

# Autumn Newsletter 2025

PART OF VIOLET MELCHETT HEALTH & WELLBEING HUB

## **NHS App**

We are encouraging patients to download the NHS APP. The NHS App allows patients to submit Online Consultations, book appointments, order repeat prescriptions and get advice without directly contacting their GP practice. It also gives us the functionality of sending messages directly to patients. If you haven't downloaded the APP please scan the QR code below and switch notifications on.

# Download the NHS App and take control of your healthcare

Register now for quick, convenient access to your health and care records, as well as time saving tools.



Help and support - For help getting set up on the NHS App visit: www.nhs.uk/nhs-app or scan here —





### To download the NHS App, scan here





# The Flu Campaign

As we approach winter its is important that patients who are at risk to be booked in for their free flu jab. If you are eligible it is important to know why it matters to take up the offer.

Flu is far more serious than a bad cold. For those susceptible, it can increase the risk of developing serious lung and airway infections such as bronchitis and pneumonia or can make existing conditions far worse. The flu virus is constantly evolving, which is why getting vaccinated each year is vital. Eligible Groups this year from 1st September:

- pregnant women
- all children aged
   2-3 years old on
   31st August 2025

#### From **October 1st**:

- those aged 65 and over
- those aged 18
   years to under 65
   years in clinical
   risk groups

- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromi sed individuals

All eligible patients will be sent an email or SMS with a self booking link. Or alternatively patients can call us to book an appointment.

# COVID Vaccinations

The COVID booster vaccination campaign will start from 1st October, and will be offered to patients in the following groups:

- Patients who reside in a care home for older adults
- Patients aged 75 years and over
- Patients aged 6
   months and over
   who are
   immunosuppressed

#### COVID Vaccinations Continued

You will have received a SMS message if eligible with a self booking link, and clinics will be on Fridays and Saturdays at Violet Melchett throughout October.

Housebound patients will be contacted by the home visiting team to arrange a convenient time and date for the visit. The team will also administer flu at the same time.

## Pharmacy First

With the Pharmacy First service, you can visit your local pharmacy for expert advice and treatment for many common conditions - no need to wait for a GP appointment. It's fast, convenient, and safe, with trained pharmacists who can provide prescription-only medicines like antibiotics. The service is free, following normal NHS prescription rules.

As well as several minor conditions, depending on your age, your pharmacist can treat you for:

Earache, Impetigo, Infected insect bites, Shingles, Sinusitis, Sore throat and Uncomplicated UTIs.

## Hellos and Goodbyes

Have said goodbye to Dr Shabeena Aziz, and our two trainee GPs Dr Polly Keeling and Dr Alasdair Carnegy. We wish them all the best for the future. We welcome two new trainee GPs Dr Julia Kan and Dr Suhir Abdulla, and a new salaried GP Dr Emeka Okove.



PART OF VIOLET MELCHETT HEALTH & WELLBEING HUB

#### PATIENT PARTICIPATION GROUP

### Cervical Screening Utilising the NHS App

From September, those who have a negative test result will be notified of this by an NHS App message. It will also appear as an NHS App notification. If the NHS App message isn't read within 72 hours, a letter will be sent as a failsafe.

Abnormal result letters will continue for the time being to be delivered by post.

#### **Patient Survey**

#### Have your say!

We would love to hear about your experience with our GP practice. Please take a few minutes to complete our anonymous **Patient Experience Survey**. Your feedback will help us improve the care and services we provide to our community.

Here is the link to the survey <a href="https://www.surveymonkey.com/r/SJPCMXZ">https://www.surveymonkey.com/r/SJPCMXZ</a>



The patient participation group is a group of Health Partners at Violet Melchett patients who meet with the practice management team to develop services at the practice and ensure that the patient voice is heard.

If you would like more information, or to join our patient participation group, speak to a receptionist. Or use our PPG sign up form on our website.

# HAVE YOU COMPLETED OUR SURVEY YET?

Tell us about your experience.
Complete the Patient Satisfaction
Survey today. Help us improve



# **Christmas Opening**

# Thursday 25th December CLOSED

# Friday 26th December CLOSED

Monday 29th December 8.00am -6.30pm

Tuesday 30th December 8.00am -6.30pm

Wednesday 31st December 8.00am -6.30pm

# Thursday 1st January CLOSED

Friday 2nd January 8.00am – 6.30pm

Please remember to order your medication in time over the Christmas period!