

NORTHLANDS WOOD PRACTICE NEWSLETTER – AUTUMN 2025



Shorter days, longer nights are fast approaching as are the **Seasonal Flu and Covid Vaccination Clinics**.

This year we will once again be working alongside ABC (Alliance for Better Care) to deliver this service. With Clair Hall now closed to NHS use, the Clinics will take place at the Practice.

ABC have begun by prioritising patients who are eligible for both Covid and Flu vaccinations. For those patients to whom this is applicable, you are duly requested to respond promptly, using the links provided, either booking your appointment or advising the Practice directly that you do not wish to proceed with the vaccination. We will then begin to invite patients eligible for Flu only.

News on our 2-3 year olds flu clinics is coming very soon!



CHANGES TO COVID VACCINATIONS ELIGIBILITY

For Autumn 2025, COVID-19 vaccinations will be offered to:

- Adults aged 75 years and over
- Residents in Care Homes for older adults
- Individuals who are immunosuppressed aged 6 months and over.

This is a change from last year which included adults aged 65 to 74 and all those aged 6 months and over in a clinical risk group.



SELF-REFERRALS

Procedures and processes within the NHS are constantly under review and changing. Listed overleaf are all the current self-referral pathways now available to you and how to book.

Department	How to Refer	Contact details	Conditions/Criteria
MidSussex Wellbeing	Email or Phone	wellbeing@midsussex.gov.uk or 01444 477191	Including - being active, alcohol reduction, falls prevention, weight loss - further information available on the website
Midwives	Online Form	Maternity services - University Hospitals Sussex NHS Foundation Trust	4 weeks pregnant or more
Physiotherapy	Online Form	www.sussexmskhealth.co.uk	Any MSK problems involving bones, muscles, nerves, or joints as well as persistent pain & rheumatology conditions
Sexual Health Clinic	Phone	www.sexualhealthwestsussex.nhs.uk 01903 285199	Contraception including IUD's, implants, emergency contraception, STD's, HIV testing and treatment, psychosexual therapy
West Sussex Talking Therapies	Online Form	Self-Refer Here NHS West Sussex Talking Therapies	For symptoms of depression, anxiety, panic and stress

MISSED APPOINTMENTS!

Missed appointments at the Practice remain far higher than we would like and there are a huge variety of reasons why. One such reason has been traced to a possible technical glitch in the text reminder process which has now been identified and fixed. However, your assistance in cancelling appointments no longer required, when your condition has been resolved one way or another, would be most appreciated.

Likewise, prompt responses to all invitation requests to book an appointment and advising if blood tests or reviews are not wanted, would be appreciated, since this frees up Practice time in preventing reminders having to be sent.

