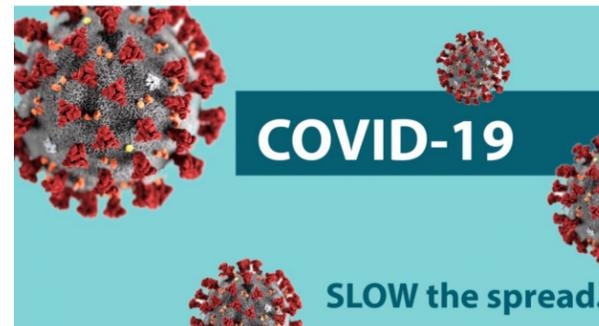




Covid-19 Autumn Booster Campaign

This winter it is expected that many respiratory infections, including COVID-19 and flu may be circulating at high levels therefore the NHS will be offering Covid-19 Autumn boosters between September and December to the following patients:

- those in care homes
- those aged 5 years and over in clinical risk groups
- front-line health and social care staff
- those who care for vulnerable individuals
- families of individuals with weakened immune systems
- people aged 50 years and over



The Whitby Coast and Moors Practices will be involved with the roll out of vaccine starting in mid-September. However, local Practices may have a limited supply of vaccines and therefore will work through patients in priority groups first. **Please** don't call us about the vaccine as we will contact you via a text message and/or a phone call when we reach your cohort and have received vaccines.

For all those eligible we will offer a flu vaccine alongside the covid vaccine.

You may also receive an national invite before you receive one from your Practice. This will allow you to book at any available national site but this does not include the local Practices. Please don't call us about this as we will have to refer you back to the National Booking Service (NBS). Please be patient if you wish to have the vaccine at your Practice, otherwise please book at a National centre.

Further information can be found online at: <https://www.gov.uk/government/publications/covid-19-vaccination-autumn-booster-resources/a-guide-to-the-covid-19-autumn-booster>



Monthly Newsletter

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Updates from SSMP

Friends and Family Test Results July 2022

The Friends and Family Test (FFT) is an important feedback tool that supports the fundamental principle that people who use NHS services should have the opportunity to provide feedback on their experience. Listening to the views of patients and staff helps identify what is working well, what can be improved and how.

SSMP's Results for July

76 patients responded of which 100% stated they would recommend the practice to friends and family. Some of the comments include:

"On time, polite, efficient, no fault at all, excellent"

"Efficient service with an excellent manner that explained treatment/ prognosis. A delight to attend the appointment that put one at ease & explained procedures involved. Well done Sleights!"

"My appointment was with the nurse she is always very professional but she asked the doctor to have a look at me as she was unsure and he came in-between patients. The surgery is excellent and very caring."

Appointments

In the last 4 weeks 19/07/2022—19/08/2022 SSMP has serviced a total of **3303** appointments. **1207** of those appointments were provided as same day appointments.



How Have We Responded?

We continue to work hard in providing a safe and caring service. We are continuing to monitor the local covid rates and adapt our approach to face mask wearing and access to the surgery accordingly. Thank you to all our patients who have supported us with this.

Find out more regarding our services and what you can do online at: [Sleights and Sandsend Medical Practice, part of Whitby Coast and Moors Primary Care Network – Medical services practice for residents of Whitby, North Yorkshire, Sleights and includes a branch surgery at Sandsend](#)

Updates from SSMP Cont..

Hospital Appointments

If you have been referred for treatment, the hospital triage service will contact you directly with information regarding the date and time of your appointment.

The practice does not receive a copy of your appointment letter or have any influence over the speed at which an appointment is offered. If you have a query concerning the appointment, please contact the hospital directly, as they are best placed to answer any questions, for example if you wish to progress a date or change the date you have been given.

Parking at Sandsend Surgery

If you are attending Sandsend Surgery please ask for a parking permit to enable you to park in the area behind the public loos. We will do our best to monitor and discourage none surgery persons from parking in the area. Unfortunately we do not currently have the power to enforce this.

Inhaler Recycling

When you need to dispose of your old inhaler please remove the canister and place it in the inhaler box in the waiting room at the surgery. We will then ensure this is disposed of correctly. You should then put the plastic element of the inhaler into your recycle bin.

Change of E-mail Address

The Clinical Commissioning Groups - clinically-led statutory NHS bodies responsible for the planning and commissioning of health care services for the local area - have now been replaced with Integrated Care boards (from July 1st 2022) and as such we have a new administration email :

hnyicb-ny.sandsmp-admin@nhs.net.

In the meantime the old email will still reach us but will be gradually phased out.

For those of you interested and perhaps to make it easier to remember the letters mean Humber and North Yorkshire Integrated Care board-North Yorkshire. Sleights and Sandsend Medical Practice- admin...

Did you know there is a **rise in asthma attacks in September** when children go back to school?

In the UK a child is admitted to hospital every 20 minutes because of an asthma attack. However, the number of children needing emergency treatment doubles in September compared to August. This is called the "September surge"



Top Tips to avoid the September Surge

- Keep a regular **routine** with **preventer** inhalers during the summer months
- Know your **asthma action plan** – make sure you know what to do in an emergency
- Manage your **triggers** – it is important to know what makes your asthma worse
- Make sure your new **schoolteachers** know you have asthma
- If you need to use your reliever inhaler more often (or you are using it more than **TWICE** a week) book an **asthma review**

VASCULAR DISEASE AWARENESS MONTH

National Vascular Disease Awareness Month is observed in September. The purpose of this event is to raise awareness about vascular diseases across the U.K. and provide support for those living with the condition. Vascular diseases are conditions that affect the blood vessels. They are common and can be serious. Some types include aneurysms and atherosclerosis, blood clots, and strokes. Some vascular diseases can be prevented and others treated when diagnosed early, this further emphasizes the importance of National Vascular Disease Awareness Month, which features sensitization and fundraising events for the research and treatment.

What is A Vascular Disease?

A vascular disease is any abnormal condition of the blood vessels (arteries and veins). The body uses blood vessels to circulate blood through itself. Vascular diseases outside the heart can "present" themselves anywhere. The most common vascular diseases are stroke, peripheral artery disease (PAD), abdominal aortic aneurysm, carotid artery disease, arteriovenous malformation, blood clots and deep vein thrombosis.

Covid and Vascular Disease

With the current global pandemic, vascular disease is something that everyone needs to be more aware of, mainly due to the fact that intravascular clotting, a disorder in which the proteins that control blood clotting become overactive, is a major complication of COVID-19 and presages a bad outcome.

“

Approximately 90% of patients with PAD have a history of smoking, smoking even half a pack of cigarettes a day may increase your risk of having PAD by up to 50%.

”

Smoking and Peripheral Artery disease

By quitting smoking, PAD patients can increase their chances of long-term survival, more benefits including reducing the risk of developing a heart disease, having a stroke and lowering the risk of atherosclerosis, blood clots and PAD. A great way to take action and prevent Vascular Disease is to quit smoking with Yorkshire Smokefree and take the first step to begin your full-stop journey.

There are great resources online to aid in stopping smoking, Quit online - <https://yorkshiresmokefree.nhs.uk/pages/quit-online> Our online quit tool will allow you to create your own personal profile and will support you on a daily basis through your quit journey.

Five Important Factors about Vascular Disease

- 1) **Smoking causes vascular diseases**
Smoking affects the health of your blood vessels and increases the risk.
- 2) **Diabetes increases the risk of vascular diseases**
Excess blood glucose (sugar) caused by diabetes can damage your blood vessels.
- 3) **Vascular diseases are surprisingly common**
One type of vascular disease, PAD, affects about 8.5 million people in the USA alone.
- 4) **Obese people are affected more**
Studies show that people with obesity are at increased risk of atherosclerosis of the coronary arteries, which is a vascular disease.
- 5) **Most vascular diseases affect older adults**
Age is one of the risk factors for developing a vascular disease because it usually affects those aged over 50.