

# NEWSLETTER

PRODUCED BY THE PATIENT PARTICIPATION GROUP FOR SALTSCAR SURGERY



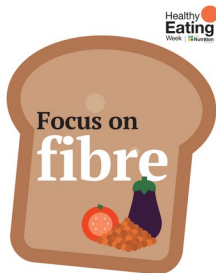
9<sup>th</sup> to 13<sup>th</sup> June  
2025

## This Healthy Eating Week – why not 'Give it a Go'?

Try having one extra portion of fruit or vegetables a day, being a bit more active, experimenting with a new recipe or using up leftovers

### Here are the basics – you probably know them already -

- **Get at least 5 Fruit and Veg A DAY** Fresh, frozen, dried and canned all count.
- **Stay hydrated** Have about 6-8 drinks a day. Tap water is a great choice.
- **Move more** Find more ways to be active every day.



- **Focus on fibre** Have more wholegrain foods, fruit and vegetables, beans and lentils.

### Most of us are not eating enough fibre.

Adults are recommended to have 30g of fibre daily but are currently eating, on average, 19g a day.

Did you know – a baked potato (including the skin) has 5.7g of fibre – but a baked sweet potato has 11.4g. An 80g pear has 2.2g but 80g of peas has 4.4g – so twice as much. Baked beans about the same as peas.

Eating plenty of fibre as part of a healthy balanced diet helps to keep our digestive system healthy and is linked to a lower risk of heart disease, stroke, type 2 diabetes, and bowel cancer.

Choosing fibre-rich foods can also help us to feel fuller for longer, which can help support weight management. Also, eating fibre-rich foods, drinking plenty of fluids and keeping physically active can help prevent constipation.

## Are you eligible for the RSV vaccine?



The RSV vaccine helps protect against respiratory syncytial virus (RSV), a common virus that can make babies and older adults seriously ill. It's recommended during pregnancy and for adults aged 75 to 79.

### What the RSV vaccine is for

RSV is a common cause of coughs and colds. Most people get it several times during their life.

It usually gets better by itself, but in some people (especially babies and older adults) it can cause illnesses such as:

- pneumonia (a lung infection)
- bronchiolitis (a chest infection that affects babies)

These illnesses can cause serious breathing problems. They may need to be treated in hospital and can be life-threatening.

Getting RSV can also make your symptoms worse if you have a lung condition, such as chronic obstructive pulmonary disorder (COPD).

### How to get the RSV vaccine

#### If you're pregnant

You should be offered the RSV vaccine around the time of your 28-week antenatal appointment.

Getting vaccinated as soon as possible from 28 weeks will provide the best protection for your baby. But the vaccine can be given later if needed, including up until you go into labour.

Speak to your maternity service or GP surgery if you're 28 weeks pregnant or more and have not been offered the vaccine.

#### If you're aged 75 to 79

Your GP surgery may contact you about getting the RSV vaccine. This may be by letter, text, phone call or email.

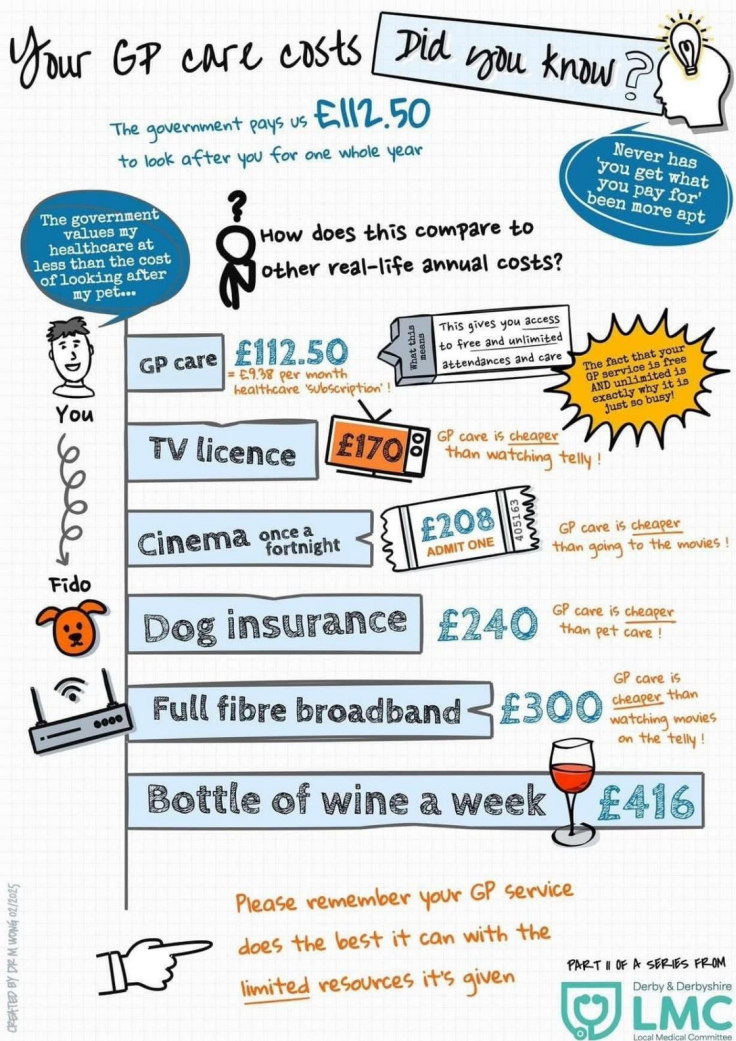
You do not need to wait to be contacted before booking your vaccination at the surgery

## How much does it cost for your GP appointment?

A recent study estimated that in 2022/23 the average 10-minute face-to-face GP consultation cost £49.

Of course – we do not have to pay up front to see our NHS doctors, but did you know that your surgery only gets paid £112.50 per patient per year for unlimited appointments and care. Out of that they have to pay all salaries, rents, utilities and all other expenses.

The poster below illustrates how much other services can cost you on an annual basis.



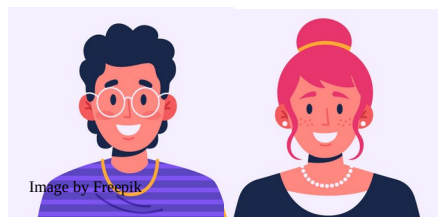
And this is how much one **BILLION** pounds buys in the NHS

**£1 billion is enough to...**



...run the NHS across England for 2.4 days

## Saltscar Patients Participation Group Needs



The Saltscar Patients Panel provides support to help the surgery personnel to organise events and provides feedback from patients like you.

### What do we do?

- Help out at Flu and Covid clinics
- Produce this Newsletter and information leaflets
- Ask patients their opinions via targeted surveys
- Meet every two months to discuss what is new at the Surgery and staff updates
- Receive information on local and national health matters and how they affect us

If you are interested in learning more leave your name and contact details at Reception and someone from the PPG will contact you

## World Blood Donor Day June 14<sup>th</sup> 2025



World Blood Donor Day is observed every year on **June 14th**. This date was chosen to honour the birthday of Karl Landsteiner, an Austrian biologist and physician who discovered the ABO blood group system, which is crucial for safe blood transfusions.

The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.

**Please donate if you can.**

## Thank you from .....

In our last Newsletter we announced that Helen Lee and Lesley Johnson would be retiring in March.

They both want to say 'Thank you' to staff and patients for their good wishes and presents

**For appointments and repeat prescriptions, visit: [www.saltscarsurgery.nhs.uk](http://www.saltscarsurgery.nhs.uk)**