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Health Lines

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Your monthly patient bulletin from SHP Patient Participation Group (PPG)



Measles cases are on the rise, with unvaccinated children and young adults at risk of becoming seriously unwell. Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it.

Measles is more than just a rash

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth.

The first symptoms include:

- a high temperature
- a runny or blocked nose
- sneezing

- a cough
- red, sore, watery eyes

If you have measles symptoms, stay at home and call the practice, call 111 or go online to 111.nhs.uk. Please do not come into the surgery or visit A&E departments as measles can spread easily and you could spread the illness to others.

Get vaccinated against measles

The MMR vaccine can prevent measles. It is offered to all children in the UK and two doses can give lifelong protection.

Parents who are unsure if their child is up to date with all their routine vaccinations should check their child's Red Book (personal child health record), check the NHS App, or contact the practice. Adults and older children can also be vaccinated at any age if they have not been fully vaccinated before.

For more information, visit the NHS website or speak to the practice.

Find out more at

www.nhs.uk/conditions/measles

Find out more about the MMR vaccine at

<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine>

Healthwatch Solihull Visit to Monkspath Surgery...

SHP enjoyed welcoming Jayne, Community Engagement Officer from Healthwatch Solihull, to Monkspath surgery site in January 2024 to gain patient feedback, views and insight



SHP would like to thank all those patients who took the time to give their valuable feedback and they are looking forward to welcoming back Healthwatch Solihull to their surgery sites again soon..

Young People Visit the Practice to Improve the Patient Experience...

On the 5th of January, SHP welcomed three young people from the charity Our Voice's Heard Solihull to work with them on an exciting new project. These "Experts by Experience" visited three of our practice surgeries to give their thoughts and ideas, based on their personal experiences, about how SHP might make reasonable adjustments to their sites to help provide the best possible environment and improve the experience for their neurodivergent and learning disability patients.

Time was spent at each surgery site looking at the waiting areas, corridors and clinical rooms. Suggestions about signage and room set up were given, and sensory experiences such as lighting and sound were also discussed.



Photograph of Damian King (Our Voice's Heard Solihull Project Lead), Lisa Hall (Care Navigator at SHP) and three 'Experts by Experience' (Our Voice's Heard Solihull) at Haslucks Green Medical Centre.

Two more visits are planned in February, followed by a report with the outcomes and suggestions. It is also hoped that some of the Experts by Experience will return to the surgery sites once the suggested changes have been made, so further feedback can be gained as the project progresses.

****COME & JOIN YOUR PPG****

- If you want to be involved in SHP development and service delivery, please **complete the form available in the PPG section of SHP web site** or email shp.ppg@nhs.net for further information.