

THE PARK MEDICAL PRACTICE

 AUTUMN • WINTER 2026
PATIENT NEWSLETTER

Your quick guide to vaccinations, practice updates, Christmas opening times, online services and seasonal health campaigns.



FLU & COVID VACCINATIONS



SATURDAY 3 OCTOBER 8am – 2pm  **COTTAM LANE SURGERY**



TUESDAY 13th OCTOBER 8AM – 1PM  **PARK VIEW SURGERY**



WEDNESDAY 14th OCTOBER 2PM – 6PM  **GEOFFREY ST SURGERY**

Flu and COVID vaccinations will be available on the same day. Book your appointment via the NHS app or contacting the surgery. Following the success of previous years, our raffle will return during our **flu clinics**! Please grab a ticket and support a great cause — all proceeds will be donated to the PPG chosen charity. 



FREE NHS FLU VACCINE

You may be eligible if you are:

65+ • Pregnant • Living with a long-term condition such as asthma, diabetes, heart disease, kidney disease or COPD • Living with someone who has a weakened immune system • A carer receiving Carer's Allowance or an unpaid carer • A frontline health or social care worker



CHILDREN'S NASAL FLU

Appointments for eligible children will be released once vaccine delivery dates are confirmed.



COVID VACCINE

You may be eligible if you are:

75+ • Living in a care home for older adults • Aged **6 months+ with a weakened immune system**



OTHER NHS VACCINATIONS - Not sure if you're eligible? Ask us?

 **Shingles** — eligible adults, including those who turn **65** on or after 1.9.2023 and **70–79**, and some people with severely weakened immune systems.

 **Pneumococcal** — routinely offered once to people aged **65+** and certain clinical risk groups.

 **RSV** — offered once to eligible adults aged **75+**, care home residents and pregnant women from **28 weeks**.



IMPORTANT PRACTICE UPDATES



KEEP YOUR DETAILS UP TO DATE

Please make sure we have your current mobile phone number, address and email address



JULY BY NUMBERS

5,600+ APPOINTMENTS WE DELIVERED



3,570 GP & Advanced Nurse Practitioner appointments



2,030 Nurse & Healthcare Assistant appointments



523 APPOINTMENTS WERE MISSED

That's approximately **87 hours of clinical time** and **£15,690 of NHS resources** that could have been used to see other patients.

Can't make your appointment? Please let us know as soon as possible so we can offer it to someone else. You can cancel your appointment on the NHSAPP or calling the surgery.



CHRISTMAS & NEW YEAR OPENING

Date	Hours
24 Dec	8am–8.30pm
25 Dec	CLOSED
26 Dec	CLOSED— Limited Appointments in out of hours surgery
27 Dec	CLOSED — Limited Appointments in out of hours surgery
28 Dec	CLOSED — Limited Appointments in out of hours surgery
29 Dec	8am–6.30pm
30 Dec	8am–6.30pm
31 Dec	8am–8.30pm
1 Jan	CLOSED — Limited Appointments in out of hours surgery
2 Jan	9am–12pm



DON'T RUN OUT OVER CHRISTMAS

Order your repeat prescriptions by 21 December 2026 to make sure you have enough medication over the festive period.

PRACTICE TRAINING — PETS

The practice will close from **1pm** for essential staff training on:

15 September • 13 October • 17 November 2026

For urgent medical assistance during closure, contact **NHS 111**.



SKIP THE PHONE QUEUE — CONTACT US ONLINE

Use **Accurx Contact Us** through our practice website or the **NHS App** for routine:

- ✓ Medical queries
- ✓ Administrative requests
- ✓ Fit notes
- ✓ Medication enquiries
- ✓ Test results
- ✓ General enquiries

Using Accurx helps reduce telephone waiting times and gets your request to the right team.

 Select **“Contact Us Online”** on our website.



YOU SAID IT — WE LISTENED

Thank you to everyone who completed our recent patient survey.

 **87% rated our service GOOD or VERY GOOD**

“The HCA, Jenny, was very professional and made me feel comfortable...”

“Dr Patel was very good and listened attentively and answered my concerns.”

“I think you are the best GP surgery I have been registered with.”

Thank you for your kind words and feedback. Your comments help us improve our services.



GET INVOLVED – YOUR VOICE MATTERS!

Our Patient Participation Group (PPG) is a great way to **have your say and help make a difference** at our practice. From sharing ideas and helping shape our services and care, to getting involved in community activities such as our **Bra Recycling campaign**   — raising vital funds for pioneering breast cancer research — and our **Christmas Raffle**  , there are plenty of ways to get involved.

Have an idea? Want to make a difference? We’d love to hear from you!



SEASONAL HEALTH CAMPAIGNS



OCTOBER — STOPOBER

Thinking about quitting smoking? We can help.

Better breathing • Lower health risks • Better circulation • More money in your pocket



NOVEMBER — MOVEMBER

A reminder to look after men's health:

Mental health • Prostate cancer • Testicular cancer • Suicide prevention

If you're worried, **talk to us**.



JANUARY — DRY JANUARY

Taking a break from alcohol can support:

Better sleep • More energy • Improved concentration • Lower blood pressure



JANUARY — CERVICAL CANCER PREVENTION

Cervical screening saves lives.

If you receive a screening invitation, please **book your appointment promptly**. Screening can detect changes before they develop into cancer.



THANK YOU FOR YOUR CONTINUED SUPPORT

The Park Medical Practice