

# NUTGROVE VILLA SURGERY

## NEWS LETTER

April 2025  
Quarter 2

### Shingles vaccination

#### Are you entitled?

The shingles vaccine helps protect against shingles. It's recommended for all adults turning 65, those aged 70 to 79 and those aged 50 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.

You're more likely to get shingles, and it's more likely to cause serious problems, as you get older or if you have a severely weakened immune system. The shingles vaccine helps:

- reduce your chances of getting shingles
- reduce your chances of getting serious problems if you do get shingles

Who should have the shingles vaccine

The shingles vaccine is recommended for some older adults and people with a severely weakened immune system.

### Extended access

Did you know your GP surgery can now offer you appointments on a weekend and later appointments past 6.30pm on selected days. If you require a late or weekend appointment contact us now to book!



A new way to ask questions or send queries to your GP or the admin team without having to call the surgery.



Were on facebook! Did you know we have a facebook page you can follow for all the latest information and updates on our surgery? Find us now on facebook to keep up to date!

### MENS HEALTH

Prostate cancer is a common cancer in the UK, with about 48,600 men diagnosed each year. It primarily affects men over the age of 65, but it can occur at a younger age, especially in those with a family history or of Black ethnicity. Health Watch Knowsley are working to promote men being tested for prostate cancer. To find out how you can do this get in touch with your GP today!

### WOMENS HEALTH

Sexual health: We are pleased to offer a coil fitting service (hormonal and non- hormonal) within our network of practices. Whether you are considering a new or replacement coil please ask at reception for an appointment to discuss further.

Menopause: A GP, nurse or pharmacist can give you advice and help with your menopause or perimenopause symptoms. There are also menopause specialists who have experience in supporting anyone going through perimenopause and menopause. For more information visit: [Menopausematters.co.uk](http://Menopausematters.co.uk)

## Do You Want To Join Your Surgeries PPG?

Most GP surgeries have a patient participation group (PPG). This is a group of people who are registered with a GP practice and who have volunteered to work with the practice to represent patients. This usually includes feeding back patient experience to help the practice improve the ways they do things and also providing a link between the practice and the patients.

Nutgrove have a fantastic ongoing PPG at present but are looking for more members to join to create a more diverse and wider range group. To find out how to join ask reception now!

## DNA's

Did you know? More than 15 million general practice appointments are being wasted each year putting the total cost to the NHS at more than £216million pounds. To help reduce this please ensure any appointments you cannot attend are cancelled with as much notice as possible so it can save cost or be offered to someone else. Last month Nutgrove Villa surgery DNA rate was: 2.7% equivalent to 38 appointments.