

# March 2024 update

Inspected and rated

Good



For more information visit:

<https://haringeygp.co.uk/>

Dear patients,

Welcome to our new practice update! We want to keep you updated on the latest news and events at our practice.

One of the areas I'd like to talk to you about this month is childhood vaccinations. We know following covid there has been some uncertainty around vaccinations. It is still really important, and very safe, that we continue to vaccinate us and our children against preventable diseases. We've written some more about this below. If you get a letter to book your child's vaccinations – please do.

In other news, our next patient participation (PPG) meeting is on Thursday 28<sup>th</sup> March 2024. If you would like to attend this meeting, please complete our PPG joiner form on our website.

If you have a long-term condition (like asthma, diabetes or COPD) and have not yet had your yearly review - we will be contacting you to book your appointment. Please do attend this review as it is important for your health and wellbeing.

**Misbah, Assistant Practice Manager**

**If you have five minutes today...**

**1. Register for Dr.iQ** – you can scan our QR code in the blue box to take you to your App Store



**2. Book your child's vaccines** if they are due them.

**3. Book your cervical screening test** if you are due one. You can find more information about this on the NHS website <https://www.nhs.uk/conditions/cervical-screening/what-is-cervical-screening/>

**4. Remind friends and family to use their appointments or cancel or rearrange** with as much notice as possible.

**5. Let us know how we are doing.** Your feedback is really important to us - it helps us to improve our service. Please click on the link to complete a short 2-minute survey. <https://www.surveymonkey.com/r/StA0324>

## Childhood vaccinations– Important information

**Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide every year.**

### Vaccines:

- ✓ Help to protect you and your child from many serious and potentially deadly diseases.
- ✓ Protect other people in your family and community – by helping to stop diseases spreading to people who cannot have vaccines, such as babies too young to be vaccinated and those who are too ill to be vaccinated.
- ✓ Undergo rigorous safety testing before being introduced – they're also constantly monitored for side effects after being introduced.
- ✓ Sometimes cause mild side effects that will not last long – you may feel a bit unwell and have a sore arm for 2 or 3 days.
- ✓ Reduce or even get rid of some diseases – if enough people are vaccinated

**The NHS have made a helpful video to help reassure parents that vaccinations are safe for your children. You can watch this here <https://www.nhs.uk/conditions/vaccinations/why-vaccination-is-important-and-the-safest-way-to-protect-yourself/>**

- Please try not to put off your child's vaccines. It's one of the best ways to protect them from certain diseases.
- Be aware of anti-vaccine stories that are often through social media.
- Always get your vaccine and health information from trusted sources, such as the NHS website.
- The vaccine information on social media may not be based on scientific evidence and could put your child at risk of a serious illness.
- All the current evidence tells us that getting vaccinated is safer than not getting vaccinated.