

Green Space

--- Winter 2025 / 2026 --

Welcome to the Winter Edition of LPMC's Community Newsletter

Welcome to the Winter edition of the Green Space quarterly newsletter! Here are some updates and news about the practice.

Think pharmacy first for children this winter

Your pharmacist can provide advice and treatment if your child is suffering from a sore throat, earache, sinusitis, impetigo and infected insect bites. Just think pharmacy first.

- Sore throat (5 and over)
- Sinusitis (12 and over)
- Earache (17 and under)
- Impetigo (1 and over)
- Infected insect bite (1 and over)

Private consultation rooms available

Protect yourself from serious lung infection

If you're aged 75 to 79, your GP will contact you about getting your free respiratory syncytial virus (RSV) vaccine

Chest infections are common after a cold or flu, especially in autumn and winter.

Most are mild and resolve on their own, but some can be serious. Bronchitis and pneumonia are the main types, with bronchitis caused by viruses and pneumonia by bacteria.

Infections spread when an infected person coughs or sneezes, releasing droplets that others can inhale. They can also spread through contact with contaminated surfaces or hands.

Certain groups are at higher risk for serious chest infections, and this in-

Father Friendly Borough.....

"Father Friendly Borough: Supporting dads, strengthening families, securing futures."

Father Friendly Borough, developed with Children and Family Hubs and commissioned by Hackney Council, promotes fathers' perinatal mental health, stronger parent-infant bonds, and a more supportive environment for fathers in Hackney.

FATHER FRIENDLY BOROUGH PROJECT
SUPPORTING DADS IN HACKNEY

- Father-Friendly Coffee Morning**
Join us every Wednesday to connect, share and unwind!
- Join Local Dad Group**
Be a part of the group made by dads for dads. This is a space for you to thrive.
- Mental Health Support**
Discover resources and tips designed just for dads like you.
- Dad Who Workshops**
Level up your skills with fun, hands-on sessions for dads
- Solihull Approach Training**
Sign up to boost your parenting confidence and connection.
- Scan the QR code**
Find free activities and resources for you and your baby

UK Health Security Agency | NHS

Twinkle twinkle little star, if I'm vaccinated, the safer you are.

Getting vaccinated while pregnant helps protect you and your baby. Speak to your maternity team.

Search NHS vaccinations in pregnancy to find out more

Patient Participation Group (PPG):

Will you like to have a say in how the practice is run? Why not join our patient participation group, you can help shape and design service delivery. Please contact the practice for further information.