



Welcome

We share a monthly patient newsletter to keep you up to date with what is happening here at Tower House, and to raise awareness of health and wellbeing issues.

Please send any feedback or things you would like to see to:
administration.ths@nhs.net

To stop receiving texts about the newsletter, simply reply 'opt out'. Note that this will prevent all future texts about appointment reminders and vaccination messages too because our system can't separate different message types for opt-out.



Have you booked your flu vaccine yet?

Clinics will be held on –

Oct 5th (Over 65 only)

Oct 12th (Under 65 only)

We will also have a stock of Covid vaccine available. All patients aged over 65 are eligible. If you are under 65, you will be notified if you are entitled to the vaccine this time.

Eligible groups this year

The NHS recommends flu vaccination for several groups:

- Everyone aged 65 years and over
- Individuals under 65 with certain medical conditions, including children and babies over 6 months of age
- All pregnant women
- All children aged 2 and 3 years (provided they were aged 2 or 3 on 31 August 2024)
- All primary school children
- Some secondary school children (Years 7 to 11)
- Care home residents
- Carers
- Those living with people who are immunocompromised
- Frontline health and social care workers

Team Spotlight

We have a diverse and multiskilled team of over 30 clinical and non-clinical members that care for our 10.000 patients and ensure the smooth running of your surgery.

This month our team spotlight is on Saira.



Saira is an experienced Clinical Pharmacist who has joined our multi-skilled team. She will be part of our Pharmacist team ensuring that medication is monitored correctly.

Welcome to the team Saira.



September is Childhood Cancer Awareness Month.

While childhood cancer is rare, it's crucial to know the signs and when to consult your GP. Support is available through the Macmillan support line at 0808 808 00 00.

See your GP if your child:

- Is always tired or lethargic
- Has frequent infections or flu-like symptoms that don't go away
- Has an unexplained lump or firmness, especially in the abdomen, neck, chest, pelvis, or armpits
- Is losing weight for no reason
- Has unexplained aches and pains that don't go away, especially in the bones, joints, back or legs



You may have noticed that our patient toilet has been out of order for some time. This was due to a plumbing issue. Having had the situation investigated we now know that we have a significant leak affecting our floor. As the sink in the Baby Change is linked to the same plumbing, we have had to block this off also. Now that the issues have been identified we will be aiming to get them rectified as soon as possible.

Pharmacy treatments

The seven types of case that can be seen by pharmacies in the NHS Pharmacy First service



Clinical pathway	Age range
Acute otitis media*	1 - 17 years
Impetigo	1 year+
Infected insect bites	1 year+
Shingles	18 years+
Sinusitis	12 years+
Sore throat	5 years+
Urinary tract infections**	Women 16 - 64 years

*Also known as ear infection

**Uncomplicated cases only

RSV Vaccinations (Respiratory Syncytial Virus)



There is a new vaccination advised for adults aged between 75 and 80 years that we will be offering starting in September.

Unfortunately, we can't give this vaccination at the same time as a flu vaccination so we will need eligible patients to book a separate appointment – ideally with the vaccines 1 week apart.

We will be contacting those aged 79-80 in early September. Those aged 75-79 will be contacted after the Flu clinics have been completed.