

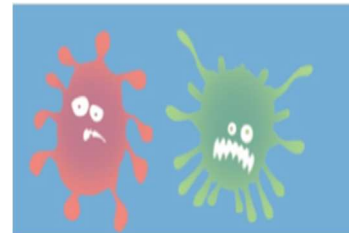
Welcome to our Autumn/Winter edition of the Bennfield Surgery Patient Newsletter.

## Flu & Covid Vaccinations

Bennfield Surgery will be running the flu and covid vaccination programme this autumn and winter for eligible patients.

If you are eligible, you will be invited to book an appointment for your seasonal vaccines.

**Please do not book an appointment until you receive your invitation.**



We will not be doing lunchtime drop in sessions, this is to reduce the risk of opportunistic infections.

We will have 2 Saturday clinics with the nursing team in October in order to facilitate appointments for those that will struggle with week day appointments.

We will also have vaccination sessions every day with one of the practice nurses, throughout October.

Flu and Covid vaccinations - pre book appointments for eligible patients

Saturday 12th October

Saturday 26th October

Daily nurse appointments Mon– Fri through October

The nursing team will be doing home visits for eligible housebound patients and will be vaccinating patients that reside in our local care homes.

This is a busy season for our nurses here at Bennfield, and we thank them for their hard work.

## RSV Vaccine

The RSV vaccine helps protect against respiratory syncytial virus (RSV).

RSV is a common cause of coughs and colds. Most people get it several times during their life. It usually gets better by itself, but in some people (especially babies and older adults) it can cause illness such as:

- Pneumonia ( a lung infection)
- Bronchiolitis (a chest infection that affects babies)

These illnesses can cause serious breathing problems which may need to be treated in hospital and can be life-threatening.

RSV vaccine is recommended if:

- You're pregnant—the vaccine is recommended during every pregnancy from 28 weeks onwards
- You're 75 to 79 years old.

Bennfield Surgery have started vaccinating pregnant women for RSV and will start vaccinating eligible adults at a later date . **We will send invites for this. Please do not call before you have been invited.**

## **A message from our Patient Participation Group (PPG) Chairman, Mr Martin Saxby...**

“The PPG (Patient Participation Group) is made up of patients at Bennfield surgery and is an opportunity for patients to discuss directly with the Practice the concerns of patients, and for the doctors to keep us informed about current issue affecting the practice. We always welcome expressions of interest from anyone who would like to join the PPG - please contact reception to pass on your details to me if you are interested.

One of the biggest factors facing the NHS nationally is about the challenges of patients being able to see their GP - whenever I see a GP on the TV there is usually some quip about it being nice to be in the same room as a GP, or something similar. Whilst this is clearly a national issue we are pleased that at Bennfield there has been good progress on the whole matter of access to our doctors.

Another concern we have had has been about the unaccountability of the ICB (The Integrated Care Board), that has overall responsibility for the provision of health care in Rugby. We are trying to work with other practices and PPGs in Rugby to improve this state of affairs and to create a forum in which the ICB can hear the voice of patients in Rugby.

This newsletter contains lots of information about our practice, much of which has been discussed in our meetings. If there are issues you would like us to address, please feel free to contact me via reception.

Martin Saxby  
Chairman”



### **Welcome to Nurse Charlie!**

We would like to welcome Nurse Charlie to the practice.

Charlie qualified in 2018. Since this time, she has worked in acute hospital settings, mainly in Gastroenterology.

Charlie also works part time in secure services and has a special interest in diabetic management.

## NHS Diabetes Prevention Programme

Whilst type 1 diabetes cannot be prevented, type 2 is largely preventable through lifestyle changes.



The NHS Diabetes Prevention Programme, also known as the Healthier You programme, refers people who are at risk of developing type 2 diabetes to a 9 month lifestyle programme. This programme is available both face-to-face or as a digital service. You will receive support in managing your weight, eating healthy and be more physically active.

If you have been advised that you are 'pre-diabetic' and would like to be referred to the Healthier You programme, please contact the surgery.

## NHS Type 2 Diabetes Path to Remission Programme

This programme is a joint initiative between NHS England and Diabetes UK.

The programme provides a low-calorie, total diet replacement treatment for people who are living with type 2 diabetes and obesity or overweight.

The 12 week diet plan includes replacement products including shakes and soups, which will replace normal meals. Alongside this, you will receive support and monitoring for 12 months, consisting of help and advice. This programme is available face to face or as a digital service.

To be eligible, you must:

- Be aged 18-65 years
- Have a diagnosis of type 2 diabetes within the last 6 years, and
- Have a BMI over 27kg/m<sup>2</sup> (where individuals are from white ethnic groups) or over 25kg/m<sup>2</sup> (where individuals are from Black, Asian or other ethnic groups).

If you are interested in this programme, please contact the surgery.

### How are we doing?

Your feedback is important to us. Please complete an NHS Family and Friends Test by visiting our website:  
[Bennfield Surgery](#)

# Directory of self-referral services

There are a number of services you can refer yourself to without needing to see the GP beforehand.

## Physiotherapy (Adults)

You can refer yourself for musculoskeletal (only) physiotherapy by completing a self-referral form. ([Click this link](#)). They are unable to accept referrals if the problem has been treated with Physiotherapy in the last 6 months, or for OT hand and wrist assessments, please book an appointment with a GP for these issues.

## Stop Smoking Service

The Stop Smoking Service offers 12 weeks of one to one support to help you stop smoking. You will receive help with managing cravings and withdrawal symptoms using free nicotine replacement therapy (NRT) products. You can self-refer by calling 0333 005 0092, texting **QUIT** to 60777 or complete the form by [clicking here](#)

## Talking Therapies

The NHS Talking Therapies (formally known as IAPT) is for people with mild, moderate and moderate to severe symptoms of anxiety and low mood in Coventry and Warwickshire. You can self-refer online by visiting: [Self Referral | Coventry, Warks & Solihull Talking Therapies \(covwarkpt.nhs.uk\)](#)

## Change Grow Live (CGL)

CGL Warwickshire is a recovery-focused service with a full range of treatments and interventions designed to support people to take control of their recovery. You can refer yourself by completing the referral form ([click here](#)). If you have any queries, please phone 01926 353513

## Sexual Health Warwickshire

Sexual Health Warwickshire is a few, confidential and easily accessible NHS service who provide a complete range of contraception and sexual health services, including family planning, pregnancy testing and full sexually transmitted infection (STI) testing. Appointments are only available after telephone assessment. Phone 0300 123 6644 and select option 1 to arrange your appointment.

## NHS Right to choose referrals

NHS Patients in England have the legal right to choose their mental healthcare provider. This important right means that, for example, if you decide that the waiting times for the ADHD/ASD assessment are too long, then you can choose an alternative provider.

Right to Choose Referrals are available on the NHS and are not private referrals. You must research the clinic yourself and look at how the appointments are held to ensure you are able to attend. We would recommend visiting their websites or phoning them to discuss the right to choose pathway.

It is important to note that a lot of the providers offer assessment/diagnosis only and are rarely able to offer medication titration. Once you have chosen your provider, please let us know so we can send your referral to them.

More information on the right to choose pathway can be found at: <https://adhd.uk.co.uk/right-to-choose/>