

## **Borough Green Medical Practice – September 2024**

**Dr Fiona Humphreys** graduated from medical school in 2015, initially working as a hospital doctor. She became a salaried GP at Borough Green Medical Practice in August 2023, working two days a week (Weds & Fri).

Outside of her time at the surgery she likes to keep busy, often working for the out-of-hours GP service and in A&E. She enjoys running, reading, and attempting to play the piano.



### **Respiratory Syncytial Virus (RSV) Vaccination**

As we are sure some of you are aware, there is a new vaccine called RESPIRATORY SYNCYTIAL VIRUS (RSV) that will be available from September 2024 and we will shortly be contacting those eligible.

What is RSV? RSV is an infectious disease of the airways and lungs. It often causes symptoms similar to a cold, including cough, sore throat, sneezing, runny or blocked nose. It can also cause wheezing or shortness of breath and lead to pneumonia or other life-threatening conditions. There is no specific treatment and most infections will get better by themselves. Every year thousands of older patients need hospital care for RSV and can sometimes be fatal. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system. RSV infections can occur year-round but peaks every winter. The best way to protect yourself is to have the vaccine. A single dose is thought to protect you for a few years.

#### **Those eligible are as follows -**

- Pregnant Women from 28-36 weeks
- Anyone aged 75 on or after 1st September 2024 will be offered a single dose.

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- Anyone who is already 75-79 years old on the 1st September 2024 will be offered a single dose.

This is the first roll out of this vaccine and only those detailed above are currently eligible. You can have them at the same time as the shingles or pneumococcal vaccines but they **cannot** be given at the same time as the Flu or Covid vaccines.

Borough Green Surgery will be running clinics for these vaccines in September. If you are eligible (as detailed above), please do not wait to be contacted. You can call the Surgery on 01732 883161 to book your appointment. This vaccine can be very beneficial especially if you already suffer from any respiratory illnesses.

### Seasonal Flu and Covid vaccinations

Borough Green Medical Practice will be offering the Flu and Covid vaccinations from October and more details about the vaccinations and available clinics will be published shortly.

### Social Media

Did you know Borough Green Medical Practice has it's own Facebook page?

Our latest story was posted on 7<sup>th</sup> August:

“John Turner of the ‘Friends of the Surgery’ hands over a wheelchair donated by the ‘Friends’ to the Practice Manager.

The Friends rely on donations to enable them to fund items for the benefit of the Surgery’s patients. To donate to the fund, please contact Jane Ardley, Hon. Treasurer, either by phone (01732 885933) or by email ([jibtrainer@outlook.com](mailto:jibtrainer@outlook.com)).

Such donations are gratefully received and allow us to continue donating items to the Surgery for the benefit of the patients.”



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### Parents Supporting Parents

A family support group for parents and carers of young people in the Sevenoaks District

Meeting once a week for 10 weeks, this support group will offer a safe space for parents/carers to share their experiences. Participants will gain confidence in talking about mental health, supporting young people engaging in behaviours including self-harm, and understand where to go for support in times of crisis.

**When: Wednesdays from 6.30-8pm starting 18 September**  
**Venue: West Kent Mind, 34 St John's Road, Sevenoaks, TN13 3LW**  
**For more details and to register, email [cyp@westkentmind.org.uk](mailto:cyp@westkentmind.org.uk), call us on 01732 744950 or visit our website:**

[westkentmind.org.uk/parents-supporting-parents](https://westkentmind.org.uk/parents-supporting-parents)



Sevenoaks Primary Care Network

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HCAHealthcare uk



Sevenoaks Primary Care Network

# AGEING HEALTH

## Free Patient Webinar

The brain and what can be done to improve brain health



With Dr Prasheanth Reddy, Consultant in Geriatric Medicine,  
with an interest in neuro-geriatrics.

Free to join, please go to:  
<https://sevenoakspcn.gpweb.org.uk/news/events>  
for the joining link

## Tuesday 10th September

18:30 - 19:30 on Microsoft Teams

Please note this session will be recorded and available to watch on our website