

### Spring Covid Booster

Our Spring COVID vaccination programme started on 13th April. Appointments are now available by calling the surgery or via the digital front door.

Please book if you are:

- Aged 75 years or over
- A resident in a care home for older adults
- Aged 18 years and over and classed as immunosuppressed.

### RSV Vaccination

RSV is a common virus that causes coughs and colds, but can lead to more serious breathing problems in babies and older adults.

- RSV is a single dose vaccine
- For people aged 75+ or 28+ weeks pregnant
- Can be given with COVID vaccine if eligible

### Patient Education Evenings

We recently hosted three evening patient education events: a health fair with a focus on cardiovascular disease, a Diabetic Foot Care Evening and an Asthma Guidelines & Treatment Update session. These sessions were very positive with helpful discussions and shared learning.



### A Positive Winter

It's been a busy and productive winter at the practice, and we're pleased to share some positive updates.

In December, our latest inspection report from the Care Quality Commission (CQC) was published following their visit—and we are delighted to have been rated Good in all areas. This reflects the hard work and dedication of our whole team and our ongoing commitment to providing safe, effective, and high-quality care.

Over the past year, we introduced our new digital front door, making it easier for patients to contact us and access the right care quickly. While it took a little time to settle in, it is now working really well. Patients are getting the appointments they need more efficiently, and feedback has been very positive.



### Changing the way we Communicate

We are updating how we communicate with patients and will be moving towards email as our main method of contact. This change is linked to the reduction in national funding for text messaging. However using email allows us to share more detailed information, links, and updates in a clearer and more efficient way. We understand that not everyone uses the internet. If this applies to you, please don't worry, we will continue to contact you using your preferred method wherever possible, including text or telephone.

If you would like to update or check your contact details, please let us know so we can ensure you continue to receive information going forward.

# Team Highlights



Samantha is one of our Advanced Nurse Practitioners and our diabetes lead. She is passionate about supporting patients to better understand and manage their condition. She has developed an online Education Hub for patients living with Type 2 diabetes. This resource brings together clear, practical advice on diet, lifestyle, blood sugar management and preventing complications. The Education Hub is designed to be easy to follow and accessible at any time, giving patients the tools and confidence to take control of their health. You can access this via our website or directly using the link: [Education hub](#)



Louise is our Social Prescriber, supporting patients with non-medical issues that can impact health and wellbeing, such as loneliness, stress, housing, or financial concerns.

In March we celebrated Social Prescribing Day, with some patients joining Louise for a wellbeing walk—why not come along next time?

Every Monday, 11am. Caldaly Valley Country Park, meet in the car park off Caldaly valley Road. A gentle, slow-paced stroll with plenty of stops along the way. A lovely, friendly group, who usually finish with a coffee at Sainsbury's café

## Training in our practice

We currently have three resident doctors with us who are training to become GPs. They are qualified doctors gaining experience in general practice and are supported by our senior clinicians.

As a teaching practice, we also support medical students and student nurses from the University of Chester, who are closely supervised by our experienced clinical team.

## Our Patient Participation group



Our Patient Participation Group (PPG) is a group of patients who work alongside the practice to help shape and improve the services we provide. It offers a valuable patient perspective and helps us ensure we are meeting the needs of our community.

We are currently looking to recruit new members and would love to hear from you. We will be holding an informal open evening, where you can drop in, meet the team, and find out more about getting involved. Follow us on social media for more information and upcoming dates.

**If you've had a positive experience, please consider leaving a 5 star Google review and following us on social media to stay up to date.**



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