December 2026

NEWSLETTER

Your practice in numbers

Here's a snapshot of the last month at Abbey Medical Centre — and a big thank you to our team, who make it all happen.

Appointments

5,099
appointments



863
blood tests

About half were face to face and half by phone. We also gave 118 baby immunisations and carried out 101 smear tests.

On the phones

4,988
calls to the practice



6,187
calls we made to patients

Average call length: 2 min 9 sec for incoming calls, 3 min 33 sec for our calls to patients.

6,191 prescriptions issued
That's around 200 for every day of the month.

Need to see us? Use the online form on our website, open 8am to 6:30pm. A duty doctor reviews every request. Order repeat prescriptions in the NHS App to keep the phone lines free for those who need them most.

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ABBEY MEDICAL CENTRE KENILWORTH

Winter vaccines: it's not too late

Flu, COVID-19 and RSV spread more easily in winter, when we spend more time indoors. If you're eligible, a free NHS vaccine is the best way to protect yourself and the people around you. **It's still worth having your flu vaccine now, even if you've missed it so far.**

Flu

- Everyone aged 65 or over (including if you turn 65 by 31 March 2027)
- Adults under 65 with certain long-term health conditions
- Pregnant women
- Carers, care home residents and close contacts of someone with a weakened immune system

Children's flu

- Children aged 2 or 3 on 31 August 2026: a quick nasal spray here at the practice
- Reception to Year 11: given at school
- Children from 6 months with certain long-term health conditions



COVID-19

- Everyone aged 75 or over
- Care home residents
- Anyone aged 6 months or over with a weakened immune system



RSV

- Anyone aged 75 or over who hasn't had it yet, with no upper age limit
- Aged 65 to 74 with a long-term lung condition or weakened immune system
- Pregnant women from 28 weeks, to protect the baby

You only need it once.

How to book

Contact us through the online form on our website or speak to reception.

Abbey Medical Centre, 42 Station Road, Kenilworth · 01926 859955 · abbeymedicalcentre.co.uk

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ABBEY MEDICAL CENTRE KENILWORTH

Getting the right help this Christmas

Winter is our busiest time. Knowing where to go means you get help faster, and keeps appointments free for those who need them most.

We're closed on the bank holidays

Friday 25 December · Monday 28 December · Friday 1 January

We're open as normal on all other weekdays.

Pharmacy First

Your local pharmacist can treat 7 common conditions without a GP appointment:

- sinusitis, sore throat and earache
- infected insect bites, impetigo and shingles
- urine infections in women



NHS 111

Call 111 or visit 111.nhs.uk for urgent advice, day or night, including when we're closed.

Mental health crisis? Call 111 and choose option 2.

The NHS App

Order repeat prescriptions, see your test results and health record, and book vaccines, all from your phone.



999 or A&E

For life-threatening emergencies only, such as chest pain, difficulty breathing, severe bleeding or signs of a stroke.

Your medicines over Christmas

Please order your repeat prescriptions by Friday 18 December so you have enough to last until after New Year. Pharmacies get very busy and their opening hours change over the holidays.

Unused medicines? Take them back to a pharmacy. Please don't put them in the bin or down the toilet.

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You're not alone this Christmas

Christmas can be a lonely time, and loneliness can be as harmful to health as smoking 15 cigarettes a day. **A chat over a cuppa or a weekly walk can really help.**

Friendly groups in Kenilworth

Compassionate Kenilworth

Free local groups and activities. Visit their website and click the "Get Social" tab for a full list.

Men Walking and Talking

Every Thursday at 7pm from Abbey Fields car park — a friendly walk and a chat.

The Chatty Café Scheme

A "Chatter & Natter" table where anyone happy to chat can sit and join in. Fossato Lounge: Wednesdays, 9 to 11am.

Kenilworth Walking Women

Every Tuesday at 7pm from Abbey Fields car park. Just turn up — and wear something bright.



Can't get out?

The Chatty Café Scheme runs free online chats every Tuesday and Thursday, 1 to 1:30pm, for anyone over 18.



Feeling low? NHS 111, option 2 (24/7) · Samaritans 116 123 (any time)

Friday Wellbeing Walks over Christmas

Meet outside Abbey Medical Centre from 12:20pm for a 12:30pm start. Choose a shorter or longer route, then join us for refreshments at the Kenilworth Centre. **Walks on 4 and 11 December and New Year's Day (Friday 1 January). No walks on 18 or 25 December.**

Know someone who'll be on their own?

A phone call, a visit or an invitation for a cuppa can make a real difference. Why not bring them along to one of the groups above? Worried about an older neighbour or relative? See page 5.





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ABBEY MEDICAL CENTRE KENILWORTH

Support for older people

Help is available in and around Kenilworth to keep you safe, well and connected at home. Here are some of the services on **our new website page for older and frail patients.**

Falls and personal alarms

Lifeline personal alarm, Warwick District Council: 0300 303 5573

Getting out and about

IndieGo PLUS on-demand minibus: 01926 895559 (Monday to Friday, 8:30am to 5pm)

Meals and eating well

Waverley Day Centre lunch club: 01926 852365
Community Food Fleet: 01789 800915

Company and a chat

Age UK befriending (over 70s): 024 7623 1999
The Silver Line (over 55s, free, 24/7): 0800 4 70 80 90
Sight loss? Reader and Visitor Service home visits: 01926 853986

Equipment at home

Aids to help you stay independent, from Warwickshire County Council: warwickshire.gov.uk/homeequipment

Caring for someone?

Carer Wellbeing Service: 024 7663 2972
Let us know too, so we can register you as a carer.

See the full list on our website

Go to abbeymedicalcentre.co.uk and look for “Local support for older and frail patients”.
Ask us about a medication review if your medicines haven't been reviewed in the last 12 months.

In an emergency call 999. For urgent advice, call 111 or visit 111.nhs.uk.

We don't run these services. Details were checked in November 2026 and may change.

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ABBEY MEDICAL CENTRE KENILWORTH



Young voices, shared experiences

Pupils from Thorns Community Infant School have created posters reflecting their experiences and interpretations of Abbey Medical Centre. We're displaying these three examples in the newsletter; we have over 25 artworks in total, and the rest are on display in our waiting room.





