

NEWSLETTER

Flu and COVID-19 Vaccination Clinics

Our autumn flu and COVID-19 clinics start this month, and once again we're running them jointly with **Castle Medical Centre** — so there are more dates, times and places to choose from.

- **Kenilworth Methodist Church** — all-day clinics for patients of both practices
- **Abbey Medical Centre** and **Castle Medical Centre** — evening clinics at each surgery

Booking your appointment. If you're eligible, a booking link has been sent to you by text or email. One link covers both practices — pick whichever date, time and venue suits you.

Trouble with the link? Please don't wait — ring us on **01926 859955** and we'll book you in over the phone.

Children's flu vaccinations. Eligible children are invited separately and are seen here at the surgery, not at the Methodist Church clinics. School-age children are vaccinated at school.

Move More: 30 minutes a day

NHS guidance is to aim for **at least 150 minutes of moderate activity a week** — about 30 minutes a day — plus something that strengthens your muscles twice a week. It needn't be the gym: brisk walking counts, and so does gardening, dancing or carrying the shopping.

Small changes, real difference

If 150 minutes sounds like a lot, break it up — three brisk ten-minute walks a day gets you there.

- Walk to the shops or the post box
- Take the stairs instead of the lift
- Park a little further away
- Get off the bus one stop early

Moderate means **warmer and breathing harder, but still able to hold a conversation.**

Free workouts and Couch to 5K: [nhs.uk/better-health/get-active](https://www.nhs.uk/better-health/get-active)

If a health condition makes activity difficult, speak to us first and we'll point you to the right support.

A marathon a month

NHS England has announced a national scheme rewarding people who average 30 minutes of walking a day — 26.2 miles over a month.

Developed with Sir Brendan Foster, it is expected to launch next year. We'll share details as we have them.

Advance Notice of Closure

Weds 23rd September — closed
12:30pm–6:30pm (Staff Training).

While we're closed, ring **111**. In an emergency, always call **999**.



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Health and Wellbeing pages — now live on our website

Working with our Patient Participation Group, we've built a set of health and wellbeing pages on the practice website. They bring together practical information and the local services you can go to directly — many without needing to see us first.

■ Men's health

Men are statistically less likely to come forward with symptoms, less likely to attend screening, and more likely to leave things until they become serious. The pages cover heart, prostate and testicular health, mental health, alcohol, weight and activity.



Men Walking and Talking — Kenilworth

Every **Thursday at 7pm, Abbey Fields car park**. A free weekly walk for local men, running here since 2022. No booking, no commitment, and no pressure to talk — turning up is enough.

■ Women's health

The companion women's section covers menopause, the national screening programmes — cervical, breast and bowel — and local support, including the **Kenilworth Menopause Group**.

■ Mental health and wellbeing

Where to find talking therapies you can refer yourself to, urgent support if you need it, and practical help with sleep, stress, low mood and loneliness.

You'll find all of these under **Health and Wellbeing** on the Abbey Medical Centre website.

A reminder: NHS patient list checks

NHS England is still checking GP patient lists across the country. **We plan to telephone patients first**, so you may get a call from the practice as well as a letter asking you to confirm your details.

Please respond either way — if we don't hear from you, you may be removed from our list and would need to re-register. We'll only ask you to confirm your name, address and date of birth — **we will never ask for bank or card details**.

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Online Clinical Triage data for last month

3,901



medical & admin
forms submitted

3,401



calls answered

5,935



appointments
booked

Staying well as the season turns

A few small things make a real difference over autumn and winter — and most of them don't need an appointment with us.

■ Pharmacy First — try your pharmacy first this winter

Your pharmacist is a qualified healthcare professional. They can assess and treat **seven common conditions** and, where it's needed, supply prescription medicine — **without an appointment and without seeing a GP first.**

- Sinusitis — 12 and over
- Sore throat — 5 and over
- Earache — 1 to 17
- Infected insect bites — 1 and over
- Impetigo — 1 and over
- Shingles — 18 and over
- Urinary tract infection — women 16 to 64

The consultation is free; if you're given medicine, the usual prescription charge applies unless you're exempt.

Pharmacies also give flu and COVID-19 vaccinations, check blood pressure, provide contraception and supply an emergency repeat if you've run out — and many are open evenings and weekends.

Every visit a pharmacist can handle keeps a GP appointment free for someone who needs one.

■ Keep moving

Darker evenings make it easy to slip out of the habit. Take your 30 minutes earlier in the day — indoor activity counts just as much.

■ Order in good time

Please order repeat prescriptions a few days early, especially around the closure dates. You can order through the NHS App or your NHS account in any browser.