

York Medical Practice Patient Group

Patient's Newsletter – No 14

December 2023

STAFF CHANGES

Doctors

Dr. Jessica Ignatius - Completed her GP Registrar Training at the practice in August and is working locally as a Locum GP.

Dr. Ammar Shohayeb, Dr Shuting Xiong & Dr. Faith Chihaka all joined as GP Registrars in August.

Admin

Chiden Kormaz joined the practice in July working as Medical Administrator

Hermione Luck joined the practice in October as working Apprentice Medical Administrator

IMPORTANT AND USEFUL ORGANISATION CONTACTS FOR YMP PATIENTS.

We have selected some of the Richmond and National organisations that may be of use to YMP patients for a wide range of needs.

Age U.K. (Contact: ageuk.org.uk or ageukrichmond.org.uk or ring 08001696565)

For help to get online/ connected 02087441965)

A wide range of services, group activities, courses, advice and information.

Diabetes U.K. (dukt.org.uk is the local group for Richmond Borough)

This organisation is a great source of support and information for both newly diagnosed and those who have been living with Type1 or Type2 Diabetes for sometime. The local group is active and has talks and coffee mornings open to all diabetics.

NHS Choices. (nhs.uk/pages/homepage)

Information and advice about any aspect of health for patients

Dementia Talking Point ([Alzheimer's.org.uk/ talkingpoint](http://Alzheimer's.org.uk/talkingpoint))

Ask questions and get information. They share practical tips with people.

Richmond Mind (rbmind.org or email info@rbmind.org or ring 02031379590)

Supporting Mental Health in the borough of Richmond

Richmond Carers (support@richmondcarers.org or ring Carers Support Line 02088672380)

This organisation supports unpaid adults *and* young carers in the borough of Richmond. It gives advice, information and emotional support.

Richmond Good Neighbours (richmondgoodneighbours.org.uk or ring

02035384060) Supporting elderly and housebound people who live in Richmond upon Thames. eg shopping, befriending, lifts to health related appointments. They take people to social activities, classes and outings.

SHINGLES VACCINE

Shingles (Herpes zoster) is a virus related to chicken pox. It is more common and considerably more serious in older people, often with several long-lasting and unpleasant symptoms.

The NHS vaccine has been available for some years to those over 70, but the eligibility is now changing. From September this year it will gradually become available to everyone over 65.

For people who are severely immunosuppressed, you will be offered the vaccine earlier.

So if you were born after 1st September 1958 please contact the surgery as soon as possible to check your eligibility and book an appointment.

For more information see the NHS website at <http://www.nhs.uk/shingles>

MMR VACCINATIONS

The MMR vaccine is a safe and effective combined vaccine which protects against 3 serious illnesses:

- [measles](#)
- [mumps](#)
- [rubella \(german measles\)](#)

These highly infectious conditions can easily spread between unvaccinated people, so getting vaccinated is important as these conditions can also lead to serious problems including meningitis, hearing loss and problems during pregnancy. It is recommended that babies receive their first dose at 1 year old and the second at 3 years and 4 months.

The MMR vaccine is given as 2 doses of a single injection into the muscle of the thigh or upper arm to ensure full protection. It's important to catch up on any missed vaccines. Anyone who has not had 2 doses of the MMR vaccine should ask the surgery for a vaccination appointment.

It's important to check you've had both doses if you:

- are about to start college or university
- are going to travel abroad
- are planning a pregnancy
- are a frontline health or social care worker
- were born between 1970 and 1979, as you may have only been vaccinated against measles

If you have any questions about vaccinations then please ask the surgery for advice.

NEW MEMBERS REQUIRED FOR YORK PATIENT PARTICIPATION GROUP (PPG)

Please join our little team!

We have recently lost 3 of our founding members so some new blood would be extremely welcome. We meet every two months at the surgery, so it's not a huge commitment.

Joining instructions found at this link <https://yorkpractice.co.uk/patient-participation-group/>