

PATIENT NEWSLETTER



MEASLES, MUMPS AND RUBELLA (MMR)

Your guide to speaking to reception

Following media coverage about measles, we want to provide some information for you in relation to speaking to reception about this and where to find information online. Please see page 3 for more details.

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A Message From Your Health and Wellbeing Coach

Last month we discussed setting SMART (Specific, Measurable, Achievable, Relevant and Time-bound) goals for our New Years resolutions and how these goals help to create long-lasting, healthy habits.

This month, I will be touching on setbacks and problem solving. Hopefully you have been having success with your resolutions and are that much closer to reaching your goals. If not, now might be a good time to ask yourself why that is and re-assess using the SMART acronym. You might also want to think about some things that you could put in place to give you the best chance of success.

The Problem-Solving Cycle is a process that involves analysing a particular issue and developing solutions or strategies to help solve said issue. It can be applied in most aspects of life such as work, for example, not just health and wellbeing.

The Problem-Solving Cycle works as follows:

- Define the problem
- Brainstorm solutions
- Pick a solution
- Implement the solution
- Review results (if the solution has not worked think about why and go back to the beginning)
- Success

You are the best person to decide what is likely to work and what isn't; being confident in that notion is often the hard part. Ultimately, you know yourself better than anyone, but having a support system in place, and/or people to bounce ideas off of, may help here too.

Reflecting on what you have learned so far is also important. It is never two steps forward, two steps back. You will have already learned something from your journey, even if it is simply that something doesn't work for you. Setbacks are normal and success is never linear.

We are all stronger than we think, so don't give up. I wish you luck.

Sophie (Health and Wellbeing Coach for PCNIW, Certified Personal Trainer and Nutritional Advisor)

Make sure you check back every month for all your health and wellbeing titbits.

ANXIETY MANAGEMENT GROUP

The Anxiety Management group, ran by our Mental Health Occupational Therapists Jasmine and Berenice, will be starting up again very soon. Pay attention to your texts and our websites for an alert regarding this, especially if you were on the waiting list!

MEASLES MUMPS AND RUBELLA (MMR)

HELPFUL INFORMATION

When a parent telephones the practices and asks about Measles/MMR

1. They will be asked if their child is fully vaccinated with both MMR vaccines
2. The child's immunisation status will be checked via our records.
 - If child is **fully vaccinated** - there is no additional booster and your child has received full protection against measles by receiving both vaccinations
 - If child is **NOT fully vaccinated** and between the ages of **5-11**, an appointment will be booked at the practice to have their vaccinations as soon as possible.

You can also find the borough's local vaccination clinics here:

[Vaccines for children and young people aged 4 to 18 - North Central London Integrated Care System \(nclhealthandcare.org.uk\)](http://nclhealthandcare.org.uk)

- If child is **NOT fully vaccinated** and between the ages of **1-4**, an appointment will be booked to have their vaccinations as soon as possible at your practice
- If child's vaccination record is **unclear or uncertain**, the safest route will be for us to book them an appointment with the nurse to have their vaccinations, as per the Green Book guidance: [The Green Book, Chapter 11, pages 6-7 - vaccinations of individuals with unknown or incomplete immunisation status](#)

Please note that the first MMR vaccine is given at 12 months of age, and the second MMR vaccine is given at 3 years 4 months of age.

WHATS HAPPENING THIS MONTH?

FEBRUARY 2024

LGBTQ+ HISTORY MONTH

<p>1ST FEBRUARY : TIME TO TALK DAY</p> <p>Getting people to talk about mental health and by doing so help change lives.</p> <p><u>Time to Change</u> <u>Suicide prevention</u></p>	<p>4TH FEBRUARY : WORLD CANCER DAY</p> <p>Aims to save millions of preventable deaths each year by encouraging individuals to take action.</p> <p><u>World Cancer Day</u></p>
<p>6TH FEBRUARY : SAFER INTERNET DAY</p> <p>'Inspiring change? Making a difference, managing influence and navigating change online' <u>Safer Internet Day</u></p>	<p>25 FEBRUARY - 2 MARCH : EATING DISORDER AWARENESS WEEK</p> <p>An international awareness event, fighting the myths and misunderstandings that surround eating disorders. <u>Beat Eating Disorders</u></p>
<p>29TH FEBRUARY : RARE DISEASE DAY</p> <p>Rare disease day is a patient led day to working towards equality in healthcare, diagnosis and therapies <u>Rare disease day</u></p>	