

Autumn Newsletter 2025

Welcome to Our Autumn Newsletter

As we move into autumn, we would like to share the latest news and updates from Medwyn Surgery. Our priority is always to provide safe, high-quality care, while also ensuring you feel supported and connected to the practice.

In this issue, you will find information on our flu vaccination clinics, new health support groups and community initiatives. We are also pleased to introduce new members of our team and to share updates from our Patient Participation Group. We look forward to working together to keep you and your families well this season.

Team Update

We are delighted to share some updates about our Medwyn team.

- Frankie McNeilly joined us in March as a Practice Nurse.
- Dr Becky Fenwick also joined the practice in March as a GP.
- Sophie Royce returned from maternity leave in April and we are so pleased to have her back.
- At Reception, we have welcomed Lindsay, Jackie, Michelle and Maria, who you will be seeing when you check in for appointments.

We know how important it is to see familiar, friendly faces when you come into the surgery. Please join us in giving all our new (and returning) colleagues a very warm welcome.



Flu Vaccination Clinics

Flu season is approaching and protecting yourself and those around you is more important than ever. We are pleased to be offering free NHS flu vaccinations again this year for eligible patients.

Who is eligible?

You are entitled to a free NHS flu vaccine if you are:

- Aged **65 years and over** (including those who turn 65 before 31 March 2026)
- **Pregnant**
- Aged **6 months to under 65 years** with certain long-term health conditions (such as heart disease, lung disease including asthma, diabetes, kidney disease, liver disease, or weakened immunity)
- **Children aged 2 or 3 years** on 31 August 2025
- **All primary school-aged children** (vaccinations usually delivered through schools)
- **Carers** who receive a carer's allowance or are the main carer for an older or disabled person
- People living with someone who is more likely to get severe illness from flu (for example, those with a weakened immune system)
- **Frontline health or social care workers.**

When will vaccines be available?

- **Pregnant women and children:** clinics will begin from **Monday, 22nd September**, once supplies arrive.
- **All other eligible groups:** vaccinations will be offered from **Wednesday, 1st October.**

Special Saturday Clinics

To make it easier for you to attend, we are running two large Saturday flu clinics on:

- Saturday 4th October
- Saturday 11th October.

Invitations will be sent by **mid-September** – please look out for yours and book promptly.



Medwyn Carers Network






Are you a carer – formally or informally – for a loved one, friend, or neighbour? Join us for a relaxed, informative afternoon on Wednesday, 10th September at 1pm, hosted at Medwyn Surgery's Education Suite.

- 🎤 Guest speakers from local carers' organisations
- 🤝 Meet support charities
- 🍷 Free refreshments.

Let us know you are joining us by registering for your free place: <http://bit.ly/4ndxYPH>

Period Angels Station

We are proud to support the Period Angels initiative, working with the charity Gift Wellness, to tackle period poverty and promote period dignity.



Free. Discreet. Here When You Need Us


Period Angels Station

We're proud to support the Period Angels initiative, working with the charity Gift Wellness, to tackle period poverty and promote period dignity.

Free Period Products - Always Here for You
If you need period products, you can get them from us completely free of charge.

How to ask discreetly
Just say to reception: "I'm here for A Gift."
Our team will provide products quietly and respectfully - no questions asked.

Because no one should ever have to go without.



New Chickenpox Vaccination for Children

From **January 2026**, the NHS will be offering a free chickenpox vaccine to all young children as part of the routine childhood immunisation programme.

The vaccine will be given in two doses:

- the first at **12 months of age**
- the second at **18 months of age**.

It will be combined with the existing **MMR jab**, which already protects against measles, mumps and rubella.

Why is the vaccine being introduced?

Chickenpox is usually mild in children, but it can sometimes cause serious illness. Pregnant women, very young babies and adults are particularly at risk of complications. In rare cases, chickenpox can lead to infections such as encephalitis (swelling of the brain), pneumonitis (inflammation of the lungs), stroke and other severe outcomes requiring hospital treatment.

Introducing the vaccine will dramatically reduce the number of chickenpox cases overall, meaning fewer children will become unwell and fewer families will face disruption to school, nursery and work.

Catch-Up Campaign

Alongside the new routine programme, a catch-up campaign is planned so that slightly older children do not miss out on protection.

What happens next?

We will invite eligible children as part of their routine vaccination appointments from January. Parents do not need to take any action until contacted. This is the first new childhood vaccine to be added to the NHS schedule since 2015 and is expected to protect around half a million children each year.



Links with Shingles

It is important to know that people cannot catch shingles from someone with chickenpox. However, someone who has never had chickenpox can catch it from a person with shingles. To help protect adults, the NHS also offers a shingles vaccine for:

- everyone turning 65 years old
- those aged 70–79
- adults 50 and over with a severely weakened immune system.

Evolve Perinatal Group - Support for New and Expectant Mums



Starting **Tuesday, 9th September** (12:00–1:30pm),
DHC Talking Therapies is running a new **Evolve Perinatal Group**.

This friendly group is designed for mums who are:

- Pregnant or have a baby under 2 years old
- Sometimes feel stressed, anxious or low
- Want to meet other mums, share experiences and get support.

The group uses **Cognitive Behavioural Therapy (CBT) tools and strategies** to help you manage negative thoughts, adjust to the challenges of parenthood and take better care of your wellbeing.

If you would like more information or to sign up, please visit [DHC Talking Therapies](https://dchtalkingtherapies.co.uk) (dchtalkingtherapies.co.uk) or call 01483 906392.

NHS App



The **NHS App** gives you a simple and secure way to access a range of NHS services.

Download the NHS App on your smartphone or tablet via the [Google play](https://play.google.com/store/apps/details?id=nhs.uk) or [App store](https://apps.apple.com/gb/app/nhs-app/id1482854234).



Navigating and Coping with Menopause – Support Group



Are you experiencing **stress, anxiety, low mood, or unhelpful thoughts** linked to the menopause? Do you find it difficult to manage physical symptoms, changes in mood, or problems with sleep?

DHC Talking Therapies run an online, 6-week group course designed to support women through the physical, psychological and social impact of menopause.

The course includes:

- **CBT-based strategies** to help manage low mood, worries and negative thoughts
- Practical techniques for **relaxation and better sleep**
- Guidance from a **Health & Wellbeing guest speaker**, who shares helpful tips and information.
- The chance to connect with others going through similar experiences.

These popular groups run throughout the year. You can register your interest by completing the **self-referral form** on [DHC Talking Therapies](#) or by calling **01483 906 392**.

August at Medwyn - By the Numbers

Here is a snapshot of Medwyn for the month of August. Please remember - if you cannot make an appointment, please cancel as early as possible - those slots make a real difference to others who need them.

70% of Medwyn patients are using the NHS App!



Update from the Patient Participation Group (PPG)

Adrian Maybanks, Chair of the PPG

The new Patient Participation Group (PPG) has now been running for just over a year and during this time we have developed a very positive working relationship with Medwyn Surgery. The group continues to contribute to the development of practice policies and working practices, ensuring that the patient voice is represented.

Patient Partnership Agreement

The Patient Partnership Agreement has now been finalised. This is shared with all new patients and has also been sent to all current patients. Copies are available on the practice website or from Reception on request.

Non-Attendance at Appointments

Non-attendance at appointments remains a concern for both surgery staff and the PPG. We have contributed to the development of the new Did Not Attend (DNA) policy, which is now available to view on the website.

Growing the PPG

Over the summer, the PPG held a pop-up event at the surgery, which welcomed several new members to our virtual community. Members of the virtual group receive quarterly updates and can contribute to discussions by email. If you would like to join, please contact the surgery to be added to the mailing list.

Care Quality Commission Inspection

The Care Quality Commission (CQC) is preparing to inspect the surgery. As part of this process, PPG members will be invited to speak independently with the inspection team to share their experiences.

Supporting Upcoming Events

The PPG will also be supporting the surgery at the flu clinics on 4th and 11th October and at the Carers Event on Wednesday 10th September at 1pm.



Clinical Careers Student Experience

💡 Are you a Sixth Form student considering a future in **medicine, nursing, or other healthcare professions?**

The **Dorking PCN Clinical Careers Student Experience** offers a fantastic opportunity to explore what a career in healthcare could look like.

 **Tuesday 28 October (full day) and Wednesday 29 October (half day)**

What's included?

- Inspiring talks from professionals in **medicine, nursing, physiotherapy, radiology and healthcare management**
- Guidance on the **university application process**
- Real-life stories from current medical and nursing students
- A **certificate of completion** to enhance your CV
- Lunch (day one) and refreshments provided

This one-and-a-half-day programme is designed to give students valuable insight into clinical careers and the chance to ask questions directly to those working in the NHS.

🌟 **Spaces are limited** – register now to secure your place: <http://bit.ly/45jy5TL>



Share Your Feedback with the CQC

At Medwyn Surgery we are always striving to improve and your feedback plays an important part in this. Our services are regulated and inspected by the Care Quality Commission (CQC), the independent regulator of health and social care in England.

If you have recently used our services, we encourage you to share your experience directly with the CQC. This helps them understand the quality of care we provide.

You can provide feedback by:

Scanning the QR code

Clicking on the following link <https://bit.ly/4p2VUHj>

Calling the CQC on 03000 616161.

Your views really do make a difference.



Thank You

As always, we are very grateful for your support and engagement with Medwyn Surgery. Whether it's attending clinics, joining community events, or simply sharing your feedback, you play an important role in helping us provide the best possible care.

We hope this newsletter has kept you up to date with what is happening at the surgery, and we look forward to keeping in touch with more news in the coming months.

With thanks and best wishes,

The Medwyn Surgery Team