



## PATIENT NEWSLETTER- AUTUMN 2025

### Partners:

Dr Peter Evans  
Dr Craig Embley  
Dr Paula Baxter  
Dr Catherine Kelly  
Dr Prashanth Peddareddy  
Dr Peter Mathias  
Dr Monika Tomas  
Mrs Anisha Chauhan

### Doctors:

Dr James Hopkins  
Dr Jess Thomas  
Dr Subash Gurung (GP Registrar)  
Dr Fiona Hartley (GP Registrar)

### Surgery Opening Hours

Monday-Friday 8am-6:30pm

### Dispensary Opening Hours:

Monday-Friday 8:30am-1pm 2:30pm-6pm

This Summer (Jun-Aug) we had a total of 506 missed appointments. This is a total of around 250 hours! Please let us know if you cannot attend your appointment, as we can then give this to someone else who would need it. You can do this by either cancelling your appointment on the NHS App, or by giving us a ring.

## THINK PHARMACY FIRST!

The Pharmacy First service allows community pharmacists to supply medications so you don't have to book an appointment at the GP practice. There are 7 conditions they are able to help you with:

Earache (1-17 year olds)  
Impetigo (1 year old+)  
Infected insect bites (1 year old+)  
Shingles (18 year old+)  
Sinusitis (12 year old+)  
Sore throat (5 year old+)  
Uncomplicated UTI (women 16-64 year olds)

Before you contact the GP about suffering with one of the above conditions... think Pharmacy First!

Remember you no longer have to wait in the queue to pick up your repeat prescriptions. Instead sign up to use our **vending machine** to pick up your prescription when it suits, 24/7! Pick up a form from our dispensary to sign yourself up.

## COVID & FLU AUTUMN 2025

### When Can I Get Vaccinated?

#### From 1<sup>st</sup> September

- 2-3 year olds
- Pregnant patients
- Under 18 years old and living with someone immunosuppressed

#### From 1<sup>st</sup> October

- 65+ year olds
- 18-64 year olds with an underlying health condition
- Carers
- Household contact for those who are immunosuppressed

**The eligibility criteria has changed this year for COVID.**

**See below to see what vaccines you are eligible for.**

Once you have received your invite, please either book via the link sent to you, or get in touch with us to secure your jab!

Flu & COVID	Flu ONLY
Aged 75+ year old	65-75 year olds
Those who are immunosuppressed	18-64 year olds with an underlying health condition
	Carers
	Household contacts of those who are immunosuppressed

## NHS APP

Did you know you can access your GP health record from the NHS App?

You can order repeat prescriptions, see clinician consultation notes and view test results all from the comfort of your own home 24/7!

You can download the app on your phone or tablet from either the Apple App Store, or Google Play Store. Or you can even access your record from your computer or laptop by going to <https://www.nhsapp.service.nhs.uk/login>



Let us know if you need a helping hand setting up or if you are having issues with the app!

## LITTLE NOTE

During the summer months, we keep the doors to the courtyard open to help keep the practice cool.

For safety reasons, we kindly ask that children remain inside the waiting area, as the courtyard is not a play space.

THANK  
YOU

We would like to express our sincere thanks to two local charities who support us with funding for medical equipment, additional patient services, staff education and staff wellbeing. Thank you to the Friends of Pershore Hospital and The Abbottswood Fund for your continuing support.

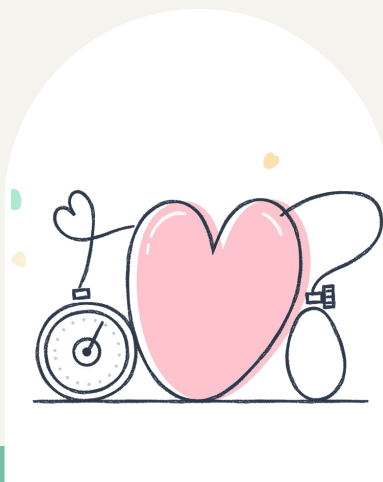
If anyone would like to donate or join the charity, please email [Donate@Friends-of-Pershore-Hospital.org.uk](mailto:Donate@Friends-of-Pershore-Hospital.org.uk)

## KEEP WARM THIS WINTER

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.

Check your heating and cooking appliances are safe. Contact a Gas Safe registered engineer to make sure they're working properly. You can find an engineer from the Gas Safe Register website.



## KNOW YOUR NUMBERS! WEEK

8<sup>th</sup>-14<sup>th</sup> September is Know Your Numbers! Week

High blood pressure can lead to heart attacks, strokes, and other illnesses. Once you Know Your Numbers! you can get support to bring your blood pressure under control and prevent these diseases.

Around a third of people in the UK have high blood pressure, but most don't know it. It doesn't have any symptoms so, the only way to find out is to have a blood pressure check.

Use our blood pressure machine in reception to get to Know Your Numbers!