



KIRKBURTON HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG) NEWSLETTER AUTUMN 2021

Our Newsletter can be viewed on our website www.kirkburtonhealthcentre.nhs.uk , or by email upon request.

WELCOME

We are taking small steps to resume more face-to-face appointments. When visiting the practice, please continue to wear a face covering unless exempt and follow social distancing rules. These measures remain in place across all health services, including hospitals, dental practices, opticians and pharmacies to make sure our patients and staff are protected.

STAFF UPDATE

Dr Dabhad, Dr Schatzberger and Dr Waller, are currently on maternity leave. Dr Ahmed, Dr Lancaster and Dr Highcock are providing long-term, consistent cover.

FLU VACCINATIONS



More people are likely to get flu this winter, as fewer people will have built up natural immunity to it during the COVID-19 pandemic. Flu vaccine is given free on the NHS to people who:

- Are 50 and over (including those who will be 50 by 31 March 2022)
- Have certain medical conditions
- Pregnant women
- Are in long stay residential care
- Receive a carer's allowance or are the main carer for an older or disabled person
- Live with someone who is more likely to get infections
- Frontline health or social care workers

We have ordered vaccine for all our eligible patients - please have your vaccination with us. Appointments can be booked online.

For more information about the flu vaccination, please visit:

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

COVID-19 BOOSTERS (THIRD DOSE)

Phase three of the national vaccination programme is now underway. We are working with colleagues across The Mast Primary Care Network (PCN), to deliver the COVID-19 booster programme for patients of Kirkburton, Dearne Valley, Lepton and Kirkheaton, Shepley and Skelmanthorpe practices, at Kirkburton Health Centre. The programme will be rolled out to the same priority groups as previously, in line with Joint Committee on Vaccination and Immunisation (JCVI) guidance. This means that care home residents, people aged 50 years or over, frontline health and social care workers those aged 16-49 with underlying conditions that put them at higher risk of severe COVID-19, adult carers and adult household contacts of immunosuppressed people, will be prioritised.

If you are eligible for a booster vaccine you will be contacted and invited to make an appointment. Please do not contact the Practice. Please be reassured that we will contact you.

The booster must be given six months after a second vaccination dose. It has been recommended that people will be offered the Pfizer vaccine, or half a dose of the Moderna vaccine, even if they had a different vaccine previously. Scientific evidence has shown that both Pfizer and Moderna provide a strong booster response.

Some people may be eligible for both the flu and COVID-19 booster vaccines. If you are offered both vaccines, it is safe to have them both at the same time.

WELLBEING BUS

Our Primary Care Network, The Mast, has organised a Health Inequalities project. Our Wellbeing Bus will be on the road from 12 October, for six weeks, visiting localities across the Primary Care Network area. Sites will include Scissett Baths, Farm Shop, Emley, Dobbies Garden Centre, Shelley, and Lepton Highlanders. The project is aimed at people who do not visit their doctor or nurse very often, and regard themselves as fit and well.

Nurses from across The Mast Primary Care Network and Kirklees Council colleagues will be on board to offer blood pressure checks and promote health and wellbeing.

Information will be available on our Facebook Page, website and printed flyers.

Hop on, when you see us out and about!

FIRST CONTACT PRACTITIONER (FCP) SERVICE

We are delighted to introduce our First Contact Practitioner (FCP) service. This is a new development across The Mast Primary Network (PCN), provided by Sano Physiotherapy, for patients with musculoskeletal (MSK) [bone, joint or muscle pain].

A FCP is an experienced physiotherapist who has the advanced skills necessary to assess, diagnose and recommend appropriate treatment or referral for MSK problems on a patient's first contact with their GP Practice.

FOCUS ON FCP, REBECCA



"I qualified as a physiotherapist in 2003 from the University of Huddersfield and have worked both in the NHS and private healthcare. I love the variety of the profession and the diversity of the people that I meet through working in this role. It is always exciting and always developing. When I'm not at work, I love to get out in the fresh air on my mountain bike, or go to the climbing wall."

Julie Lambe, PCN Lead Manager, said: "We welcome physiotherapists Rebecca and Katerina to our team. They work within our surgeries at Kirkburton, Shepley and Skelmanthorpe offering face-to-face physiotherapy appointments, or a remote consultation if preferred. The FCP service gives patients immediate access to physiotherapy without being referred by a GP. Our patients will have quicker access to diagnosis, treatment and management of their condition."

FOCUS ON FCP, KATERINA

"I am an enthusiastic, experienced physiotherapist and FCP, interested in the field of neuromusculoskeletal physiotherapy. I gained MSc in Quality of Life and BSc in Physiotherapy in Greece. I have worked in different countries and am passionate about exercise therapy, patient-coaching and chronic pain pathologies. Travelling and yoga are part of my life and I thrive on new challenges."

Face-to-face appointments are available with Rebecca as follows:

Monday – Skelmanthorpe Wednesday – Kirkburton Shepley – Thursday

Patients from any of The Mast PCN Practices are welcome to attend.

A remote service is provided by Katerina on Tuesdays and Fridays for patients who prefer this option.

Please contact Reception for more information or to book an appointment.