

# SMS MEDICAL PRACTICE

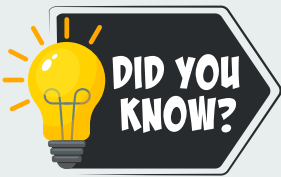
NEWSLETTER



Dear Patients and Community Members,

Welcome to our SMS Medical Practice newsletter! This newsletter is here to share important news and updates from our practice. We want to keep you informed about what's happening and give you helpful health tips. We hope you enjoy reading it and find it interesting!

## Weekend Appointments Now Available



Did you know that we offer weekend GP consultations and blood tests at Wembley Centre for Health and Care and Park Royal Medical Centre through our Network Hub?

If you need an appointment at the weekend, simply ask our reception team to book one for you. It's a convenient way to access care outside of regular weekday hours.

## Practice Roles and Services

We offer a **Social Prescriber Service** to support patients facing housing issues, social and welfare concerns, or in need of counselling referrals. A Social Prescriber is here to help with non-medical challenges that could impact your well-being. They connect you with local services, provide guidance on financial or housing matters, and help you access emotional support like counselling. If you feel this service could benefit you, please reach out to our team for more information.

Our in-house **First Contact Physio** service continues to be available on Monday afternoons and Tuesday mornings. If you're dealing with back pain, wrist pain, shoulder pain, knee pain, or tennis elbow, you can book an appointment directly through reception.

This service offers quick access to expert physiotherapy support for common musculoskeletal problems, without the need for a GP referral.

We are pleased to offer in-house services from both a **Dietician and Health and Wellbeing Coach** to assist with pre-diabetes, diabetes, high cholesterol, dietary deficiencies, gout, and weight issues. If you need support in these areas, please contact the surgery to book an appointment.

We have also recently recruited a **Mental Health Practitioner** to provide support for anxiety, depression, stress, and substance misuse. This service is available for those who may benefit from expert help in managing mental health concerns.

Our **clinical pharmacy team** is on hand to assist with medication reviews. If you have any questions about your medicines, please ask reception to book you an appointment with one of our pharmacists.

### GP Survey Results

Helpfulness of  
Reception Team:  
**88%**

Needs Met At Last  
Appt:  
**88%**

Confidence/Trust in  
Health Professional  
at Last Appt:  
**93%**

### Flu Vaccinations Now Available

If you are over 65, have diabetes, or are a carer, it's important to get your flu jab to protect yourself from serious illness this winter. You can drop in for your flu vaccination Monday to Friday between 8am-12pm and 2pm-3:30pm.

For those aged 18-64 with a pre-existing condition and who have previously had the flu jab, please contact reception to check if you're eligible for this year's vaccine.



Flu can have serious consequences, so make sure to protect yourself and those around you by getting vaccinated!

## RSV Vaccinations Now Available

Respiratory Syncytial Virus (RSV) is a virus that can cause cold and flu-like symptoms, but for some people, it can lead to more severe respiratory illnesses such as pneumonia or bronchitis. Protecting yourself from RSV is important, especially if you are in a vulnerable group.

Those eligible for the RSV vaccine include:

- Adults aged 75 to 79 years old, as RSV can worsen long-term health conditions and lead to serious complications.
- Pregnant women who are 28 weeks along, as the vaccine helps protect newborns during their first few months of life, a critical period when they are most vulnerable.

If you fall into either of these categories, please contact reception to book your vaccination and stay protected this winter.



## Connect with Us on Social Media

Follow SMS Medical Practice on our Facebook and Instagram page to stay updated with the latest health tips, service updates, and important announcements.

You can find us at:

<https://www.facebook.com/SMSMedicalPractice>

<https://www.instagram.com/smsmedicalpractice/>



To book any of the above services please contact us on:

Tel: 020 8103 0110

[www.smsmedicalpractice.co.uk](http://www.smsmedicalpractice.co.uk)

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Your GP Practice Team,  
SMS Medical Practice