



LRS Patient Participation Group

Spring Newsletter 2024



A message from the Surgery

Appointments availability is one of the biggest topics patients feed back to us. However, at LRS, **281** booked appointments were not attended in the month of January. If you no longer need an appointment, please cancel it as this allows us to offer these appointments to other patients. You can cancel appointments by using the NHS app or SystmOnLine, send an eConsult, follow the link in your confirmation text or by phone.

Please help us to help you.

Childrens Health Advice

The following is NHS advice about MMR.

UKHSA has reported an increase in measles across the country and is encouraging people to check that they and their children have had two doses of the MMR vaccine.

You need two doses of MMR vaccine to protect you, see your GP practice to make an appointment. It is never too late to have your MMR.

Immunisation the safest way to protect your child

Measles is circulating, it is serious, very infectious and can cause complications. Especially for those with a weakened immune system, babies under one year and pregnant women.

The free MMR vaccine is a safe and effective way of protecting against measles, as well as mumps and rubella.

It's important for parents to take up the offer of MMR vaccination for their children when offered at 1 year of age and as a pre-school booster at three years, four months of age. If children and young adults have missed these vaccinations in the past, it's important to take up the vaccine now from GPs, particularly in light of the recent cases.

Check your child's Red Book to see if they've received MMR vaccinations as scheduled or check with your GP surgery if you're unsure.

Anyone with symptoms is also being advised to stay at home and phone their GP or NHS 111 for advice.

Measles symptoms to be aware of include:

- high fever
- sore, red, watery eyes
- coughing
- aching and feeling generally unwell
- a blotchy red brown rash, which usually appears after the initial symptoms.

For more information about measles, see the NHS website: [Measles – NHS \(www.nhs.uk\)](https://www.nhs.uk) and read the [information leaflet](#).

Why we should sit less

There is increasing evidence that, unless you are a wheelchair user, sitting down too much can be a risk to your health.

To reduce our risk of ill health from inactivity, we are advised to exercise regularly, at least [150 minutes a week](#), and reduce sitting time.

Studies have linked being inactive with being overweight and obese, [type 2 diabetes](#), some types of [cancer](#), and early death.

Sitting for long periods is thought to slow the metabolism, which affects the body's ability to regulate blood sugar, blood pressure and break down body fat.

Many adults in the UK spend around 9 hours a day sitting. This includes watching TV, using a computer, reading, doing homework, travelling by car, bus or train but does not include sleeping.

Click on the following link for more information.

<https://www.nhs.uk/live-well/exercise/exercise-guidelines/why-sitting-too-much-is-bad-for-us/>

NHS App

The NHS App is a simple and secure way to access a range of NHS services and information on your smartphone or tablet. Millions of people are already using the NHS App to manage their health the easy way from the comfort of their homes.

Full information can be found by clicking the following link.

<https://www.nhs.uk/nhs-app/about-the-nhs-app/>

You can download the NHS App on your smartphone or tablet via the [Google play](#) or [App store](#). You can also access the same

services in a web browser by [logging in through the NHS website](#).

If you are over the age of 16 the NHS App enables you to view your GP health record to help you better understand and manage your condition, without having to phone your GP surgery. With the App you can access your consultation notes, letters and test results.

The NHS App also enables you to manage repeat prescriptions and easily change your nominated pharmacy, so you can send orders when it's convenient for you. Each prescription ordered electronically saves GP practices three minutes of time and a patient 18 minutes, making it more convenient for people and freeing up frontline staff to do other important duties.

The App makes it easy to access your appointment information and manage your hospital appointments. You can also find out your NHS number and access NHS 111 online to get instant advice or medical help near you.

PPG recruitment

The PPG is looking to recruit new members to help us come up with constructive suggestions to improve the practice and share concerns that could affect the wider population. Please email us at lrspatientrep@nhs.net if you would like to join us in our efforts.

Feedback on the Newsletter

We would like to hear your feedback on the newsletter. Do you find it useful or informative? Is there something you would like us to cover in future? If so,

Email us with your comments or a request to receive the Newsletter by Email to lrspatientrep@nhs.net or leave a note for the PPG at reception.