

## FLU SEASON

The Winter Vaccination Programme will run from 1st September for Pregnant Women and Children and from 1st October for everyone else. For anyone eligible for Covid or Flu, you shall have received an invite from us by Friday 17<sup>th</sup> October 2025 . If you believe you fit the below criteria but have not been invited, please contact Reception.

### From 1st September 2025

- Pregnant women
- All children aged 2 or 3 years on 31 August 2025
- Primary school aged children (from Reception to Year 6) – vaccinations will take place at school
- Secondary school aged children (from Year 7 to Year 11)- vaccinations will take place at school
- All children in clinical risk groups aged from 6 months to less than 18 years

### From 1st October 2025

- Those aged 65 years and over
- Those aged 18 years to under 65 years in clinical risk groups (as defined by the [Green Book, Influenza chapter 19](#) )
- 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 immunocompromised individuals
- Frontline workers in a social care setting without an employer led occupational health scheme including those working for a registered residential care or nursing home, registered domiciliary care providers, voluntary managed hospice providers and those that are employed by those who receive direct payments (personal budgets) or Personal Health budgets, such as Personal Assistants

## COVID ELIGIBILITY

### From 1st October 2025:

- Those aged 75 years and over
- Persons aged 6 months and over who are immunosuppressed, as defined in tables 3 and 4 of the COVID-19 chapter of the [Green Book](#)
- 6 months to 18 year olds will be invited by NHS England
- Residents in a care home for older adults

## RAFFLE & TOMBOLA

Towcester Medical Centre PPG (patient participation group) have been collecting for our winter tombola & raffle.

**The tombola** is to be held on Saturday 22<sup>nd</sup> November in the Medical Centre.

We owe thanks to our patients for their donations . We have some wonderful items so far. We are still collecting, if you have any donations please provide to the Practice by no later than Friday 14<sup>th</sup> November.

**The raffle** will be drawn on Friday 19<sup>th</sup> December.

Our prizes include: A Distillery Tour from Wharf Distillery, Wash & Blow-dry at Ruby Hook's, a £25 Saracens Head Voucher and much more from the following local retailers:  
Coop, Waitrose, Tesco ,Ten hands Cafe, Cheese shop, Gallone's, & Barber Box.

Raffle tickets are £1 each and can be purchased at reception.

The purpose of the tombola/raffle is to help towards funding the purchase of equipment which supports patients and improves services.

Previously, raising funds has allowed the purchase of a feno machine. Within its first 10 months of use, it released 78 appointments for other medical needs - that's a saving of 19.5 hours.

Your feedback through 'friends & family' surveys has also highlighted the need for;

- Higher chairs/perching stool for patients that have difficulty sitting circa £60-£90 eac
- ipad (tablet) for patient use - enable access to online medical facilities

TMC would also like to use funds to create a "quiet space" where patients can feel comfortable, safe and supported - whether for breastfeeding, managing additional needs or during times of personal concern.

## FRIENDS AND FAMILY

### WHY WE COLLECT FRIENDS AND FAMILY DATA

At Towcester Medical Centre, we regularly ask patients to complete the NHS Friends and Family feedback. After each appointment, you will receive a text message inviting you to share your observations. This helps us understand what we're doing well and where we can improve.

Whilst your responses remain anonymous, we ask you to include the time and date of your appointment. This allows us to look for patterns in the feedback. For example, if a comment mentions that a consultation room was untidy, we can identify who was consulting at that time and check if similar feedback has been given.

By sharing your experience, you're helping us to provide better care for all our patients.

### SOME COMMON FEEDBACK WE RECEIVE, AND OUR RESPONSES:

*"The Doctor/Nurse is running late."*

This can happen for a number of reasons: patients arriving with more than one issue, late arrivals, unforeseen emergencies, or longer-than-expected consultations. We always do our best to run on time, but sometimes delays are unavoidable.

*"I want to see the same GP."*

Did you know you can request to see the doctor of your choice? Please give as much detail as possible when submitting your medical request and we will do our best to book you with your preferred clinician. Please note, if your medical condition requires same-day care, it may not always be possible to see your chosen GP.

*"I waited too long for my appointment."*

Our new system allows us to prioritise those who need care most urgently. This may not always meet everyone's expectations, but it helps ensure patients with the greatest medical need are seen first.

For example:

- Patient 1: A routine check-up with symptoms which have been under investigation for some years. This patient may wait up to 4 weeks
- Patient 2: A breast/testicular lump. This patient will be seen in a matter of hours/days

We try to offer as many routine vs more timely appointments as we can, as well as evaluating trends and reassessing patient demand. We hope you are satisfied with the appointment times offered, but if you do have any concerns, please do address these with the practice.

## LOCAL EVENTS

Did you know, there are several local services in and around Towcester that can provide valuable support, friendships & skills for a diverse group of people. Below are a handful of things in and around Towcester.

One service is called SPRING. ***“Spring is a community-driven support network, here to help people in Northamptonshire manage their health and wellbeing. Through personalised plans, community support, and a truly rounded approach to health and wellbeing, we help people to discover what’s possible.”***

Information on other services can be found on our website [www.towcestermedicalcentre.co.uk](http://www.towcestermedicalcentre.co.uk) and on the surgery notice boards.



spring  
SOCIAL PRESCRIBING  
IN NORTHAMPTONSHIRE



## Weight Management Group

### Needing Support with Weight Management?

Why not drop in to join a social group for peer support and optional weekly weigh-ins?

Monday mornings at 10.30 – 11.15am Open to anyone!

This will be followed by seated chair exercises  
11.15 – 12pm open to Spring clients  
Join Spring to benefit from the exercise!

Towcester Youth and Community Centre, Islington Road,  
Towcester NN12 6AU

For further information contact 07866 420041, or to register with Spring visit: [www.springnorthamptonshire.org](http://www.springnorthamptonshire.org) or phone 01604 210591

This group is brought to you by:



[www.springnorthamptonshire.org](http://www.springnorthamptonshire.org)

## Goodbye to a Dear Colleague

This November, we say a fond farewell to our loyal colleague, Karen Wheeler.

Karen served as our Practice Manager for eight years before handing the reins to Chloe Lamont, and for the past two years she has continued to support us as our Business Manager.

We will all miss Karen greatly as she now moves into retirement. Her dedication, leadership, and positive impact have helped shape our surgery into the successful and supportive practice it is today.

We thank Karen for everything she has done and wish her a long, happy, and well-deserved retirement.

## We would love to hear from you.

We'd love to hear your feedback about our newsletter. If you'd like to share your thoughts or help shape the content we provide, please get in touch with the practice via [northantsicb.towcesterdoctors@nhs.net](mailto:northantsicb.towcesterdoctors@nhs.net).

If you are interested in joining our Patient Participation Group (PPG) and supporting us to make improvements for patients and the way we run our practice, we'd be delighted to hear from you – please contact [northantsicb.towcesterdoctors@nhs.net](mailto:northantsicb.towcesterdoctors@nhs.net).

Thank you for taking the time to read our newsletter.