

PRACTICE NEWSLETTER

EDITION FOUR; OCTOBER-
DECEMBER 2024



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FLU AND COVID-19 VACCINATION PROGRAMME



Who is eligible?

From mid September onwards, flu and coronavirus vaccines will be offered to people most at risk of being seriously ill from these viruses such as the elderly or those with certain health conditions.

We strongly recommend that you get vaccinated if you are eligible.

You will be invited to attend your appointment by post, or if you have set your preference as digital, you will receive a text and/or email.



For a full list of who is eligible for the flu and COVID-19 vaccines this year, including people with certain health conditions, visit www.nhsinform.scot/wintervaccines or call the Vaccination Helpline on 0800 030 8013.



Why should I get vaccinated?

The vaccinations this year provide you with the best protection against flu and covid-19 viruses circulating this winter.

The vaccinations reduce your risk of becoming seriously ill or having to go to hospital. By getting the vaccination, you are also protecting other people as it helps reduce the spread (makes you unable to pass it on)



Side Effects

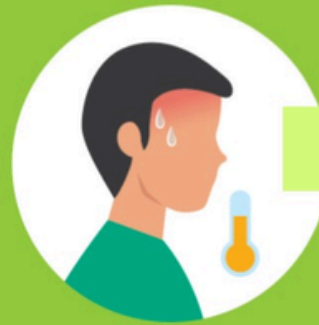
You may experience some side effects following the vaccinations. However, this is normal and not everyone experiences them. Side effects happen as a result of your body's immune system learning how to protect itself from the viruses. These are usually mild but if you have any concerns, contact NHS 24 for free on 111 to discuss.

Common mild side effects after getting a COVID-19 vaccine may include:

Soreness or redness around injection site



Mild fever



Tiredness



Headache



Muscle or joint aches



You can manage these side effects with rest and taking medicines for fever and pain, if needed.

Are the vaccines safe?

Before the vaccinations are allowed to be used, they are tested for safety and effectiveness. The safety of the vaccinations is closely monitored when in use.

Millions of doses of the flu and COVID-19 vaccines have been given in Scotland alone.

Only a very small number of individuals cannot have the vaccines. If you have had a severe allergic reaction to any vaccines (flu, covid-19 or otherwise), you should seek advice from your health professional. Please inform your vaccinator in this instance or have an egg allergy. While the vaccinations do not contain any products, you may be at risk of having an allergic reaction to the flu vaccine if you have an egg allergy. Alternative flu vaccinations are available if you require one.

Covid-19 and Flu

Symptoms

These viruses affect everyone differently and range from having no symptoms to having severe symptoms.

These may include:

- a cough or sore throat
- sneezing or a stuffy or runny nose
- headaches and muscle aches
- a high temperature, fever or chills
- feeling generally unwell
- loss of, or change in, sense of smell or taste.



Healthier
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Scottish
Government


Meet your new FY2



Dr Grayston

Andrew studied medicine at the University of Glasgow. Before medicine, he did a degree in Applied Chemistry and Chemical Engineering and also worked in a GP practice as an administrator.

Dr Grayston started on Thursday 8th August 2024 and will be with us until Tuesday 3rd December 2024.



Outside of work, he enjoys playing music and reading books.

Dates to Remember



The Practice will be closed for Protected Learning Time on Thursday 21st November 2024 from 1pm onwards



The Practice is closed on Wednesday 25th December and Thursday 26th December 2024



The Practice is closed on Wednesday 1st January and Thursday 2nd January 2025



Every Thursday between 1:00pm-1:30pm, we are closed for staff training

RECRUITING

PPG MEMBERS



We are actively recruiting members for our patient participation group.

By giving your input, you help us to improve our service. Have any queries or suggestions? We'd love to hear from you!

If you are interested in becoming a member, please ask a member of the admin team at reception.

We meet approximately once every three months from 5.30pm-6:30pm

