



Uppingham Surgery

RUTLAND HEALTH PRIMARY CARE NETWORK

Uppingham Surgery Newsletter

Summer 2025

Welcome to the Summer Newsletter from Uppingham Surgery

Dear Patients

As we step into the vibrant summer months, we're delighted to bring you the latest updates, helpful health tips, and important service information from the surgery. We hope you're making the most of the season's sunshine and, as ever, we remain here to support your health, wellbeing, and peace of mind.

Goodbye Statements

Dr Wass: I'm writing to you to let you know that in May after 30 years in the NHS as a GP I will be leaving the practice. I have been off work for some time now with health-related issues. I was hoping that a break from work would give me some time to recuperate and recalibrate, with the intention of returning to work. Unfortunately, this has not been the case. During my time as a GP, I have strived to offer family focussed health care, recognising the value of continuity, accessibility and personal care. As a patient myself I now recognise the importance of these factors more than ever. One of my special interests was palliative care and I have been privileged to be able to help and care for patients during this difficult time. I am going to miss being part of the Uppingham community and working in lovely Rutland.
Kind regards, Dr Andrew J. Wass

Dr Price: Dear Patients, after nearly 13 years working at Uppingham surgery, and 40 years of clinical practice altogether, I have decided to retire. I want to enjoy more time with my family, and my hobbies - travelling, gardening and some new ones too. I would like to thank all of you for trust, understanding, your patience, all your kind words of appreciation and the support I received over the years. I am leaving you in the safe hands of the best Primary Care team I have ever known- Uppingham Surgery and wish you all good health.
Sincerely yours, Dr Egle Price

First Floor waiting area information

Uppingham Surgery now has additional consulting room space on the first floor, Dr Burden and Dr Pickering are currently the clinicians who are based on the first floor, some of our trainee advanced practitioners will also consult from the first floor.

When visiting the surgery, please keep an eye out for the new signage displayed on the ground floor. The check in screen will identify if you need to be seated on the ground floor or first floor waiting areas. The first floor can be accessed by the lift and staircase located to the right of the main entrance as you enter the premises. If you're unsure where you need to be seated, please speak with a member of the patient services team and they will be more than happy to assist you.

If you're unable to access the first floor due to your mobility please inform the patient services team at the main reception. We will ensure your personal needs have been accommodated.

Shingles, Pneumococcal and RSV Vaccines

Uppingham Surgery continues to provide vaccinations against Pneumococcal, Respiratory Syncytial Virus (RSV) and Shingles. All these vaccines are available to you if you meet the eligibility criteria.

You become eligible for your pneumococcal vaccine when you are 65 years old. This is a single vaccine that helps protect you against illnesses like pneumonia, meningitis, and sepsis. If you are at higher risk of getting seriously ill, you may be eligible earlier, or you may need extra doses.

You become eligible for your RSV vaccine when you are aged 75-79 or during pregnancy to help protect baby after they are born. This is a single vaccine that helps protect you against illnesses such as pneumonia and bronchiolitis.

You become eligible for your shingles vaccination if you turn 65 after 1 September 2023. If you turned 65 before 1 September 2023, you would become eligible when you turn 70. This vaccine is administered in two parts, with a 6-month gap between and helps reduce your chance of getting shingles. If you are at higher risk of getting seriously ill, you may be eligible earlier or need a shorter duration between your vaccines.

The practice will contact you via text or letter inviting you to take up the offer when you become eligible.

NHS prescription charges remaining same for the year 25/26

The current prescription charge is £9.90 per item, we do not expect these charges to rise for the next 12 months.

Important information to be mindful of:

Prescription charges are for each item not each prescription. For example, if your prescription has 3 medicines on it you will have to pay the prescription charge 3 times.

Some items are always free, including contraception and medicines prescribed for hospital inpatients.

If you know you'll have to pay for a number of NHS prescriptions, it may be cheaper to buy a prescription prepayment certificate (PPC).

More information can be found on NHS.uk -

<https://www.nhs.uk/nhs-services/prescriptions/save-money-with-a-prescription-prepayment-certificate-ppc/>

If you're unsure what charges you're likely to incur, our dispensary team are on hand to answer any questions.



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EAT - DRINK - STAY - EVENTS - WEDDINGS

Heatwave:

How to cope in the hot weather

Most of us welcome the warmer, but when it's too hot, there are health risks associated with the heat. During heatwaves, more people than usual get seriously ill or in some rare cases die. If hot weather hits this summer, make sure it does not harm you or anyone you know.

Why is a heatwave a problem?

The main risks posed by a heatwave are:

- Not drinking enough water (dehydration).
- Overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- Heat exhaustion and heatstroke

Who's most at risk?

A heatwave can affect anyone, but the most vulnerable people are:

- Older people – especially those over 75 and female.
- Those who live on their own or in a care home.
- People who have a serious or long-term illness including heart or lung conditions, diabetes, kidney disease, Parkinson's disease or some mental health conditions.
- People who are on multiple medicines that may make them more likely to be badly affected by hot weather.
- Those who may find it hard to keep cool – babies and the very young, the bed bound, those with drug or alcohol addictions or with Alzheimer's disease.
- People who spend a lot of time outside or in hot places – those who live in a top-floor flat, the homeless or those whose jobs are outside.



Tips for coping in hot weather

Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.

Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.

Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees. Check the temperature of rooms, especially where people at higher risk live and sleep.

For more information visit [GOV.UK: Beat the heat: staying safe in hot weather](https://www.gov.uk/government/collections/beat-the-heat).

Staff Training Dates

Upcoming Staff Training Closures

Please note that Uppingham Surgery will be closed on the following dates to allow our team to participate in essential staff training:

Tuesday 15 July: 1pm - 6.30pm

Wednesday 17 September: 1pm - 6.30pm

Thursday 16 October: 1pm - 6.30pm

Thursday 13 November: 1pm - 6.30pm

We appreciate your understanding and cooperation as we work to enhance our services.

Thank you for your support.

General health concerns:

To prevent unnecessary visits to A&E or walk in centres call NHS 111 first (open 24/7 or when the surgery is closed). They can advise if you need to speak to a Clinician or visit an Urgent Treatment centre.

Remember where possible 'Talk before you walk'.

Only use 999 for life threatening emergencies

Long term Service at Uppingham Surgery

In 2025, we're proud to celebrate several team members who have reached significant long-term service milestones. It's been a pleasure to honour their achievements alongside the entire team in recent months. Their dedication to the practice—and to you, our valued patients—is a true reflection of their commitment and character.

Our 2025 long-term recognition goes to the following members of staff

- Clare, Business Manager - 20 years service
- Anna, Practice Secretary - 15 years service
- Dr Dan Pickering, GP partner - 15 years service
- Dr Anu Kalra GP partner - 10 years service
- Liane, HCA and Nurse Co-ordinator - 10 years service
- Vanessa, Dispenser - 10 years service



Patient Participation Group (PPG)

Your local PPG is a group of volunteer patients who work closely with the Surgery.

Our primary objective is to ensure that issues of concern raised by patients are brought to the attention of those running the Surgery. In addition, we also work with the Surgery to suggest and review potential improvements to processes, in order to enhance the Patient experience.

If you would like to contact us, please email John Leslie, PPG Chairman, in confidence, at uppinghamsurgeryppg@gmail.com.

Alternatively, you can leave a message for him on 01572 823531.