

The NHS logo is displayed in white text on a blue rectangular background.

Accident and Emergency Use

In the first 4 months of the year from April, there has been a 19% increase in accident and emergency attendees from our Surgery.

Don't forget we are open from 8.30 am to 8pm on Mondays, Tuesdays, Thursdays plus every fifth Saturday and Friday evening.

Urgent patients and children who need to be seen on the day are always seen.

Please use A&E for true emergencies.

Retirements

Glenda, our much-loved practice nurse, retires in October.

We will miss her dearly and wish her well in her retirement.

New Addition to the Team

Please offer a warm welcome to Julie Markhus, GP Assistant to the Surgery.

Vaccinations

There are several vaccinations available for eligible patients to help protect against diseases that become more prevalent during the winter months. Patients will be invited to book an appointment by text message. If you have not received an invite but believe that you are eligible, please contact the surgery.

RSV

Respiratory syncytial virus (RSV) is a common cause of coughs and colds. It usually gets better by itself, but it can be serious for some babies and older adults and can lead to pneumonia and other life-threatening conditions.

RSV Eligibility

Everyone turning 75 years old on or after the 1 September 2024 will be offered a single dose of RSV vaccine. You can still get the vaccine up to the day before you turn 80. As there is not a vaccination for babies, pregnant women from 28 weeks are eligible for vaccination to help protect your baby for the first few months after they're born.

For more information, please see the following link:

<https://www.gov.uk/government/publications/respiratory-syncytial-virus-rsv-vaccination-for-older-adults/your-guide-to-the-rsv-vaccine-for-older-adults>

Flu

Eligible patients for this year's flu vaccination programme will receive a text invite to book an appointment at the surgery. For patients additionally eligible for the COVID vaccine, patients can receive both flu and COVID on the same day at Richmond Road Practice

Richmond Road Medical Centre

<https://www.nhs.uk/vaccinations/flu-vaccine/>

Shingles

The shingles vaccine helps protect against shingles and is given in two separate doses. It's recommended for all adults turning 65, those aged 70 to 79 and those aged 50 and over with a severely weakened immune system.

The shingles vaccine helps reduce your chances of getting shingles and reduce your chances of getting serious problems if you do get shingles

For more information, please visit <https://www.nhs.uk/vaccinations/shingles-vaccine/>

Pneumonia

The pneumococcal vaccine helps protect against some types of bacterial infections that can cause serious illnesses like:

- meningitis (an infection in the brain and spinal cord)
- sepsis (a life-threatening reaction to an infection)
- pneumonia (an infection in the lungs)

It can also help protect against other illnesses such as sinusitis and ear infections. Adults aged 65 and over are recommended to receive a one dose vaccination.

Students! New term ahead!

We thank all our patients for the help they provide our students and the insights offered from a patients perspective.

This year we have third and fifth year students from QMUL plus Physician Associates and Trainee Nursing Associates in training.

Don't forget you can always request not to see students.

Patients Participation Group

Next meeting will be online via Teams and an evening meeting. The next meeting held every two months will be an afternoon meeting in person.

We are always looking for new members; please contact the surgery if you would like to participate.

City & Hackney Social Prescribing

Did you know you can request a referral to the social prescribing team?

Areas of expertise

This service provides health & wellbeing support for those experiencing social isolation, long-term health concerns or experiencing social issues such as problems with family life, trauma and abuse, parenting, access to food and finances

Chlamydia Rates in Hackney are amongst the highest in the UK

The Condom Distribution Scheme offers free condoms to everyone under the age of 25 who lives, works, or studies in Hackney or the City of London. How does it work? It's simple—young people can register using the QR code and visit any participating pharmacy to pick up a pack of 12 condoms. They can return as many times as they'd like. A map of participating pharmacies, along with other free sexual health services, is available on the Young Hackney website

FamilyLine

First line support for every family and any family issue If you're feeling overwhelmed, worried or upset about any aspect of your family life, whether here in the present or something from your past, FamilyLine is here for you. We offer free emotional support, information and guidance on family relationships – including siblings – conflict, parenting, caring, financial worries and more.

Open Monday to Friday from 9 am to 9 pm

Callers must be 18+

0808 802 6666

Text: 07537 404 282

Online chat

familyline@family-action.org.uk

Contacting us out of hours

Helpline opening hours 9am to 9pm. Outside these hours, text FAMILYACTION to 85258, to access our free 24/7 crisis support service delivered in partnership with Shout.