

GNWMP Autumn Newsletter

September 2025

Flu & COVID Vaccination Campaign – Starting Soon

We will be offering flu vaccines to eligible patients from 1st October 2025. If you are eligible, you will receive an SMS invitation with a booking link from 1st September.

Eligible groups for flu include:

- Patients aged 65 and over
- Patients aged 18–64 in a clinical risk group
- Patients who are pregnant
- Patients in long-stay residential care homes
- Carers
- Household contacts of immunocompromised individuals
- Health and social care workers

There will be plenty of appointments available, but invites will be sent in stages, so don't worry if you don't receive yours straight away.

Please keep an eye on your messages and book promptly when you receive your link.

If you are eligible for covid-19 vaccine, you will be offered this during your booked appointment.



Welcome:

In July, we welcomed Dr Sian Loe to the team, as a new GP who is settling in well with patients and staff alike.

Improving Access: Patient Triage and the 8am Rush

We are currently exploring ways to improve how we manage appointment requests to better match patient demand - and to support the Government's aim of reducing the 8am rush for appointments. Watch this space for updates.

In the meantime, we encourage patients to use Patient Triage to request appointments, submit medical queries, or request documents like fit notes.

Request Appointments via Patient Triage

To help us direct you to the right care as quickly as possible, please submit all appointment requests through our online Patient Triage system:

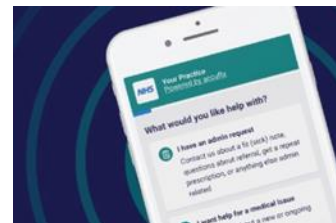
 [Request via Patient Triage](#)

Where appropriate, we will send you a booking link so you can choose an appointment with the most suitable clinician. This may not always be a GP, but it will be the best person to meet your needs.

Appointments can be face to face or telephone.

You can still call us or speak to our reception team in person if you are unable to use the online system.

Thank you for your continued support - using Patient Triage helps us manage care more efficiently and ensures you get the help you need, faster.



NHS App

We sometimes send important messages directly to you via the NHS App!

If you are not already registered, now is a great time to sign up. It is never been easier to view your notifications, access your health information, or get medical advice quickly and securely.

Through the app, you can:

- Access NHS 111 for health advice
- Check if you need urgent medical care
- Follow step-by-step guidance on when to contact your GP

🔗 Watch helpful walkthrough videos:

<https://digital.nhs.uk/services/nhs-app/toolkit/walk-through-videos>



Telephone System Update – Call Back & SMS Options Now Live

We have made a few improvements to our telephone system to help manage calls more efficiently.

When you call the practice, once you reach position 4 in the queue, you'll now be offered the option for a call back. This means you won't lose your place in the queue — we'll call you back when it's your turn.

You'll also receive an SMS message letting you know your position in the queue, along with a link to Patient Triage, in case you'd prefer to switch and send your request online instead.

We hope these changes make it easier and quicker for you to access the care you need.



Catch-Up Vaccines: MMR

Measles, mumps and rubella are highly infectious illnesses that can lead to serious complications. Children need two doses of the MMR vaccine to be fully protected.

If your child has missed a dose, please contact the practice today to book a catch-up appointment. It's safe, effective — and never too late to catch up.

Think Pharmacy First!

Community pharmacies offer treatment and some prescription medicines for common conditions such as earache, impetigo, infected insect bites, shingles, sinusitis, sore throat, and UTIs.

They can also provide the contraception pill and blood pressure checks—offering quick and convenient care without needing a GP appointment.

Protected Learning Time Closures

Please note the surgery will close early at 12:30 pm on the following dates:

- Wednesday 3rd September
- Wednesday 3rd October
- Wednesday 5th November

For urgent medical advice during these times, please contact NHS 111 or visit your nearest pharmacy.

Changes to Cervical Screening – Now in Effect

From July, changes to the NHS cervical screening service came into effect. Women aged 25 to 49 who test negative for HPV are now invited for screening every 5 years instead of every 3. A negative HPV result means a very low risk of cervical cancer over the next decade.

Women whose results show the presence of HPV, or who have a recent history of HPV (which causes nearly all cervical cancers), will continue to be invited more frequently. This ensures that any ongoing HPV infection or early cell changes are monitored closely.

If you're registered with the NHS App, you may receive your cervical screening invitation via the app, so please check your messages regularly and book when invited.



7-Day Blood Pressure Readings – Help Us Help You

If you are asked to complete 7-day blood pressure readings, please help us by using a Patient Triage Florey, which we will send to you via text.

This system sends you daily reminders to log your readings and, once completed, the results come straight to us. Your average blood pressure is automatically calculated, and the information is easily saved to your medical record — saving valuable time for our admin team.

Stay Connected with Us

To keep up to date with Practice news, local NHS updates, and health advice, please visit, like, and follow our Facebook page -

www.facebook.com/gnwmp

Alternatively, you can follow our WhatsApp Channel for updates direct to your phone. You can find the QR code to join on both our Facebook page and our website - www.gnwmp.co.uk

Stay informed and connected with everything happening at your practice.

Health Tip of the Season: Boost Your Immunity This Autumn

As the weather changes and we head into colder months, it's important to support your immune system:

- Eat seasonal fruit and veg rich in vitamins C and D
- Stay active, even on cooler days — a brisk walk counts!
- Wash your hands regularly to prevent the spread of viruses
- Get your flu and COVID vaccines if eligible
- Stay warm and well-hydrated

A few small habits can make a big difference in keeping you healthy this season.