

# Reepham & Aylsham Medical Practice

## Patient News



October/November 2025

### Autumn Flu & Covid Vaccination Campaign 2025

Influenza Vaccinations  
Covid Vaccinations

#### **BOOK YOUR VACCINATION TODAY**

Winter vaccines work to protect you and others from serious illness. Flu and COVID-19 can lead to severe complications and hospitalisation. The vaccine helps prevent and reduce symptoms and the spread to vulnerable people, protecting those most at risk.

If you are eligible for both vaccines you will be able to receive these at the same time

#### **I'm Eligible - How do I book my vaccine?**

- Using the Appointment invitation sent to your mobile
- Online form via our website
- Calling or visiting the surgery

#### **I'm Eligible - but I have not heard anything?**

We will be working hard to ensure all eligible patients have been contacted, but If you have not and you feel that you meet the criteria, contact us.



### New to the Area?

Are you living in Reepham, Aylsham or surrounding areas?

We are taking on new patients and offer access to both our surgeries for all your medical needs, including appointments with:

- GP, Nurse Practitioner, Nurse, HealthCare Assistant, Phlebotomist, Pharmacist, Mental Health Practitioner, Social Prescriber, Physiotherapists and specialist clinics for:
- Contraception and Sexual Health (CASH)
- Minor Surgery / Steroid Injections
- NHS Travel Vaccinations

Simply complete a registration form available online via our practice website or request a paper copy if preferred.

Conveniently located close to both towns and we have dispensaries at both sites (or only a short walk to town if need to use local pharmacies).

You can access full medical services at both our sites, request a new patient check and benefit from on the day appointments through our triage which runs 8-10am Mon - Fri.

Car parking also available at both sites.

**Need a same day appointment?** You can contact us between 8-10am Monday- Friday by phone, online, NHS App, by leaving us a message on our automated phone line

#### **Clinical Pharmacist John Higgins - Has joined the team**

Hello I'm John. I have joined the team with over 9 years working in General Practice in Norfolk. It is a role I love very much. I provide daily consultations for patients with medicines related questions.

My role includes carrying out structured medication reviews for patients with ongoing health problems and improving patient safety, outcomes and value through a person-centred approach, prescription queries, such as stock shortages. I work at both Reepham & Aylsham sites

**How to book with me:** Contact the practice, communication with me can be face to face, telephone or online.

## Welcome from our new PPG Chair

**Hello Everyone,**

I am Marylyn Evans, the Chair of Reepham & Aylsham Medical Practice's new Patient Participation Group. We are a team of volunteer patients from the Practice whose aim is to put the patient and improving health at the forefront of everything we do. To that end, and to raise our profile, you may have seen some of us at this year's two Healthy Aylsham events, or me at the Aylsham surgery on flu vaccination day!

We are a mix of people with a variety of skills who meet for about 90 minutes every two months, alternating between Aylsham and Reepham. At present, we have equal membership between Aylsham and Reepham and the surrounding areas.

We are an inclusive team and welcome new members as we start to get into the stride of working together. I am particularly keen to welcome a Notetaker/Secretary and Vice Chair.

**Do you have the skills and interest to join us?**

We are currently working on improved communication both within the practice and outside it. Soon, the notes of our meetings will be on the Patient Participation Group (PPG) page of the Practice website, and for those of you that prefer it, copies will be available at the surgery reception areas. Our meetings are always friendly and respectful, helped along by cake, biscuits, and tea and coffee.

Would you like to help improve your GP practice services?



If you are interested in joining us, please either email me at [reephamaylshampractice.ppg@gmail.com](mailto:reephamaylshampractice.ppg@gmail.com) or give your name and telephone number to a receptionist and I will give you a call.



**Stoptober is back! Join thousands of other smokers committing to quit this October.** Even if it's your first time or you've tried before, now is the perfect time to quit smoking. Make it to 28 days smoke-free and you're 5 times more likely to quit for good.

There's no need to go it alone. With our free tools, advice and support, quitting is easier than you think. We've got your back as you take on the challenge.

<https://www.nhs.uk/better-health/quit-smoking/>

## Health matters: Managing minor illnesses

With colder weather on the way, common illnesses like colds and coughs become more frequent. Before booking a GP appointment, remember that your local pharmacist can offer advice and over-the-counter remedies for many minor conditions. This helps ensure that GP appointments are available for patients with more serious health concerns.

## A message to our patients: Thank you

We would like to thank our patients following our recent Flu & COVID vaccination clinics for your continued support and understanding. Your cooperation helps us provide the best possible care for everyone, providing the right care from the right person at the right time.

## How to Contact us:

Online: Website [www.aylshamandreepham.nhs.uk](http://www.aylshamandreepham.nhs.uk) or SystemConnect/ NHS APP

Tel: 01263 733693 or 01603 870271 - option 1 for recorded practice information, 2 to leave a message, 3 for dispensary or 4 to speak with a member of our admin team.

In Person: Visit us at Smugglers Lane, Reepham or 60 Hungate Street, Aylsham.

Car parking available at both sites