

Wychbury Medical Group

Newsletter—Winter 2025



Flu and Covid campaign

We are deep into this Winter's flu and Covid vaccination season already and only have a few remaining dates which we are holding flu vaccine clinics in surgery.

Our Saturday clinics, held in early October, were a great success as usual with both flu and Covid vaccines being offered to all eligible who attended on those dates.

The availability of these vaccines in surgery may be coming to an end, but if you still wish to have one of these immunisations they are still available in many local pharmacies.

A reminder of who is eligible for a flu vaccination:

- those aged 65 or over (or turning 65 before 31.3.26)
- those aged 18—64 in a clinically at risk group (BMI of 40+, heart problems, serious breathing difficulties, lowered immunity due to disease or treatment, liver disease, kidney disease, stroke/TIA, diabetes, learning disabilities, some neurological conditions, splenic problems)
- carers
- pregnant women
- those who live with someone who has a weakened immune system

Eligibility criteria for the Covid vaccine this Winter:

- aged 75 or over (including those who will be 75 by 31 January 2026)
- aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment
- Those who live in a care home for older adults

You and Your General Practice

Some new national guidance regarding patient access to general practice, published by NHS England, has been published.

As part of our response to this guidance, and to ensure patients are supported in accessing our services appropriately, we have taken the following steps:

- A link to the NHS England publication has been added to our website for easy reference
- Our online request form is now available, and can be used for non-urgent medical or administrative queries, between 08:00 and 18:30 Monday to Friday.
- A new text message template has been created to help staff direct patients to the most appropriate route for their needs
- All staff have been made aware of these changes and have received guidance on how to support patients in line with this national communication.

NHS App

The NHS App is now being used more widely across services within the NHS, not just GP surgeries, to communicate with patients. As of September 2025, 57% of our patients were registered as having an account.

It provides the access to appointment booking, repeat prescriptions and viewing your medical records as standard online access (e.g. Patient Access) does; but also many messages from various healthcare providers are being delivered this way. Recently, cervical smear results have started being sent via this method to those who are registered with an NHS App account.



NHS Pharmacy First

If you are suffering with any of the following then your pharmacist can assess your condition and prescribe appropriate medication or signpost you to other services if necessary:

- Sinusitis (swelling of the sinuses caused by infection) in those aged 12 years and over
- Sore throat in those aged 5 years and over
- Acute otitis media (infection in the middle ear) for those aged between 1 and 17 years
- Infected insect bite (unless the bite occurred while travelling outside the UK) in those aged 1 year and over
- Impetigo (common infection of the skin) if aged 1 year or over
- Shingles (infection which causes a painful rash) if aged 18 years or over
- Uncomplicated urinary tract infection for females aged between 16 and 64 years

We encourage those with these conditions to seek advice, and treatment, from a participating local pharmacy when necessary to help ease the pressure on services, especially during the winter months.

Other services now being offered by some pharmacies:

- The contraceptive pill for free without a prescription. If you are aged 18 years or older, you can also buy the progesterone-only pill from most pharmacies.
- The emergency contraceptive pill for free. If you're aged 16 or over, you can also buy it from most pharmacies.
- A free blood pressure check.

MMR Vaccines

The MMR vaccine protects against measles, mumps, and rubella and is given in two doses to children; the first at 1 year old, and the booster dose at 3 years 4 months.

Unlike some other vaccines, the MMR vaccine can be given at any age. If you are unsure whether you had the vaccine when you were younger, or you only had one dose, contact the surgery and we can review your records and offer additional doses if required.

It is especially important to make sure that you're vaccinated if:

- You're a child, teenager or young adult
- You could become pregnant
- You're travelling to a country where there is a higher risk of getting measles, mumps or rubella
- You're a healthcare worker
- You were born between 1970 and 1990 (as you may not have been vaccinated against all 3 infections).

The MMR vaccine is a live vaccine so it cannot be given to everyone, but if you contact the surgery we can advise whether this is the case for you.

Staff Update

We recently welcomed Dr Nasreen Ahmed to our GP team, and thank you all for making her feel very welcome.

In the coming months both Dr Mullins and Dr Pillay will be returning following maternity leave. This means that Dr Sathish will be completing her time with the surgery in late November. Dr Turton will be remaining with the practice in replacement of Dr Mushahid, who sadly had to leave due to personal circumstances.

We have also had Maureen from the reception team at Wychbury retire last month after many years with the practice. We wish her all the best for the future.

