**Meet Dr. Pardesi**

Dr. Pardesi qualified as a GP in 2011 and has been a partner at St Giles since 2018. Her qualifications include BMBS (Bachelor of Medicine and Bachelor of Surgery), BMedSci (Bachelor of Medical Sciences), a Diploma in Child Health, a Diploma from the Faculty of Sexual and Reproductive Health, and Letters of Competence in Implant and Coil procedures. She is also a member of the British Menopause Society.

Dr. Pardesi enjoys all aspects of General Practice and believes in working collaboratively with patients to manage their acute and chronic medical needs. She has a particular interest in women's health, menopause, and diabetes, and runs the monthly family planning clinics at the practice. Additionally, Dr. Pardesi is the lead GP for the Quality Outcome Framework initiatives undertaken by the practice.

In her free time, she loves spending time with her young family, reading, traveling, and exploring the beautiful local countryside.

**NHS 111 offering crisis mental health support**

Patients of all ages experiencing a MH crisis or concerned family members can now benefit from support through 111. NHS staff can guide callers with next steps such organising face-to-face community support or facilitating access to alternatives services, such as crisis cafés or safe havens which provide a place for people to stay as an alternative to A&E or a hospital admission. If required, Every emergency dept in England now has a liaison psychiatric team available to offer specialist care.

A full list A of mental health support options is available via the NHS.uk website.

[https://www.england.nhs.uk/2024/08/nhs-111-](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.england.nhs.uk%2F2024%2F08%2Fnhs-111-&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477355779389%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=APNkxzmnDipM453rNV%2B%2F%2BuKRYXHhGpjkokbSRA4TC%2Fw%3D&reserved=0) offering-crisis-mental-health-support-for-the-first[1]time

**Our 2024 flu vaccination clinics are now available to book.**

Our clinics will be held on:-

* **Saturday 5th October 2024** (all day) at Misbourne Surgery in Church Lane
* **Sunday 13th October 2024** (all day) at St Giles Surgery in Townfield Lane

**Who is eligible for a Flu Vaccination?**

* those aged 65 years and over
* those aged 18 years to under 65 years in clinical risk groups
* those in long-stay residential care homes
* carers in receipt of carer’s allowance, or those who are the main carer of an elderly or disabled person
* close contacts of immunocompromised individuals
* frontline workers in a social care setting without an employer led occupational health scheme including those working for a registered residential care or nursing home, registered domiciliary care providers, voluntary managed hospice providers and those that are employed by those who receive direct payments (personal budgets) or Personal Health budgets, such as Personal Assistants

**Why flu vaccination is important**

Flu vaccination is important because, while flu is unpleasant for most people, it can be dangerous and even life threatening for some people, particularly those with certain health conditions.

The best time to have your flu vaccine is in the autumn or early winter before flu starts spreading. But you can get your vaccine later.

**Who can have the flu vaccine?**

The flu vaccine is given free on the NHS to adults who:

* are 65 and over
* have certain health conditions
* are pregnant
* are in long-stay residential care
* receive a carer’s allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
* live with someone who is more likely to get a severe infection due to a weakened immune system, such as someone living with HIV, someone who has had a transplant, or is having certain treatments for cancer, lupus or rheumatoid arthritis

**Flu vaccine for people with long-term health conditions**

The flu vaccine is offered free on the NHS to people with certain long-term health conditions, including:

* respiratory conditions, such as [asthma](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fasthma%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477355792923%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ZAiUvWlSB3hMNGfxV6iPKFMIKsyjt2bYYgEsLOczhzc%3D&reserved=0) (needing a steroid inhaler or tablets), [chronic obstructive pulmonary disease (COPD)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fchronic-obstructive-pulmonary-disease-copd%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477355994754%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=XAtkcuXcHyCQrKpxUQ6%2Bbv%2BXrkQ6DQABqXbzh3ZF4VY%3D&reserved=0), including emphysema and bronchitis
* [diabetes](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fdiabetes%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356005000%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=aKq3MqxiJnqNYyXkt5VW%2FS2o%2F1MrvRtO0wpwF0FiyPg%3D&reserved=0)
* heart conditions, such as [coronary heart disease](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fcoronary-heart-disease%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356012324%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=yLyUgY31e%2FXj19nLOtCZ5zmeCIBP0Ho63Vqzj9gkSOk%3D&reserved=0) or [heart failure](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fheart-failure%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356019637%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=3oxy5zYwfbTQZgO3H%2BXzrf1xP%2FvLRVkZ6tDbcQId7mE%3D&reserved=0)
* being very overweight – [a body mass index (BMI)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Flive-well%2Fhealthy-weight%2Fbmi-calculator%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356026892%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=3Hb2wXlm2tppCHXlNFwkOUBkTUYfcQUQ5vOuorfdE6o%3D&reserved=0) of 40 or above
* [chronic kidney disease](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fkidney-disease%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356034258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=uC%2FHsKVgQT2NNq6YDnePfGmdV77wdBlsIhiLtrVjPBw%3D&reserved=0)
* liver disease, such as [cirrhosis](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fcirrhosis%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356041623%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=qyMyPRfdplQC1RDPqFKvl9A5lufuTVP%2B2kWhmjKnYdI%3D&reserved=0) or [hepatitis](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fhepatitis%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356051362%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=NY3RdyBiiBlAXOpC3QB8p2hCqNxSXPQmNy16KAXcC7o%3D&reserved=0)
* some neurological conditions, such as [Parkinson’s disease](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fparkinsons-disease%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356060074%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=LP8LMiZGWm1grrPCws9hW80p1LB6yn2JYk%2BxcVrK4m4%3D&reserved=0), [motor neurone disease](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fmotor-neurone-disease%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356067460%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=I2UpCxP7Dta3gHwIDrccDZWDRnR8Zul7jInZdUItVVM%3D&reserved=0), [multiple sclerosis (MS)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fmultiple-sclerosis%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356074999%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=glm5rGqa4ZhBUHQZDPwLxSps7fPhh7DnV1wZ87eojT8%3D&reserved=0), or [cerebral palsy](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fcerebral-palsy%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356082252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Tmhh2uXAZ%2Fb1Mk7MHaSN%2BklAYhabf6E4qk1avtjRs1I%3D&reserved=0)
* a [learning disability](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Flearning-disabilities%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356089498%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=89U0%2BuVJrx48lHlxhgtpIodISnRwNGC00wNhtYZVpqk%3D&reserved=0)
* problems with your spleen like [sickle cell disease](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fsickle-cell-disease%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356096707%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=12wnId4LX%2BK2%2FIiCuAqRjpbmiIXkl7ynJ9Vh86Qywww%3D&reserved=0), or if you’ve had your spleen removed
* a weakened immune system as a result of conditions such as [HIV and AIDS](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fhiv-and-aids%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356103909%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=vqVLLUZDZXci8Ed%2F1vFdNz7ISz%2FXlONzq%2Fwgqk9bafk%3D&reserved=0), or taking medicines such as [steroid tablets](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fsteroids%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356111183%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ze41Cy%2FHB2MccZfD%2F3GJLv2FjqN3%2FtOn1CjEW%2B%2BBgXI%3D&reserved=0) or [chemotherapy](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fchemotherapy%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356118566%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Xr%2FUeCIdEwlxcbsk73wrszcSRo0Ak%2BkY21oPCmXZq%2B4%3D&reserved=0)

Talk to your doctor if you have a long-term health condition that is not in one of these groups. They should offer you a flu vaccine if they think you’re at risk of serious health problems if you get flu.

**Flu vaccine if you’re pregnant**

You should have the flu vaccine if you’re pregnant to help protect you and your baby. It’s safe to have a flu vaccine at any stage of pregnancy.

[Find out more about flu vaccine in pregnancy](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fpregnancy-and-baby%2Fflu-jab-vaccine-pregnant%2F&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356125879%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=566QPwbHkHDafmpFkkB8eJTWOjugSNZsFfAYUuUkIuM%3D&reserved=0)

**Who should not have the flu vaccine**

Most adults can have the flu vaccine, but you should avoid it if you have had a serious allergic reaction to a flu vaccine in the past.

You may be at risk of an allergic reaction to the flu vaccine injection if you have an egg allergy. This is because some flu vaccines are made using eggs.

Ask a GP or pharmacist for a low-egg or egg-free vaccine.

If you’re ill with a high temperature, it’s best to wait until you’re better before having the flu vaccine.

**RSV Vaccination**

Respiratory Syncytial Virus (RSV) is a common respiratory infection. While symptoms are usually mild, the elderly are at higher risk of serious complications.

The UK is leading the way as the first country to develop a vaccine against RSV.

Everyone turning 75 on or after 1 September 2024 is being offered a single dose of the RSV vaccine.

For this first year, those aged 75 to 79 by this date are also eligible as part of a catch-up program. RSV can lead to serious complications in older adults, so protect yourself and book your vaccine before you turn 80.

Eligible patients have already been contacted—check your appointment details with us!

**National Patient Survey results**

We would like to thank all patients who took part in the National GP Patient Survey from earlier this year.

[**Results have been published and are being discussed with our patient participation group**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gp-patient.co.uk%2Fpatientexperiences%3Fpracticecode%3DK82051&data=05%7C02%7Cmuhammad.raza6%40nhs.net%7C0a2cc01f46bd47532a1508dcd41f20d0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638618477356136453%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=kWTY3ooOxEErP3XiBbI6QW4u3vRHWj4sP6xy3RFYFK4%3D&reserved=0). We will provide you with updates in the coming months.