



Kimbolton Medical Centre

SPRING NEWSLETTER



Welcome to the Spring Edition of our 2025 Newsletter

Covid Booster Clinic – Spring 2025

We will be offering a Covid booster to patients 75 yrs and over or if you're immunosuppressed on Saturday 12th April 2025.

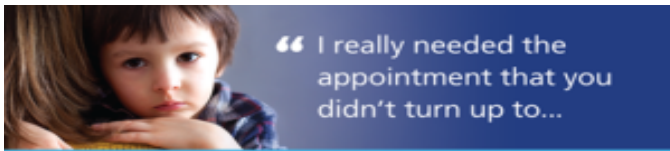
We are currently sending out our text invites and will be contacting patients too but please feel free to contact our reception team who will be happy to help get you booked in.



131 DNA (Did Not Attend)

131 missed appointments were recorded across the surgery last month.

Please let us know if you cannot make your appointment.



GP appointment?
Can't make it?
Don't need it?

CANCEL IT!

Please remember to find us on Facebook.

Our page is updated regularly with helpful tips and information, inc local support groups and ways to stay healthy and active.

Blood pressure text messages for patients over 45

Have you had your blood pressure checked in the last 5 years?

If the answer is no, please either:

1. Let us have a home BP reading
2. Pop into the surgery (no appointment needed) and use the BP machine in reception and give the results to one of our reception team or
3. Book an appointment with one of our Healthcare Assistants.



Staff Updates

Welcome back to our HCA Heidi who has returned from maternity leave.

A big welcome to the team to our newest members:

Liz Turnbull – our new HCA

Hannah Moor – our new Nurse

Sarah Birks – our new Lead Nurse

Kimbolton Medical Centre
Patients Participation Group (PPG)

EYE HEALTH



Come along to a presentation by
Adlam and Coomber Optometrists
&

Professor Rupert Bourne
Consultant Ophthalmologist at
Cambridge University Hospital

On nutrition, anterior eye conditions, cataract, glaucoma
and age related macular degeneration

Mandeville Hall, Kimbolton
Tuesday 29th April from 7 - 9pm

This event is FREE of charge and is open to ALL
Light refreshments will be served
For further information contact Deb Hellett 0780 1987231

THINK PHARMACY FIRST
Prescription medicine without seeing a GP for patients in eligible age ranges

Condition	Age Range
Earache	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infections	Women 16-64 years

**Download the NHS App and
take control of your healthcare**

Register now for quick, convenient access to your health and care records.



Let's talk Rural Mental Health

Help for those involved in agriculture and other rural businesses affected by stress and depression.

- YANA (you are not alone): <https://www.yanahelp.org/> Tel: 0300 323 0400
- RMCH (Rural mental health community): <https://www.rcmhfoundation.org>
- FCN (Farming Network Community): <https://fcn.org.uk/> Tel: 03000 111 999

What is the Patient Participation Group or PPG?

A Patient Participation Group (PPG) is a group of people who are patients of the surgery and want to help it work as well as it can for patients, doctors and staff.

We meet at the surgery, but not too often. We know that you are busy, so we meet only a few times per year and hope that you can join us.

Why should I join?

Your experiences matter and you can bring different ideas to the surgery to help us treat patients better or to improve what we do in some way.

You will also gain a better understanding of the NHS, and gather feedback from other patients.

Will my views be heard?

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is very valuable.

Working in a spirit of mutual respect, openness and trust, all patients' views will be discussed and, where appropriate, we will work together on solutions.

If you would like to join our PPG please complete the patient group sign up form on our website.

<https://www.kimboltonmedicalcentre.nhs.uk>