some vaccines are only available on the NHS for groups of people who need extra protection.

[See vaccines for at-risk babies and children](#)

[See vaccines for people with underlying health conditions](#)

Important

If you're starting college or university you should make sure you've already had:

- the [MenACWY vaccine](#) – which protects against serious infections like meningitis. You can still ask your GP for this vaccine until your 25th birthday.
- 2 doses of the [MMR vaccine](#) – as there are outbreaks of mumps and measles at universities. If you have not previously had 2 doses of MMR you can still ask your GP for the vaccine.

Non-urgent advice: Speak to your GP surgery if:

- you think you or your child have missed any vaccinations
 - you or your child have a vaccination appointment – but you've missed it or cannot attend
- They can book or rearrange the next available appointment.

It's best to have vaccines on time, but you can still catch up on most vaccines if you miss them.

**IF YOU ARE NOT ON THE PPG MAILING LIST
please leave your contact details at reception and we will add you to the list.**