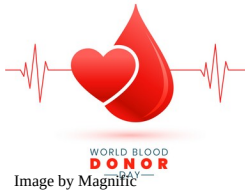


# NEWSLETTER

PRODUCED BY THE PATIENT PARTICIPATION GROUP FOR SALTSCAR SURGERY

## Donate Blood to Save Lives



**14<sup>th</sup> June 2026 is  
World Blood  
Donor Day**

### Who can donate blood?

To donate blood, you need to:

- be generally fit and well
- be aged 17 to 65 if it's your first donation, or up to 72 if you've donated before (or older if you donate regularly)
- weigh between 7 stone 12 lbs (50kg) and 25 stone (158kg)

**The Blood Donor service** will go through a full health and lifestyle check with you at every appointment to make sure your donation is safe for you and patients.

### Giving blood for the first time

Tens of thousands of people are doing something amazing by signing up to join the growing community of blood donors - ready to save lives when the NHS needs them.

**Just 1 hour of your time can help  
save up to 3 lives.**



### Getting started

You'll need to register your details at <https://my.blood.co.uk/sign-up/?intent=blood> and answer some basic questions to check you're able to start the registration process

- register and validate your email address so the blood service can contact you about your appointment
- complete your personal details to set up your account

Once you have registered, log in to book an appointment at a time and venue to suit you.

## NHS Health Check

### What is an NHS Health Check?

The NHS Health Check is a free check-up of the health of your heart and blood vessels. It can tell you whether you're at higher risk of getting certain health problems, such as: heart disease, diabetes, kidney disease or stroke



During the check-up you'll discuss how to reduce your risk of these conditions.

### Who is the NHS Health Check for?

The check is for people who are aged 40 to 74 who do not have any pre-existing conditions for which they are already receiving regular check-ups.

**Ask the surgery for details if you think  
you may be eligible**

### What happens at an NHS Health Check?

The check takes about 20 to 30 minutes and usually includes:

- measuring your height and weight
- measuring your waist
- a blood pressure test
- a cholesterol test, and possibly a blood sugar level test

You may be asked to have a blood test at or before the NHS Health Check.

You'll also be asked some questions about your health. Your age, sex and ethnicity will also be recorded.

### Your NHS Health Check results

You'll usually be told your NHS Health Check results during the appointment or soon afterwards.

**For more details visit**

<https://www.nhs.uk/tests-and-treatments/nhs-health-check/>

## Vaccines - 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 more serious illnesses

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

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

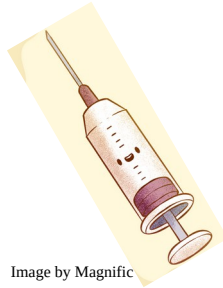


Image by Magnific

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

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

## Vaccines - Shingles

The shingles vaccine helps protect against shingles. It's available on the NHS for all adults turning 65, those aged 70 to 79 and those aged 18 and over with a severely weakened immune system.

Shingles is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.

## Vaccines - Pneumonia

The vaccine helps protect against serious illnesses like pneumonia, sepsis and meningitis. It's recommended for people at higher risk of these illnesses, such as babies and adults aged 65 and over.

Normally only one vaccination is required, but if you have pneumonia over the age of 65 or certain other conditions you may require a booster dose every 5 years.

**For further information on all vaccinations ask at the surgery**

## Prescribing Focus



Image by Magnific

### Meet the Prescribing team.

Our prescribing team is based upstairs at the practice and consists of

#### Prescribing Clerks

who deal with all incoming prescription requests either through the NHS app or by paper request at the surgery. They also operate the Prescription query line 10am-12.30pm each day.

**Please be aware unless pre-arranged, all medication requests should be through the NHS app or by paper request at the surgery**

#### Practice Pharmacist

whose role involves

- Complex medication reviews,
- Home Blood Pressure consultations,
- Statin initiation and intensification consultations
- Providing expert advice around medicines

#### Medicines Management Technicians – Carol Garland, Joanne Bailey

whose role involves

- Medication reviews (long term conditions),
- Monitoring of high risk medicines,
- Reconciliation of Hospital discharges and clinic letters (updating any changes to medication during a hospital stay or new medication at the request of a clinic),
- Opioid reduction clinics,
- Dealing with day to day medication queries

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