



## SETT VALLEY MEDICAL CENTRE

Hyde Bank Road New Mills High Peak  
SK22 4BP  
Tel: 01663 743483

# SUMMER

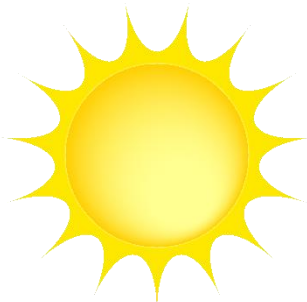
## Sett Valley Medical Centre Patient Newsletter Summer 2026

In this edition

- Summer health
- Carers
- Hayfield
- Reasonable adjustments
- More More
- Pride month
- RSV vaccine
- Measles
- Contact details
- Missed appointments
- Research
- Patient Participation Group

### Summer health

Hot weather can be enjoyable, but it can also lead to dehydration, heat exhaustion, or heatstroke if we're not careful. Simple steps can help you and your family stay safe, especially for older people, young children and those with long-term conditions.



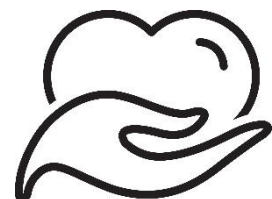
- Drink plenty of fluids and limit alcohol and caffeine
- Avoid the sun between 11am and 3pm
- Wear light clothing, a hat, and sunglasses
- Use SPF 30+ sunscreen and reapply regularly
- Keep your home cool (close curtains in the day, open windows at night)
- Avoid strenuous activity during the hottest part of the day
- Cool down with a shower or water on your skin
- Check on vulnerable family, friends or neighbours

### Carers

Do you look after someone who couldn't manage without your help due to illness, disability or age? If so, you may be a carer – even if you don't think of yourself that way. We would really encourage you to let us know by registering as a carer with the practice, so we can better understand and support your needs.

By registering, you may benefit from additional support and signposting to local services and advice, and help to ensure you receive the right information for both you and the person you care for.

Please speak to a member of our team or contact reception to be added to our carers register.



## **Hayfield**

We are please to inform patients that our Hayfield site in now regularly open 2-3 mornings per week. Please ask our reception team when booking if you would prefer an appointment at Hayfield.

## **Reasonable adjustments**

We want to make sure you can use our services in a way that is right for you. A reasonable adjustment is a small change or support that helps you if you find things harder because of a disability, health condition, or other needs.

You may be able to have reasonable adjustments if you:

- Have a physical disability
- Have a learning disability
- Have a long-term health condition
- Have a mental health condition
- Have problems with sight, hearing, or speaking
- Find it hard to understand or remember information

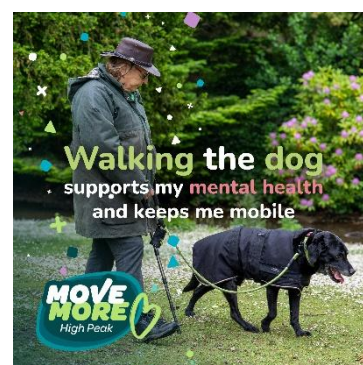


If you would like to request a reasonable adjustment be added to your records please speak to a member of our team.

## **Move More**

Being active doesn't mean going to the gym or finding extra time in your day. It can be part of everyday life — like walking to the shops, dancing at home, or spending time outdoors.

- Small, simple movements all add up
- Activities like walking, swimming or gardening all count
- Even a little more activity can improve physical health and wellbeing
- Being active can boost mood, energy and help you feel more connected to others



Explore ideas to help you move more in a way that suits you by visiting the Sett Valley Medical Centre website or looking at our waiting room display.

## Pride month



June is Pride Month – a time to celebrate the LGBTQ+ community, recognise progress towards equality, and raise awareness of the challenges some people still face.

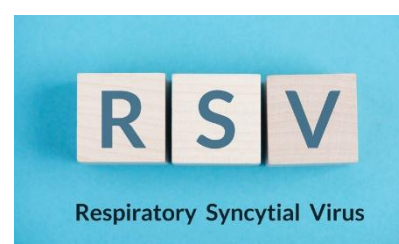
At our practice, we are committed to providing inclusive, respectful care for everyone. We want all patients to feel safe, supported and able to be themselves when accessing our services.

We welcome feedback from our patients on how we can continue to improve and better support our LGBTQ+ community.

## RSV Vaccine

RSV is a common virus that usually causes mild cold-like symptoms, but it can be more serious for babies and older adults.

From April 2026, the RSV vaccine is being offered to more people. It is now available for everyone aged 75 and over, and those who are 28 weeks pregnant or more.



We will contact eligible patients to book appointments once the vaccine is available.

## Measles

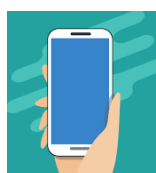


Measles is a highly contagious illness and cases are currently increasing across the country. It can be serious at any age, with around 1 in 5 children needing hospital treatment. It can also lead to complications in pregnancy, including miscarriage or low birth weight.

The best protection is 2 doses of the MMR vaccine, which provide long-term protection. These are usually given at 1 year and again at 3 years 4 months, but it's never too late to catch up. If you think you or your child may have missed a dose, please contact the practice to book an appointment with a practice nurse.

## Keeping Your Details Up to Date

Please make sure your contact details are up to date so we can keep in touch with you. You can update your details using the form on our website.



- We now use text messages or emails for many communication
- Please let us know if you change your mobile number
- If you would prefer not to receive text messages, please inform a member of the team so we can opt you out

## Missed Appointments

In May, 107 patients missed their appointments.  
If you are unable to attend please let us know in advance.



## Research

To help inform public health decisions and track which types of infections are circulating, the Practice participates in several research projects. We want to thank all the patients who have taken part in any of these studies.

Participation in any research projects is entirely voluntary, and we will not share any identifiable information without your consent. If you would like to know more or participate in any of the research projects through the practice please speak to a member of the team.



## Join Our Patient Participation Group (PPG)



Would you like to help shape and improve your GP practice? Our Patient Participation Group (PPG) works alongside the practice to support the development of services and ensure patient views are reflected in how we do things.

- Meet with practice staff 3–4 times a year
- Share ideas and feedback to help improve services
- Support the practice in developing patient-focused improvements
- No experience needed – just an interest in making a difference

If you would like to get involved, please speak to reception or contact us to register your interest. We welcome patients from all backgrounds so the group reflects our community.