

# NEWS FLASH



WITTERINGS MEDICAL CENTRE  
PATIENT PARTICIPATION GROUP

24 October 2022



## Routine appointments now available on-line with new Airmid app

The new Airmid app is the mobile app version of SystmOnline and is very easy to use. It provides you with existing SystmOnline functionality plus lots more. You can log in with your SystmOnline username and password.

The latest version of the app can be downloaded from Google Play or the Apple App Store.

(Not currently available on Amazon App Store for Android).

**Search for the 'Airmid App' on your mobile device**



Some routine appointments and medical checks are now available to book via the Airmid app (and also SystmOnline and the NHS App). These include smears, follow up blood tests, childhood immunisations, shingle vaccinations, pneumonia vaccinations and flu appointments. You can also order repeat medication and view your medical record.

We hope to be able to offer additional online appointments at a later date.

## Update on delivery of COVID, FLU & Pneumococcal Vaccines

The NHS is offering an autumn booster **Covid-19** vaccination to people who are:

- Residents in care homes for older people
- Aged 50 and over
- Women who are Pregnant
- Those aged 5 and over at high risk because of a health condition or because of a weakened immune system or live with someone who has a weakened immune system
- Aged 16 and over and is a Carer, either paid or unpaid
- A frontline health and social care worker

[Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk) or by calling 119.

Appointment dates will start from 3 months (91 days) after your previous dose.

**Please do not call the Medical Centre for vaccination appointments or questions about the COVID-19 vaccination.** (See more details under Additional Information at end of Newsflash)

## FLU vaccinations

Flu Vaccinations will be offered to those most at risk from flu first. This includes younger children, older people (65 years and over), those in clinical risk groups and pregnant women.

From mid-October 2022, people aged 50 to 64 years old that aren't in a clinical risk group, will also be able to get a free flu vaccine. After the Saturday clinics, there will be some evening appointments through to December.

**These can be booked using the Airmed app or by calling the surgery AFTER 11 am please. Tel: 01243 761833**

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## Pneumococcal Vaccinations

The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It is given to older children and adults and is thought to be around 50 to 70% effective at preventing pneumococcal disease. If you have a long-term health condition or are over 65 you may only need a single, one-off pneumococcal vaccination, or a vaccination every 5 years, depending on your underlying health problem.

The people who are at higher risk of serious illness and should be given the pneumococcal vaccination include babies, adults aged 65 or over and children and adults with certain long-term health conditions, such as a serious heart or kidney condition.

**The surgery is contacting patients who are eligible for the pneumococcal vaccine.**

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## Have your say on future NHS Sussex plans

Right now, health and care services are under significant pressure and we know more people will need to use services over the winter months, people's existing conditions get worse in the cold weather, there will be an increase in flu and COVID-19, and the cost-of-living crisis may impact on some people's health and wellbeing.

Health and care organisations in Sussex have been working together to plan and prepare this winter. However, we cannot do this alone and it is important that everyone plays a part in helping to make sure our people and communities get the care and support they need. They are developing a five-year plan that will set out the ambitions and priorities to achieve better health and care for our people and communities. They cannot focus on everything and need local people to help shape this work.

NHS Sussex want to hear from communities to make sure these ambitions and priorities are right.

**To complete the survey, go to: <https://bit.ly/HUHYsurvey>**



## **Abdominal Aortic Aneurysm (AAA) Screening - a free NHS test for men aged 65 and over**

There is a national screening programme for men in the UK in the year they turn 65. It's a simple ultrasound scan which looks at the abdominal aorta (the largest artery in the body). This simple scan could save your life. The aorta is the main artery which carries blood away from the heart, down through the abdomen to the legs. A bulge or swelling (aneurysm) of the aorta can be dangerous if it is not spotted early on as it can get bigger over time and could rupture.

There are often no symptoms with this condition until the moment it ruptures, which is why screening is so important. Around 85 out of 100 people who have an aneurysm, die when it bursts before they reach hospital, or they do not survive surgery, so it is a serious condition. Small and medium sized aneurysms are not a medical emergency, they just need to be monitored.

Men are 6 times more likely than women to have one which is why women are not offered screening. The chance of having an aneurysm also increases with age and if any of the following apply:

- You are or have ever been a smoker,
- you have high blood pressure,
- you have high cholesterol,
- Your brother, sister or parent has, or has had, an abdominal aortic aneurysm

Men will automatically be sent an invitation to attend for AAA screening in the year they turn 65. Men over the age of 65 who have not been screened before can contact their local service

**To arrange a screening, call the Sussex AAA screening office on 01903 843834,  
Monday to Friday 9am to 4pm.**

(See other Screening Services below)

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## **ADDITIONAL COVID INFORMATION**

Visits to care homes have already started and are currently underway across Sussex.

Everyone aged 5 and over can get a 1st and 2nd dose of the COVID-19 vaccine.

People aged 16 and over, and some children aged 12 to 15, can also get a booster dose.

People aged 12 and over who had a severely weakened immune system when they had their first 2 doses, will be offered a 3rd dose and a booster (4th dose).

Second Covid-19 vaccinations need to be 8+ weeks since first dose and the same vaccine type for adults. For under 18s, second doses need to be 12+ weeks from the first dose

For Booster Clinics, you will need to be 3+ months since date of second dose. (You can pre-book a booster dose from 2 months (61 days) after your 2nd dose, the appointment dates you'll be offered will be from 3 months (91 days) after your 2nd dose)

16- and 17-year-olds can attend all sessions, unless indicated

No NHS number or ID required but it does speed things up if you do have your NHS number with you

If you need an AstraZeneca or Moderna vaccine please contact our Vaccine Enquiries Team to make sure you are directed to the appropriate service (email [sxicb.vaccineenquiries@nhs.net](mailto:sxicb.vaccineenquiries@nhs.net) or call 0800 433 4545 – open 9am – 4pm, Monday to Friday).

## Information and Guidance on other Screening Services

### [Abdominal Cancer](#)

[https://www.mencap.org.uk/sites/default/files/2022-04/nhs-AbdoUrologicalCancer\\_EasyRead-poster-A4-web.pdf](https://www.mencap.org.uk/sites/default/files/2022-04/nhs-AbdoUrologicalCancer_EasyRead-poster-A4-web.pdf)

### [Cervical Cancer Screening](#)

<https://www.mencap.org.uk/sites/default/files/2022-04/cervical-screening-guide-easyread-leaflet-accessible.pdf>

### [Bowel Cancer Screening](#)

<https://www.mencap.org.uk/sites/default/files/2021-02/01%20NHS%20Bowel%20Cancer%20Screening%20-%20Easy%20Guide.pdf>

### [Breast Cancer Screening](#)

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/765594/Easy\\_guide\\_to\\_breast\\_screening.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/765594/Easy_guide_to_breast_screening.pdf)