

Red House Surgery

NEWSLETTER

July 2025



CARERS CAFE

Our PCN currently runs a Carer's Café. Other local organisations have been invited to attend. Last week Zachary Dawson from Bloom, at the Day Centre operating from Cambridge Manor Care Home, brought plant pots and paints. We had great fun decorating the pots with our own designs and then we went outside to plant some begonias in our pots. The previous month we did some Chair Yoga which was excellent exercise. We are hoping that more of our patients are able to attend this wonderful project; the aim is for carer's to make new contacts and to receive any helpful advice/information to help with their caring role.

SURGERY NEWS

We are running a joint Covid and Flu campaign Autumn 2025. This will take place in October on some Saturdays (dates to be announced in due course) and we are planning to ask some local organisations to attend so there will be a market place atmosphere encouraging imparting of information

PAIN CAFE

Our Care Co-ordinator Maggie is involved with the planning for a Pain Café with input from our Clinical Pharmacist, Joao. We will keep you posted on the starting date/venue. This is such a needed project and we look forward to telling our patients about the chance to meet up, to share experience and to make new friends. Attendees will have the chance to learn about helpful lifestyle/nutritional tips to improve their wellbeing.

2025		EVERY 2ND TUESDAY
8 April		1pm - 3pm
13 May		Carer Cafés are a great way to meet other carers, share experiences and have a break from the caring role. Come and join us for light refreshments including tea, coffee, cake, or fruit.
10 June		
8 July		
13 August		
9 September		Come along on your own, or bring the person you care for. We will have activities for them that you can join in with or sit and talk with other carers, and meet our speakers.
14 October		
11 November		
9 December		
2026		
13 January		Social Prescribers, Carers Champions and Volunteer Organisations from across the City will be at the cafe's.
10 February		If bringing the person you care for you must remain at the café with them.
10 March		The Cafes are Free to attend



COVID & FLU CAMPAIGN

We are pleased to announce that we signed up to the Covid Autumn/Winter Campaign and will be delivering Covid vaccinations to eligible patients here at the practice.

Covid vaccinations can be administered at the same time as flu vaccinations.

The campaign commences in October 2025 and you will receive an SMS message inviting you to book.

We are planning to ask local organisations to attend, so there will be a market place atmosphere encouraging uptake of information.



MANAGEMENT NEWS

We are sad to announce that our Practice Manager, Dorcas Taboada is leaving at the end of August 2025. We wish her well. The surgery is actively recruiting a new Operations Manager.

NURSE NEWS

We are excited to announce that Nurses: Caitlin and Lisa will be running a Minor Illness Clinic. This will increase our appointment capacity. Nurse Lisa is completing an independent prescribing course and Nurse Caitlin is training with the Faculty of Reproductive Medicine. This will give the Red House Surgery greater capability for family planning services. Nurse Caitlin will be able to add/replace implants.

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PHARMACY NEWS

We are delighted to introduce Joao Costa, Clinical Pharmacist and Advanced Clinical Practitioner. Joao is an independent prescriber and has a Masters qualification in Advanced Clinical Practice. He has worked in hospital settings, a community pharmacy and more recently for the last 6 years at a GP surgery.

Joao is passionate about the management of chronic diseases with a holistic approach, addressing the physical, mental, and social wellbeing along side the medical symptoms. Joao is interested in understanding how these different aspects intertwine and influence each other, and ultimately effect health and wellbeing. He is also a qualified nutritional therapist.

Joao is a keen cyclist and enthuses about walking/hiking activities. He enjoys music and plays the piano.

