



## Winter Jabs 2025

It's that time of year again! Our Flu Jab Campaign will begin in **September** for **pregnant women** and **young children**. In **October**, everyone else who is eligible will be able to get their jab.

**Why the wait?** Giving most people their flu jab a little later helps make sure your protection lasts right through the winter months, when flu tends to spread the most.

**Good to know:** You can have your COVID jab at the same time if you'd like – one trip, two protections!



You can get a free NHS flu jab if you are:

- Living with a long-term health condition
- Pregnant
- Living in a care home
- A carer
- A close contact of someone with a weakened immune system
- A child born between 01/09/2021 and 31/08/2023  
(all other children will be vaccinated at school)  
[Share Good Times Not Flu](#)

For the best protection, try to get your jab by the **end of November**.

**Let's all do our bit to stay healthy  
and keep flu at bay this winter!**

### Winter Vaccination Clinics:

Our flu jab clinics are now open for booking at the Surgery. You may receive a **text or email invitation** – these are being rolled out now.

You can also **contact the Surgery directly** to book your appointment.

Don't worry – we have **enough flu jabs for all our patients**.

### Clinic times:

- Weekday clinics throughout autumn, with early, late, and daytime appointments available
- Extra Saturday clinics on **4th October** and **1st November**

### Home Visits

Home visits are available **only for patients who are housebound**. If you need a home visit, please let us know – you'll be put on the list. Our flu team will be working their way round.

## Changes to our Appointment System

### Improving How We Manage Appointments

We're always looking for ways to make our service more efficient and responsive for you. From early October, we'll be introducing a new **GP-led triage system**.

Here's what this means:

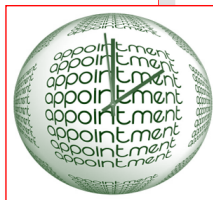
**GPs will still make all the clinical decisions** about your care.

In some cases, the GP may not need to call you directly. Instead, our specially trained medical administrators will help carry out the GP's decisions – for example:

- booking follow-up appointments
- arranging prescriptions
- referring you to local services if needed

By working this way, we can free up valuable GP time. This means **more appointment availability** and a **faster, smoother service** for you.

**Our aim is simple: to make sure you get the right care, from the right person, at the right time.**



## NHS Health Checks

Did you know... we are all at risk of developing conditions such as **heart disease, stroke, diabetes, kidney disease, and even some types of dementia?**

The good news is that many of these can often be **prevented** – and that's where the **NHS Health Check** comes in.

If you're **aged 40–74** and don't already have a long-term health condition, you may be invited to your GP surgery for a **free health check**.

Your risk of certain health problems naturally increases as you get older. This simple check-up helps spot any risks early, so you can take action to stay healthy for longer.

### What happens at a Health Check?

- We'll ask a few easy questions about your family history and lifestyle.
- Your height, weight, age, sex, and ethnicity will be recorded.
- We'll measure your blood pressure.
- A small blood test will check your cholesterol and screen for diabetes.

You'll be invited for a Health Check **every 5 years**.

It's quick, it's free, and it gives you the chance to take positive steps for your future health.

**Book your NHS Health Check and give yourself the best chance of staying well for years to come!**



## Patient Home Visits

Our doctors and nurses are happy to provide home visits, but these are reserved for patients who are **strictly unable to leave the house** – for example, those who are **bed-bound, very frail, or need significant help with mobility**.

**Please note:** home visits are **not provided simply because a patient does not have transport**. If you are able to go out for activities such as shopping, hair appointments, or social outings, then it is expected that you can also attend an appointment at the surgery.

### Why does this matter?

Home visits take much longer than surgery appointments. In the time it takes to do one home visit, we can often see **3–4 patients in the practice**. By keeping home visits for those who really need them, we can offer **more appointments for everyone**.

Thank you for helping us  
make the best use of our resources so we can provide  
the right care, in the right place, at the right time.



## EPCC Staff Update

**Dr Taylor** is currently on maternity leave after welcoming a beautiful baby boy into the world. We send our warmest congratulations to her and her family, and look forward to her return next year. In the meantime, we're delighted that **Dr Sivan** has rejoined us and will be covering Dr Taylor's sessions until her return next summer.

**Dr Zaidi** has sadly left EPCC to spend more time with his family abroad. He will be very much missed by patients and colleagues alike.

A warm welcome to **Dr Elkalaa** and to our new **Diabetic Nurse, Roya**, who have recently joined our team. We're excited to have them on board!



Dr S Hamer (f)—GP

Dr B Homer (f)—GP

Dr P Scullard (m)—GP

Dr S Scullard (f)—GP

Dr HM Vaghela (m)—GP

Dr S Walker (f)—GP

Dr M Craven (m)—GP

Dr H Ghobrial (m)—GP

Dr T Taylor (f)—GP

Dr R Walker (m)—GP

Dr A White (f)—GP

Dr S Elkalaa (f)—GP

## Patient Email Addresses

Did you know that text messaging from GP surgeries is very costly to the NHS?

Our local NHS spends around 30% of its entire IT budget on text messages, and last year alone £24,000 was wasted on texts that couldn't even be delivered. To help reduce these costs, GP practices are being encouraged to use email more often instead of text.

If you're happy to receive emails from the Surgery, please let us know and make sure we have your **up-to-date email address**. Every little change helps us save NHS money – money that can go back into patient care instead of text bills.



## Pharmacy First for acute minor ailments

At EPCC, we offer more GP appointments per patient than national averages. We do know there is **always demand for more**, and as funding allows, we will continue to increase the number of appointments we can offer.

### Did you know...?

You don't always need to see a GP to get help. Many **common conditions** can now be treated directly by your **local pharmacist**.

### Ailments include:

- Sore throat (5 yrs & over)
- Ear ache (1-17 yrs)
- Infected insect bites (1 yr & over)
- Sinusitis (12 yrs & over)
- Shingles (18 yrs & over)
- Impetigo (1 yr & over)
- Water infections (women 16-64yrs)



Pharmacy First

[Pharmacy First service already making a difference - NHS Nottingham and Nottinghamshire ICB](#)

## Shingles, RSV & Pneumonia Jabs

### Are You Due One of These Important Jabs?

If you're eligible for any of these vaccinations and haven't yet had yours, please **contact** us as soon as possible to arrange to have it.

### RSV (Respiratory Syncytial Virus)

- Pregnant women from **28 weeks**
- Adults aged **75 to 79**

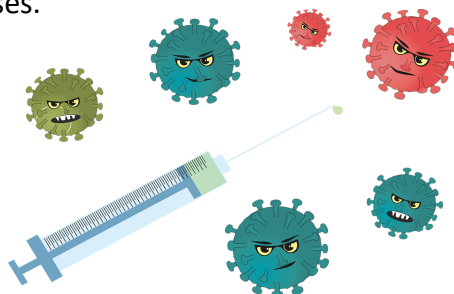
### Shingles

- All adults turning **65**
- Those aged **70 to 79**
- Adults aged **18 and over** with a **severely weakened immune system**

### Pneumonia

- All adults aged **65 and over**

These jabs help protect you against serious illnesses.



**Don't miss out!**  
**Book your appointment today!**