



Longfield Medical Centre Newsletter April 2024

Millions of parents and carers in England are being urged to book their children in for their missed measles, mumps, and rubella (MMR) vaccine as part of a major new NHS drive to protect children from becoming seriously unwell, as measles cases continue to rise across the country.

If your child has not received the vaccine please book now



10 Spring Wellness Tips for A Healthier, Happier You

1. Embrace Outdoor Activities
2. Spring Clean Your Health
3. Prioritize Sleep
4. Nourish Your Body With Seasonal Foods
5. Practice [Mindfulness](#)
6. Stay Hydrated
7. Set Spring Wellness Goals
8. Get Your Vitamin D
9. Connect With Others
10. Practice Gratitude

New Staff Members

We have new staff commencing at LMC over the next few weeks.

Sarah M—Dispensary Assistant

Laura W—Practice Nurse

Shelley P—Phlebotomist

Our next Staff training shutdown will be Thursday 25th April