

## Symptoms of measles

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth.

### Cold-like symptoms

The first symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes
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**Ask for an urgent GP appointment or get help from NHS 111 if**

- you think you or your child may have measles
- your child is under 1 year old and has come into contact with someone who has measles
- you've been in close contact with someone who has measles and you're pregnant or have a weakened immune system
- you or your child have not had measles or 2 doses of either the MMRV or MMR vaccine and you (or your child) have been in close contact with someone with measles
- you or your child have a high temperature that has not come down after taking paracetamol or ibuprofen
- you or your child have difficulty breathing – you may feel more short of breath than usual
- your baby or young child is not feeding well, or taking less feeds or fluids than usual
- you or your child are peeing less than usual (or your baby has fewer wet nappies)
- you or your child feels very unwell, or you're worried something is seriously wrong
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Measles can spread to others easily. If you think your child may have measles. **DO NOT COME INTO THE SURGERY**, arrange a telephone appointment on System Connect. The doctor will arrange a telephone consultation and send you a link to photograph the rash or arrange for you to come to a part of the surgery where you're separated from others.

## Rockwell & Wrose Practice Spring 2026 newsletter

Many of you who have visited our surgeries recently may have noticed works being carried out. Wrose Health Centre is in the midst of having a lift shaft installed and more consulting room are being put in upstairs.

Rockwell are also having a refit, freshen up and more space creating which has been in the pipeline for months, but work has now finally started.

May be take this opportunity to apologise for the disruption and noise at times, unfortunately all goes hand in hand with this kind of work.

**Measles outbreak** – The UK has lost its measles elimination certificate after the disease continually circulated for more than a year. Falling vaccination rates have sadly allowed measles to take hold once more. North London and the West Midlands have had a higher infection rate but there have also been cases in Manchester.

**Measles** Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMRV or MMR vaccine is the best way to prevent it.

**We will be contacting patients up to the age of 25 who have not been fully vaccinated.**

If you are worried about getting your child vaccinated, please make a telephone appointment with our Practice Nurse to discuss your worries.

## LIVING WELL BRADFORD

Spring is almost here and many of us are looking forward to lighter mornings and evenings. Seasonal changes can significantly impact our mental health, influencing mood, energy levels and overall well-being.

Five ways to Wellbeing are evidence-based actions offering simple things you can do in your everyday life to boost your wellbeing.

1. Connect with other
2. Be more active
3. Keep learning
4. Give to others
5. Be mindful
6. Visit the NHS "Five ways to wellbeing" page

**System Connect** is going well. We have had a lot of positive feedback from patients who are finding it is a much easier, efficient and quicker way to communicate with the surgery. If you are struggling to use it, we have "System Connect champions" who will spend time with you showing you how to use it. Once you have used it once or twice you will realise how easy it is. If you need help, please ask. This is how all GP surgeries work now. Appointments can no longer be made over the telephone.

### Evening and weekend appointments

Did you know that we often have free appointments available on an evening and over the weekend. We can make you an appointment for you to see a GP, nurse appointments are available for blood tests, diabetic check-ups and smear tests. Although you would not be seen at Rockwell or Wrose Health Centre we have appointments available at Moorside Surgery, which is situated on Dudley Hill Road.

### Spring 2026 Covid 19 vaccination campaign

Starts 13<sup>th</sup> April and runs through until 20<sup>th</sup> June

**Eligible groups** – Over 75's -Residents in care homes and Immunosuppressed patients

We will not be delivering the vaccination this year, but some local pharmacies will be vaccinating. People who cannot use the NHS online booking service can telephone 119.

### Easter closing 2026

Closed - Good Friday 3<sup>rd</sup> April  
Easter Monday 6<sup>th</sup> April

### Spring bank 2026

Closed - May Day Monday 4<sup>th</sup> May  
Spring Bank Monday 25<sup>th</sup> May

If you need a Doctor during this period please contact NHS111.