***NEWSLETTER 27/03/2024***

***We will be calling all 75yrs and over & Immunosuppressed patients***

***for a Spring Covid Booster in April 2024.***

***The vaccine being offered is Moderna***

***…………….***

***We would like to wish everyone A Happy Easter***

***Easter Holidays***

***Closure***



**THE PRACTICE WILL BE CLOSED ON**

**MONDAY 1st and TUESDAY 2nd  APRIL 2024**

**SHOULD YOU REQUIRE EMERGENCY ASSISTANCE**

**PLEASE PHONE DALRIADA:**

***02825663500***

***Did you know:***

**YOU CAN NOW ALSO SEND PHOTOS OF RASHES ETC TO:** [reception.z00434@gp.hscni.net](mailto:reception.z00434@gp.hscni.net)

**EMAIL SERVICES**

**DID YOU KNOW YOU CAN NOW REQUEST THE FOLLOWING VIA EMAIL ALSO**

**1.   A CONTINUATION SICK LINE**

**2.  A MAT B1 FORM (EDC)**

**3.  A PRIVATE REFERRAL**

**4. ACCESS TO YOUR MEDICAL RECORDS**

**5. CHANGE YOUR PERSONAL DETAILS**

**6.  ORDER REPEAT PRESCRIPTIONS**

**7. ARRANGE TREATMENT ROOM AND PRACTICE NURSE APPOINTMENTS**

**(NB THIS SERVICE IS NOT AVAILABLE FOR GP APPOINTMENTS)**

**PLEASE EMAIL:**[**reception.z00434@gp.hscni.net**](mailto:reception.z00434@gp.hscni.net)

**CHILDHOOD VACCINATIONS**

**We would urge all parents to take up the opportunity to have their preschool and primary school aged children vaccinated at our surgery when invited to do so. It is completely safe to attend a healthcare setting for vaccination. After clean water, vaccination is the most effective public health intervention in the world for saving lives and promoting good health, and therefore one of the most important things we can do to stay healthy.**

**Vaccination rates have been falling throughout the UK and we now have increased measles cases circulating within the community, please ensure you get your child vaccinated**

**MMR Catchup**

The Northern Health and Social Care Trust is undertaking a Measles, Mumps, and Rubella (MMR) vaccination catch-up campaign aimed at ensuring all children and young people are fully protected.

The vaccinations are targeted at those aged from 6 – 25 who have not yet received both doses of the MMR vaccine.

**Patients Aged 18yrs and above who have not had an MMR can make an appointment with the practice**

With measles cases on the rise, the campaign aims to help prevent the spread of contagious diseases.

If you, or your child, have not yet received both doses, you will receive a letter inviting you to attend a vaccination clinic.

**Children aged between 12 months – 5 years**

**This age group can get the vaccine through their GP practice.**

**All parents/guardians were contacted on 15/2/24**

**if you did not receive a text message and your child is in the above age range please:**

**email:**[**reception.Z00434@gp.hscni.net**](mailto:reception.Z00434@gp.hscni.net)

**or phone: 02890364048**

[**https://https://www.nidirect.gov.uk/articles/northern-ireland-mmr-catch-campaign**](https://www.nidirect.gov.uk/articles/northern-ireland-mmr-catch-campaign)

### To view the MMR information Leaflet please click **[here](https://www.theoldschoolsurgery.co.uk/website/Z00385/files/MMR%20A5%20leaflet%200224.pdf)**

**PRESCRIPTIONS – PHARMACY COLLECTION**

### **PLEASE ALLOW 24-48 FOR THE PHARMACY TO COLLECT YOUR PRESCRIPTION, PLEASE DO NOT CALL THE SURGERY TO CHECK IF YOUR PRESCRIPTION HAS BEEN COLLECTED, UNLESS IT IS AN EMERGENCY**

**TRIAGE GUIDELINES - 11/12/23**

**Unfortunately, at times, the practice may be understaffed due to staff sickness or holidays.**

**On these occasions we may have to restrict the number of triage calls**

**In the event of this:- the following action will be taken**

**"The practice is currently experiencing unmanageable demand for urgent care. Taking account of our patients’ and practice team’s safety and the availability of other options for patient care we are not able to see any more patients today.**

**We are sorry for this inconvenience, which is beyond our control.**

**If you have an urgent medical problem that you believe cannot wait please phone through on the emergency line.**

**Thank you for your understanding**

**IF YOU REQUIRE AN APPOINTMENT WITH THE GP, PLEASE TELEPHONE BETWEEN 8.30 - 10.00 A.M.**

**IF YOU REQUIRE A HOME VISIT,  PLEASE TELEPHONE BETWEEN 8.30 - 10.00 A.M.**

**ABOVE HOURS ARE SUBJECT TO CHANGE IF THERE ARE STAFF SHORTAGES**

**UPDATED TIMES WILL BE AVAILABLE HERE AND ON OUR PHONE LINES**

***We apologise for any inconvenience but trust you will understand our reasons for taking these steps, and thank you for your patience, and we assure you of our best intentions as to why we are implementing them. We thank you for your co-operation and understanding, all your efforts to not overwhelm the NHS have been appreciated by all our staff.***

***IF YOU ARE DEAF OR HAVE HEARING LOSS PLEASE SEE LINK BELOW FOR SUPPORT SERVICES***

[**https://online.hscni.net/wpfd\_file/hsc-services-and-support-for-deaf-and-hearing-loss/**](https://online.hscni.net/wpfd_file/hsc-services-and-support-for-deaf-and-hearing-loss/)

**SERVICES AND SUPPORT FOR SIGHT LOSS**

**https://online.hscni.net/download/2452/physical-and-sensory-disability/38350/hsc-services-and-support-for-sight-loss**

***PRESCRIPTION COLLECTION***

***DUE TO ON-GOING WORK PRESSURES,***

***WE WOULD KINDLY REQUEST THAT YOU NOMINATE A CHEMIST OF YOUR CHOICE TO COLLECT YOUR REPEAT PRESCRIPTION***

***ACUTE AND EMERGENCY REQUESTS CAN STILL BE COLLECTED AT THE PRACTICE***

***IF YOU HAVE ANY ISSUES OR WOULD STILL LIKE TO COLLECT YOUR OWN PRESCRIPTIONS***

***PLEASE MAKE OUR RECEPTION STAFF AWARE:***

***RECEPTION.Z00434@GP.HSCNI.NET***

**Thank you**

**Easter Recipe**

**Easy Easter Brownies**



**Ingredients**

* 175g butter, plus extra for greasing
* 200g milk chocolate, broken into pieces
* 225g light soft brown sugar
* 2 medium eggs
* 1 tsp vanilla extract (optional)
* 100g plain flour
* 30g cocoa powder

**Method**

1. Preheat the oven to gas 4, 180°C, fan 160°C. Grease a 20cm baking tin and line with nonstick baking paper.
2. Put the butter and 150g chocolate in a microwave-safe bowl. Kids will love helping with this. Microwave on medium power for 1 min. Give the mixture a good stir, then continue to heat in 20-sec bursts, until the mixture has melted. Remove and set aside to cool a little.
3. Put the sugar, eggs and vanilla (if using) in a separate bowl and briefly whisk to combine. Stir in the cooled chocolate mixture – kids can help with this. Ask your little helpers to sift in the flour and cocoa, then you can add the remaining chocolate and mix well.
4. Pour the mixture into the prepared tin and bake for 20-25 mins, until a thin crust forms on the surface with a slight wobble.
5. Remove from the oven and leave to cool in the tin for 30 mins, before transferring to a wire rack to cool completely. Cut into 36 squares and chill until ready to serve. Enjoy cold from the fridge, at room temperature of warmed in the microwave for 10 secs. To freeze the brownies, wrap tightly in foil and eat within 2 month. Defrost for 1 hr at room temperature.

Tip: If you have any leftover Easter eggs, use the chocolate in the brownies – simply put them in a large freezer bag and gently bash with a rolling pin.