

DECEMBER
2025

The HMG Patient Newsletter



NHS APP SIGN UP STEP-BY-STEP

With the increased use of the NHS App to help track referrals, results, and messages with your GP surgery, we thought it would be useful to provide a QR code that can be scanned. This will take you to a step-by-step tutorial on how to use the NHS App

HMG: OCTOBER PRACTICE ACTIVITY



October Activity Data

Referrals Made



1,029

Prescriptions Completed



16,853

Online Medical Requests



11,693

Face to Face Appointments



17,213

Telephone Appointments



2,751

Missed Appointments



1,385



Providing high quality and compassionate primary care.

IMMUNINASTIONS

With the start of Immunisation season, the criteria has changed slightly – and that can be confusing! The table below shows those **who are** and those **who are not** eligible for the various vaccinations as of 2025.

WHO?	FLU	COVID
Patients aged 65-74	✓	✗
Patients aged 75 and over	✓	✓
Children Aged 2 or 3 Years Old on 31.08.2025	✓	✗
Primary School Children (reception to year 8)	Given at school	✗
Secondary School Children (Years 7 to 11)	Given at school	✗
At Risk Groups (From 6 months to 64 years)	✓	✗
Residential Care Home Patients	✓	✗
Close Contacts of Immunocompromised Patients	✓	✗
Front Line Care Workers and Care Home Staff	✓	✗
Immunocompromised Patients Aged 18-74	✓	✓



KEEPING WELL IN WINTER



Cold weather can affect anyone, but some people are at higher risk, such as older adults, young children, those with long-term health conditions, low mobility, or who live alone.

Why cold weather matters:

Cold homes, damp, and poor insulation can increase the risk of illness. Winter also brings more infections such as flu and COVID-19, and icy conditions can lead to slips and falls. Faulty or unsafe heating can cause carbon monoxide poisoning, so it's important to keep your home both warm and safe.

TIPS

- Reduce Draughts with draught excluders
- Eat regular hot meal and drink hot drinks where possible
- Get your flu & Covid 19 vaccination (if eligible)
- Wear shoes with good grip when going outside
- Make sure you have enough of your medication incase bad weather makes it difficult to go out
- Check if you're eligible for Winter Fuel Payments and other local energy efficiency grants

HELLO'S WHO HAS JOINED?



Dr. Trevor Edobor

- Speciality: GP
- Credentials: MPP, MPH
- RCGP



Dr. Daniel Akpotozor

- Specialty: GP
- Credentials: MBBS, MRCGP
- RCGP



Dr. Juliane Groning

- Specialty: GP
- RCGP
- MRCP, MRCGP,



Dr. Elizabeth Torrance

- Specialty: GP
- RCGP

HAVE YOUR SAY!



JOIN OUR PATIENT GROUP

Involving our patients is a very helpful process in ensuring that our services best meet your needs.

To help us with this we invite all patients, who wish to contribute, to join our informal and friendly Patient Participation Group (PPG)

Visit the HMG website today, or ask at reception to register your interest.

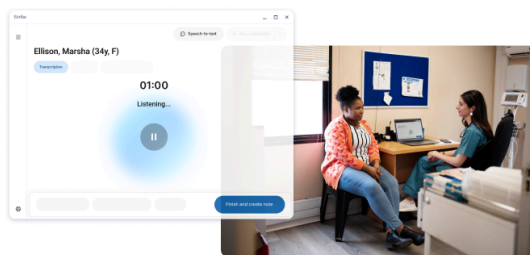
[CLICK ME TO GO TO OUR PPG PAGE](#)

Accurx Scribe

Powered by Tandem

We are using an AI Scribe to improve your care

An AI Scribe allows your clinician to focus more on you and less on their computer or writing notes during your consultation.



What this means for you

- ✓ More time with your clinician - less time spent typing.
- ✓ More accurate, complete notes, delivered to you faster.

Your privacy is protected

- ✓ Audio of your consultation is never stored and all notes are securely encrypted.
- ✓ Data is minimised to remove any names or personal identifiers.

Your clinician is in full control

- ✓ Accurx Scribe only helps with note taking, but your clinician reviews and approves it all.

Your choice matters

- ✓ If you'd rather your clinician didn't use the AI scribe, just let them know.

Accurx is an experienced and accredited NHS supplier

Accurx Scribe is integrated with Accurx's privacy and security by design programme, in line with NHS Governance, Data Security and Clinical Safety Standards. It doesn't store audio or use patient data to train AI.

