

THORNTON NEWS

Thornton Medical Centre Spring 2026 Newsletter



There has been lots of **comings and goings** at the practice recently, Nurse Amy and Keely from the reception team have gone on maternity leave. We wish them both well.

We also welcome Dr Trigg and Dr May who are our two new GP Registrars. They will be spending the next year with us. Welcome to the practice, we hope you will enjoy your time at Thornton!

GetUBetter

The getUBetter app is to help people digitally manage muscle, bone and joint injuries and conditions.

It provides safe, personalised, and targeted recovery management.

getUBetter supports new, recurrent, and ongoing problems making it suitable for most patients. It also includes 'Living with Pain'.

The app is free and can be downloaded by searching 'getUBetter' in the Google Play or Apple App stores or visit <https://www.getubetter.com/patient/>

Bank holidays and Staff Training days for Spring 2026

The surgery is closed on the following dates for Bank Holidays:

- Good Friday 3rd April 2026
- Easter Monday 6th April 2026
- Monday 4th May 2026
- Monday 25th May 2026

The Hub service will remain unchanged.

The surgery is closed from 12.00 for staff training:

- Thursday 26th March 2026
- Thursday 14th May 2026

and will re-open 08.00 the following day.

If you need medical advice when the surgery is closed, use NHS 111 online (111.nhs.uk) or call 111, they can direct you to the best place to get help if you cannot contact your GP during the day, or when your surgery is closed.

Always call 999 in a medical emergency

Learn CPR in 15 minutes for free!

Many of us will witness a cardiac arrest in our lifetime. Be ready for that day with RevivR which is the British heart foundations fast, free and easy-to-use online tool. All you need is a mobile phone or tablet and a cushion to practice on. Visit <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life>

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MMRV Vaccine

From 1 January 2026 MMRV will be offered as part of the routine immunisation schedule to protect children from:

- Measles
- Mumps
- Rubella
- Chickenpox (varicella)

If your child was born on or after 1 January 2025 your child needs to have their MMRV at: first dose 12 months second dose at 18 months of age to have the best protection from all four diseases. Visit

<https://www.gov.uk/government/publications/mmr-vaccination> for more information.

Please call us to book your child in if they are due for their vaccinations.

The information below tells you more about measles. It is a serious disease caused by a very infectious virus.

Catching measles

Measles spreads easily when an infected person breathes, coughs or sneezes.	The virus can stay in the air and on surfaces for up to 2 hours. You can catch measles just by being in a room where an infected person has been, even up to 2 hours after they have left.	A person with measles can spread the infection in the 4 days before they get the rash until 4 days after the rash appears.
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Symptoms of measles

 rash	 fever	 loss of appetite	 sore, red eyes	 cough
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Other early symptoms include sneezing and a runny or blocked nose. A person with measles will feel very unwell. They will have to spend about five days in bed and will be off school or work for around 2 weeks. There is no treatment or cure for measles.

If you think you might have measles, it's important to call your GP surgery. You will need to stay away from other people to avoid spreading the disease.

Possible complications

 hearing loss	 blindness	 pneumonia	 encephalitis	 brain damage	 death
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Measles in numbers

9 out of 10 unvaccinated people will catch measles if they come into contact with an infected person. 	1 in 5 people with measles will be admitted to hospital. 
1 in 15 children with measles will get one or more complications. 	1 in 5,000 people with measles is likely to die. 