

### *Welcome To The Bramcote Newsletter!*

Welcome to the newest edition of the Bramcote Surgery newsletter!



Follow us on Facebook!

<https://www.facebook.com/Bramcotesurgerypractice/>

### *Our Contact Details*

**Our Phone Number:** 0115 922 4960

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**Our Facebook Page:** bramcotesurgerypractice

**Our Website:** <https://www.bramcotesurgery.co.uk>



## *Missed Appointments*

*During the month of February, we had 46 missed appointments, this works out to around 7 hours of wasted appointment time!*

*It is important to call us before your appointment to cancel or rearrange so we can offer this to another patient.*



### *Spring is finally here!*



Finally, the winter is over, and we are now into spring. Therefore, this edition of the newsletter will be out tips and tricks for the springtime!

*Did you know we have an early bird clinic on a Wednesday morning?*

We provide an early morning clinic GP or a Nurse. This starts at 07:15 every Wednesday morning, perfect for the early starter!

## **MMR (measles, mumps and rubella) Vaccine**

The MMR vaccine is a safe and effective combined vaccine. It protects against the three serious illnesses listed above, these highly infectious conditions can easily spread between unvaccinated people.

Getting vaccinated is important, as these conditions can also lead to serious problems including *meningitis*, hearing loss and problems during pregnancy.

2 doses of the MMR vaccine provide the best protection against measles, mumps and rubella. If you have any questions or are unsure whether you have had this vaccination, please contact your GP surgery or look on your NHS app.

These vaccinations are usually given to children age 1+ but if you think you may have missed your vaccination as a child, we are happy to get you vaccinated as soon as possible

## Hay fever

Hay fever, is usually worse between late March and September, especially when its warm, humid and windy. This is when the pollen count is at its highest.

There are many symptoms of hay fever, including:

Sneezing and coughing, runny/blocked nose, itchy/red/watery eyes, itchy throat/mouth/ears/nose, loss of smell, pain around your temples and forehead etc

Hay fever will last for weeks or months, unlike a cold, which usually goes away within 1-2 weeks.

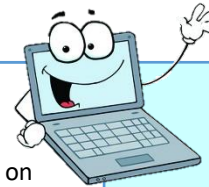
There's currently no cure for hay fever and you cannot prevent it, but you can do things to ease your symptoms when the pollen count is high. To get some ideas on what might help, visit

**[www.nhs.uk/conditions/hay-fever/](https://www.nhs.uk/conditions/hay-fever/)**

### Our Website

Don't forget you can find the latest updates on events happening at the surgery and within the NHS on our newly refurbished website:

<https://www.bramcotesurgery.co.uk>



## 5 steps to help improve your mental wellbeing.

- Connect with other people.

Good relationships are important for your mental wellbeing. They can:

- Help you to build a sense of belonging and self-worth, Give you an opportunity to share positive experiences, Provide emotional support to allow you to support others
- Be physically active

Being active is not only great for your physical health and fitness, but Evidence also shows it can also improve your mental wellbeing by:

- Raising your self-esteem, helping you to set goals or challenges and achieve them
- Causing chemical changes in your brain which can help to positively change your mood
- Learn new skills. This is good for:
- Boost self-confidence and raise self-esteem, help you to build a sense of purpose, Help you to connect with others
- Give to others

Research suggests that acts of giving, and kindness can help improve your mental wellbeing by: creating positive feelings and a sense of reward, giving you a feeling of purpose and self-worth, helping you connect with other people. It can be small acts of kindness towards other people, or larger ones like volunteering in your local community.

- Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

If you wish to research more about this, please visit <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

