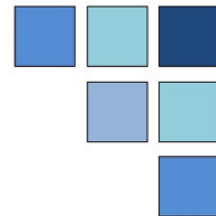


# Capelfield Surgery Newsletter

Our website: <https://www.capelfieldsurgery.nhs.uk/> has full information about the practice.



Issue 4 – December 2025, Page 1

**Welcome to the fourth issue of our practice newsletter. The purpose of the newsletter is to keep our patients informed of our current staff, the services we offer and the latest news and updates regarding medical campaigns. We hope you find the content useful and informative.**

## Viewing Your GP Health Record on the NHS App

Did you know that patients with access to the NHS App can view their GP health record and see information such as your medications, allergies, test results, and letters from October 2023.

### What you can see in your GP health record:

- medicines your GP has prescribed
- allergies you have
- vaccinations you've had
- conditions you have been diagnosed with
- notes from appointments at your GP surgery
- results of tests your GP surgery has arranged
- letters that hospitals or specialists have sent to your GP



### What you cannot see:

- Administrative tasks within the GP surgery
- Communications between practice staff
- Historic information that was not available before the system switch on
- You may not be able to see test results straight-away. This is because results are not made available until they have been reviewed by a GP
- Information kept by other services (such as hospitals, dentists, and opticians) that has not been sent to your GP – to get this information, you will need to contact these services directly.

### How to view your record:

1. Download the NHS App or log in to your NHS account on the NHS website
2. Log in with your verified NHS account to prove your identity
3. Navigate to 'GP health record' to view your personal health information.

## Ordering prescriptions through the NHS App

It is much quicker to order repeat prescriptions through the NHS App; your request goes directly to a GP for approval without having to be processed first. You can tell if your prescription is ready by checking the NHS App. To check the status, go to the "Prescriptions" page within the app, where you can see if it is "Waiting for GP approval," "Approved and issued,". You may also get a notification directly from the app once the prescription is ready at your chosen pharmacy.



Use the QR code or the link below for a video on how to register with the NHS App.  
<https://youtube.com/watch?v=Q0SCcltw8JA>

## Friends of Capelfield - Dates for your Diary

- Annual General Meeting – Friday 6<sup>th</sup> March 2026 – Claygate Village Hall
- Friends of Capelfield Quiz Night – Friday 24<sup>th</sup> April 2026 – Claygate Village Hall
- Patient Participation Group – Open Meeting – Wednesday 10<sup>th</sup> June 2026- Capelfield Surgery

## Birth Month Recalls

Capelfield Surgery have been inviting patients with long-term health conditions for their annual reviews in their month of birth. This includes patients with conditions such as Diabetes, Asthma, COPD, Chronic Heart Disease and Hypertension. Inviting patients during their birth month not only helps patients remember their review date but also allows for combined checks such as blood tests and medication reviews to be grouped together rather than taking up multiple appointments. Please contact reception if you think you may have missed your birth month chronic disease health check.

## Capelfield Building Works

We are excited to share that we secured NHS funding for internal reconfiguration works to add a clinical room within our existing building footprint. Works started on 17<sup>th</sup> November and will last for a period of three to four months.



For health and safety reasons the front door and lobby will be closed for the initial works and reception relocated to a clinical room. The entrance is via the side of the building – please follow the signs. We suggest wrapping up warm when attending appointments and we ask that you avoid walking in to speak to reception due to lack of space and privacy.

We aim to continue offering a full clinical service throughout the works. Please use our online forms where possible for any reception or administrative queries. If you are unable to submit online forms paper copies are available in the temporary waiting area. Prescription requests can be made online or there is a green box in the waiting area to post paper requests.

We thank you in advance for your patience and understanding during what we anticipate being a stressful time for the team, with noise and disruption.

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## NHS Vaccinations and When to Have Them

It is important that vaccines are given on time for the best protection. You can check your vaccination record in the NHS App. If you or your child has missed a vaccine, please contact the surgery to make arrangements to catch up.

### Vaccines for babies under 1 year old

- 8 weeks: Diphtheria, Tetanus, Pertussis, Polio, Haemophilus influenzae type b (Hib), and Hepatitis (6-in-1); Rotavirus; Meningococcal (MenB)
- 12 weeks: 6-in-1 (2<sup>nd</sup> dose); Rotavirus (2<sup>nd</sup> dose); MenB (2<sup>nd</sup> dose)
- 16 weeks: 6-in-1 (3<sup>rd</sup> dose); Pneumococcal

### Vaccines for children aged 1 to 15

- 1 year: Mumps, Measles & Rubella (MMR\*); Pneumococcal (2<sup>nd</sup> Dose); Meningococcal B (3<sup>rd</sup> dose); Haemophilus influenzae type b (Hib)/Meningococcal (Men C - for children born on or before 30 June 2024)
- 1 year & 6 months: Diphtheria, Tetanus, Pertussis, Polio, Haemophilus influenzae type b (Hib), and Hepatitis (6-in-1 - 4<sup>th</sup> dose for children born on or after 1 July 2024); Mumps, Measles & Rubella (2<sup>nd</sup> dose for children born on or after 1 July 2024)
- 2 to 15 years: Children's flu vaccine (every year until children finish Year 11 of secondary school). It is recommended for: children aged 2 or 3 years on 31 August 2025 (born between 1 September 2021 and 31 August 2023); school-aged children (Reception to Year 11); children aged 6 months to 17 years with certain long-term health conditions
- 3 years & 4 months: Mumps, Measles & Rubella (2<sup>nd</sup> dose for children born on or before 30<sup>th</sup> June 2024); Diphtheria, Tetanus, Pertussis, and Polio (4-in-1 pre-school booster)
- 12-13 years: Human Papillomavirus (HPV)
- 14 years: Tetanus, Diphtheria, and inactivated Polio (Td/IPV 3-in-1 teenage booster); MenACWY - protects against meningitis and sepsis (blood poisoning) caused by four types of meningococcal bacteria: groups A, C, W, and Y.

From January 2026 there will be a new MMRV vaccine which combines protection against Measles, Mumps, Rubella and Varicella (chickenpox) into a single shot, replacing the standard MMR vaccine.

### Vaccines for Adults

- 65 years: Flu (given every year after turning 65); Pneumococcal; Shingles (if you turned 65 on or after 1 September 2023)
- 70 to 79 years: Shingles
- 75 to 79 years: Respiratory syncytial virus (RSV)
- 75 years and over: COVID-19 (usually given in spring and winter)

### Vaccines for Pregnant Women

- During Flu Season: Flu
- Around 20 weeks pregnant: Whooping Cough
- From 28 weeks pregnant: RSV

## Christmas & New Year Opening Times

We are open as usual over the Christmas and New Year holidays except for the following days:

- Thursday 25<sup>th</sup> December – Christmas
- Day - Closed
- Friday 26<sup>th</sup> December – Boxing Day - Closed
- Thursday 1<sup>st</sup> January – New Year's Day – Closed



For help outside of these days you can call NHS 111 or for emergencies visit Kingston Hospital A&E.

Please remember to order your repeat medications in time for the Christmas and New Year break.

## Pharmacy First

Community pharmacies offer a more convenient way to access healthcare whilst freeing up GP appointments for those patients that need them most. Pharmacy First can provide support with healthy eating, exercise, stopping smoking, blood pressure monitoring, and contraception.



The service can also treat seven conditions such as: sinusitis, sore throat, earache, infected insect bites, impetigo, shingles, and uncomplicated urinary tract infections in women.

Pharmacists can assess patients and provide prescription-only medication for these conditions which aims to provide a faster service and reduce pressure on much needed GP appointments.

The consultation and advice is free for everyone. If the pharmacist recommends and supplies you with an over-the-counter medicine, you will need to pay for it. If a prescription-only medication is supplied, normal NHS prescription charges apply unless you are exempt.



*The team at Capelfield wish you a  
Happy Christmas and a Healthy New Year*

