

MAY 2025

We're excited to share a recent initiative that's brought energy, connection, and wellness to our practice! Our new GP registrar, Dr Mohamad Abdallah, has introduced 'The Step Challenge'—a fun and engaging way to promote daily movement and mindful living among staff.

As part of next month's theme on **MINDFUL EATING** and **HEALTHY HABITS**, the Step Challenge encouraged everyone at the practice to lace up their shoes and start counting their steps. What began as a simple wellness activity quickly turned into a team-wide movement, with staff supporting and motivating each other to move more and be more aware of their lifestyle choices.

GHS MC LTD

Let's practice

MINDFUL EATING



To honor our mind body & health



STEP CHALLENGE



Steps recorded by all our staff during first week of step challenge

Dr Abdallah's initiative has added a wonderful spark to our positive culture, inspiring us all to prioritise our own health while continuing to care for the health of our service users. From quick lunchtime walks to before & after-work step boosts, the challenge has been a great reminder that small steps can lead to meaningful change.

We're proud of the enthusiasm shown by our team and look forward to more health-focused initiatives in the coming months!

Protecting Our Children

Why the MMR Vaccine matters

MEASLES



DURATION
of the DISEASE

7-14 days



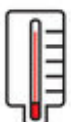
SYMPTOMS



COUGH



LOSS of APPETITE



FEVER



SLEEPINESS



PINK EYE



RUNNY NOSE



SPOTS INSIDE
THE MOUTH



SENSITIVITY
TO LIGHT

PREVENTION



VACCINE



IMMUNIZATION



WASHING
HAND



MEDICAL
MASK

SYMPTOMS OF GERMAN MEASLES (RUBELLA)



RED RASH



RUNNY NOSE



MUSCLE PAIN



MILD FEVER



SNEEZE
& COUGH



HEADACHE



RED EYES

MUMPS



Symptoms



Headache



Pain in joints



Swollen
parotid glands



Loss of appetite
and or nausea



Fever

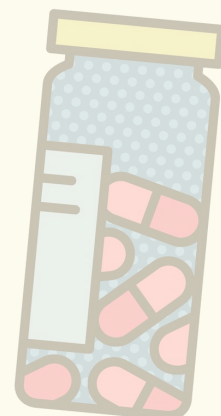


A dry mouth

Prevention



get MMRV vaccine



Protecting Our Children

Why the MMR Vaccine matters

These 3 infections spread easily between people and can lead to serious problems including meningitis, blindness and hearing loss. Babies and young children are given 2 doses of the MMR vaccine as part of the NHS vaccination schedule.

They're given a dose at:
1 year old
3 years 4 months old

Please call the reception and request an appointment for your child.