



Welcome to our September Newsletter!

Team updates

We would like to welcome to our team, Dr Kyaw Thu Aung and Dr Suzani Shrestha, our newest Registrar GPs. Dr Mehrana Hussain is continuing her training with us.

Dr Po-Yuang (Brian) Fang joined us as a permanent member of staff earlier this year after successfully completing his training.

Welcome to our new GP; Dr Caroline Cieslewicz!



"I am thrilled to be joining such a wonderful team working here at Buckden and Little Paxton Surgeries, as a salaried GP, following completion of my GP training in Northamptonshire in August. I graduated from the Jagiellonian University in Krakow, Poland in 2019, where during my six years of studying I also had the opportunity to spend time with my close family. I then moved to Northampton and Leicester for my Foundation Years.

Having recently moved to Huntingdon, I am looking forward to spending my free time running, going to hotpod yoga and exploring the local area!"

Haircut for charity

Dr Rodriguez McCullough (the doctor with the very long hair) will be cutting her hair short for The Little Princess Trust.

The Princess Trust has been helping children and young people since 2005. They provide free real wigs to those who have lost their own hair through cancer treatment or other conditions.



www.littleprincesses.org.uk

By donating her lovely long locks to help children and young people, Dr Rodriguez McCullough hopes to help those who are experiencing the devastating effects of hair loss by boosting confidence and self-esteem in what can be the most challenging of times in their young lives. The Little Princess Trust relies solely on the generosity of supporters. It costs £700 to provide one child or young person with a real hair wig, so alongside cutting her hair, Dr Rodriguez McCullough would love to fundraise this too!

This means that every pound Dr Rodriguez McCullough raises really will help give hair and hope to many children and young people with cancer. All contributions no matter what the amount will be greatly appreciated. The Little Princess Trust also funds specific childhood cancer research searching for kinder and more effective treatments.

Please find her fundraising page here: <https://www.justgiving.com/page/nrm> Thank you.

Autumn Vaccination Programmes

This autumn we have a challenging schedule delivering the Respiratory Syncytial Virus, Flu and Covid vaccinations as well as our normal vaccination rollouts of Shingles and Pneumococcal vaccinations as people become eligible.

To help us reach you, please ensure we have your correct telephone number.

Respiratory Syncytial Virus (RSV)

Respiratory Syncytial Virus (RSV) is a highly infectious and common cause of coughs and colds. It usually gets better by itself, but it can be serious for some babies and older adults, leading to complications such as bronchiolitis and pneumonia.

A vaccine to help protect against RSV will be available on the NHS from 1 September 2024. This is not the same vaccine as the annual influenza (flu) vaccine. Older people need just one dose for protection that will last multiple years

You will be able to get the vaccine if:

- you're aged 75 to 79
- you're 28 weeks pregnant or more – this will help protect your baby for the first few months after they're born - this is being offered by your maternity services

From 1 September, all adults turning 75 will be invited to get their RSV vaccine by their GP practice, and they will remain eligible until the day before their 80th birthday.

Patients who turn 80 after 1 September 2024 and August 2025 have until 31 August 2025 to get vaccinated.

Please follow this **link** to find out more about the RSV Vaccine.

<https://www.gov.uk/government/publications/respiratory-syncytial-virus-rsv-vaccination-for-older-adults/your-guide-to-the-rsv-vaccine-for-older-adults>

We are running an RSV vaccination clinic on the **14th September at Buckden Surgery**. We have started inviting our eligible patients to book an RSV vaccination. If you have not been contacted, please contact our reception team any day after 1 pm.

We will be inviting eligible patients to clinics throughout the year. Patients who turn 80 between 1 September 2024 and August 2025 have until 31 August 2025 to get vaccinated.

You should not have the RSV vaccination at the same time as your flu or covid vaccination. You will receive a separate invitation to book an appointment on our flu days.

Flu and Covid vaccinations

Our Flu days are on **5th and 19th October at Little Paxton Surgery**.

You are eligible for a free flu vaccination if you are:

- pregnant
- aged 65 years or over
- aged 18 years to under 65 years in a clinical risk group ([as defined by the Green Book, Influenza Chapter 19](#))
- a resident in a long-stay residential care home
- a carer in receipt of carer's allowance, or the main carer of an elderly or disabled person
- a close contact of an immunocompromised individual
- a frontline worker in a social care setting without an employer occupational health scheme

Covid eligibility is similar. If eligible, you will be offered both vaccinations at your appointment.

We have started inviting our eligible patients to book. Please wait to be contacted. If you are not contacted by 30 September, please contact our reception team any day after 1 pm.

Please wear a short sleeve top so that the clinician has easy access to your arm.

Our Housebound and Carehome patients will be visited in October. We will be in touch.

Flu vaccinations for children

Children in school should have the vaccination at School.

We will be running clinics later October for children aged 2 or 3 on 31 August 2024 and other eligible patients under 18 who do not receive the vaccination as part of the school provision. Invitations will be sent later in September. Please wait to be contacted.

Missed appointments

Between 1st June 2024 and 31 August 2024, patients failed to attend **351** booked appointments. We ask that as soon as you cannot attend an appointment, please call the surgery to let us know even if it is on the day. If you received texts, there is an option to cancel your appointment. This allows the appointment to be used by other patients who need it.

Research

The surgery is accredited as a research practice.

We are currently recruiting or setting up the following research studies:

1. CanRisk

<https://www.canrisk.org/>

CanRisk is an online tool that enables healthcare professionals to calculate an individual's future risks of developing breast and ovarian cancer using cancer family history, genetic and other risk factors. It presents the cancer risks in textual and graphical formats to assist the communication of the results. CanRisk is designed for use by healthcare professionals to help them communicate and discuss breast and ovarian cancer risk with their patients.

2. RCGP RSC Virology surveillance

<https://orchid.phc.ox.ac.uk/surveillance/clinical-informatics/virology-dashboard>

We are collaborating with the Oxford-RCGP Research Surveillance Centre. Throat/nasal swabs can be offered to patients presenting with cough/cold/flu like symptoms in the first 10 days of illness. This information can be used to monitor circulating respiratory viruses across the UK. This is important for monitoring disease outbreaks and can be helpful when looking at the benefits from Flu/COVID/RSV vaccinations. Additional benefits include the characterisation of vulnerable populations and how age, gender, ethnicity, household size and population density link to rates of infection.

3. Asthma RELIEF study

<https://www.nctu.ac.uk/our-research/randomised-trials/current-studies/relief.aspx>

Assessing a new relief inhaler for mild Asthma; the overall aim is to determine the clinical effectiveness, cost effectiveness and acceptability, of replacing SABA inhalers (Salbutamol) with inhalers containing ICS/formoterol (Fostair or equivalent) in patients with asthma treated with low dose ICS maintenance treatment.

Patient Participation Group Annual General Meeting



AGM Tuesday 17th September 2024

Buckden Primary School at 7pm

Find out more about the work of your local PPG including the events it has been running, and meet members of the Group. Our guest speaker will be Dr Rodriguez McCullough, Partner GP to give an insight into the challenges and opportunities facing the Practice and the NHS as a whole in an ever changing environment.

Everyone is welcome. Stay informed and get involved. Light refreshments available.

For more information please visit the [PPG Facebook page](#)

Car Broken into in our Car Park



Sadly a car belonging to someone working on our premises was broken into on the evening of 27 August. CCTV of the break-in has been shared with the police.

We are investigating how we can make our car park more secure to help protect our staff, visitors and their property.

The management will not accept responsibility for damage, accident or loss.

Dispensary Opening times

Monday to Thursday:	8.00am to 6.00pm
Friday:	8.00am to 5.00pm
Saturday/ Sunday:	Closed

Bank Holidays

A reminder that we are closed on bank holidays.

For any medical help when the surgery is closed, please call 111 or visit NHS 111 online.
<https://111.nhs.uk/>

For life-threatening emergencies, call 999 for an ambulance.

Finally...

We welcome all feedback! There are feedback forms and boxes at both Buckden and Little Paxton Surgery and we would love to know how you, our patients, feel we perform.

All comments will be reviewed and kept confidential. It is important for us to identify areas for improvement and share when the team is doing well. Your comments are valuable so keep them coming!

Contact Us

Website: www.bandlp.co.uk

Surgery Tel: 01480 810216

Patient Contact Form: <https://florey accurx.com/p/D81045>