



Uppingham Surgery

RUTLAND HEALTH PRIMARY CARE NETWORK

Uppingham Surgery Newsletter

Autumn 2025 

Welcome to the Autumn Newsletter from Uppingham Surgery

Dear Patients

As we step into the Autumn months, we're delighted to bring you the latest updates, helpful health tips, and important service information from the surgery. As our days become shorter and our evenings colder, we remain here to support your health, wellbeing, and peace of mind.

Welcome back to Dr Alison Corah

We are pleased to announce Dr Corah's return to Uppingham Surgery. Dr Corah will be hosting clinics on Monday's and Tuesday's.

We're sure all our patients will give Dr Corah a very warm welcome back to Uppingham Surgery.

Flu and Covid Vaccination Dates 2025

- Saturday 4th October 2025
- Saturday 11th October 2025

Invites will be sent directly to patients who are eligible for either of the available vaccinations. You do not need to contact the practice.

If you would like more advice and guidance on the Flu and Covid Vaccination, please visit

<https://www.nhs.uk/vaccinations/flu-vaccine/> and
<https://www.nhs.uk/vaccinations/covid-19-vaccine/>.

New Waiting Room Renovations

We are pleased to announce our waiting room has now been fully renovated.

The reception desk has been repositioned and the existing stud wall has been removed to allow our waiting area to be more spacious, open, and welcoming. We very much hope the recent changes are welcomed by our patients.

You will also notice we have moved the check-in screen back to the main waiting area along with additional seating to ensure there is plenty of capacity.

Our aim is to ensure patient flow is smooth flowing throughout dispensary and our reception area.

Thank you to all our patients for your understanding throughout the renovation process.



**Protect yourself
ahead of winter**



NHS App information for our patients

The NHS App gives you a simple and secure way to access a range of NHS services. You can download the NHS App on your smartphone or tablet via the Google play or App store. You can also access the same services in a web browser by logging in through the NHS website.

You must be aged thirteen or over to use the NHS App. You also need to be registered with a GP surgery in England or the Isle of Man.

What you can do with the NHS App:

You need to prove who you are to get full access to the NHS App, and you can do this yourself via the app or with the help of your GP. With full access you can:

- Order repeat prescriptions and nominate a pharmacy where you would like to collect them.
- View your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)
- Register your organ donation decision.
- Choose how the NHS uses your data.
- View your NHS number.
- Use NHS 111 online to answer questions and get instant advice or medical help near you

More information can be found on <https://www.nhs.uk/nhs-app/about-the-nhs-app/>.

Did not attend rate for Nurse/Phlebotomist appointments

Throughout the month of August, we had a total of **102 missed appointments** due to patients not attending. This has resulted in over **20 hours** of lost time.

Please be mindful of cancelling any future appointments if you are unable to make them. You can contact the surgery directly over the telephone or submit a request via Contact Us Online on our website homepage.



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UPPINGHAM



EAT - DRINK - STAY - EVENTS - WEDDINGS



Musculoskeletal Practitioner at Uppingham Surgery

A Musculoskeletal (MSK) Practitioner is a healthcare professional, typically a physiotherapist, with specialized skills in diagnosing and managing conditions related to the musculoskeletal system (muscles, bones, joints, and nerves).

Our Musculoskeletal Practitioner, Alex, can help patients with musculoskeletal issues such as pain in the back, bones, joints, or muscles.

They can provide comprehensive care, which may include:

- **Assessment and diagnosis:** Identifying the cause of the problem and determining the best course of action.
- **Treatment and management:** Providing advice on self-care, exercise, and other therapies.
- **Referrals:** Referring patients to other specialists, such as radiologists, surgeons, or other practitioners, when necessary.

By seeing one of our Musculoskeletal Practitioners, you will get quicker access to specialised care, leading to faster diagnosis, treatment, and recovery. They can also help to improve patient outcomes and reduce GP workload.

Have you heard of Homeshare Leicestershire?

Homeshare Leicestershire is a not-for-profit organisation established in 2022 to support people with long term health conditions and older adults to maintain their independence at home whilst creating well maintained and affordable shared accommodation opportunities.

Homeshare Leicestershire is staffed by Social Workers and Community Workers with decades of experience safeguarding the welfare of vulnerable adults and young people.

Homeshare Leicestershire charges home sharers (people who move into a homeowner's property), a monthly service fee on commencement, and for the duration of the home share placement. The fee covers the cost of all initial safety, safeguarding and reference checks, initial matching and due diligence process, and regular ongoing support and assistance throughout the home share for both the homeowner and the home sharer.

Want to find out more? Please visit <https://homeshareleicestershire.org/>



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:

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

Graduation of Chloe and Anna

Sister Anna Newbon, Practice Nurse and Chloe Sheridan, Nurse Associate recently attended their graduation at Leicester University.

Congratulations to both, demonstrating their hard work and commitment to their professional development, not only benefiting themselves, but the practice and patients.

Well done!



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.