

June 2023

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The Longcroft Clinic

Spring 2026 Newsletter

Welcome to our summer newsletter!

We hope you've been enjoying the brighter days of spring and are making the most of the sunshine when it appears (we are, after all, in the UK—so we take it when we can!). Here's hoping for a warm and sunny summer ahead.

Immunisations

We are pleased to provide an updated overview of routine and newly introduced vaccinations, including important changes to eligibility and schedules. Vaccination remains one of the most effective ways to protect your health and those around you.

Childhood Immunisations

1. Measles, Mumps, Rubella) Vaccine

Protects against three highly infectious viral illnesses.

Schedule:

- **1st dose:** 12 months
- **2nd dose:** 3 years and 4 months

Who should have it:

- All children (routine schedule)
- Anyone who has missed doses can receive catch-up vaccination at any age

2. 6-in-1 Vaccine

Protects against diphtheria, tetanus, pertussis (whooping cough), polio, Hib, (explain what Hib causes) and hepatitis B.

Schedule:

- **8 weeks:** 1st dose
- **12 weeks:** 2nd dose
- **16 weeks:** 3rd dose

Boosters:

- Pre-school booster (DTaP/IPV) at 3 years 4 months
- Teenage booster (Td/IPV) around 14 years

Adult Immunisations

1. Shingles Vaccine (Updated Programme)

Shingles risk increases with age and can lead to long-term nerve pain.

Updated Eligibility (UK):

- Routine offer now expanding to adults aged **60 years and over** (phased rollout)
- Previously eligible groups (70–79) remain included
- Individuals with weakened immune systems may be eligible earlier

Schedule:

- **2 doses** of the newer vaccine (Shingrix)
- Second dose given **2–6 months after the first**

2. RSV (Respiratory Syncytial Virus) Vaccine (New Programme)

RSV can cause serious lung infections, especially in infants and older adults.

Eligibility (UK):

- **Pregnant women** (to protect newborn babies)
- Adults aged 75 and older and those younger living in care homes

Schedule:

- **Single dose**
- For pregnancy usually given during **28–36 weeks gestation**

3. Rabies Vaccine (New Programme)

Rabies is a rare but serious viral infection transmitted via animal bites or scratches.

Who may be offered vaccination:

- Individuals at **higher occupational risk** (e.g. laboratory staff, animal handlers)
- People travelling to **rabies-endemic countries**

- In some cases, following a potential exposure (post-exposure treatment)

Schedule:

- **Pre-exposure:** Typically, 2–3 doses over several weeks
- **Post-exposure:** Urgent vaccination course, sometimes with immunoglobulin

Please contact the practice promptly if you believe you may have been exposed to rabies.

4. COVID-19 Spring Booster 2026

A seasonal booster is available to those most at risk.

Eligibility:

- Adults aged **75 years and over**
- Residents in care homes for older adults
- Individuals aged **6 months and over** who are immunosuppressed

Timing:

- Offered now at the surgery from 15th April 2026 for short period only

Booking Your Vaccinations

If you or your child is due a vaccine, or if you are unsure about your vaccination status, please contact the practice. Catch-up appointments are available.

! Why Vaccination Matters

Vaccination helps to:

- Prevent serious illness and complications
- Reduce the spread of infections in the community
- Protect those who are most vulnerable

If you have any questions, our team will be happy to advise you.

. Test results available on NHS App

Your test results are available in the NHS App and appear immediately they have been received and reviewed by your doctor. It is usually faster to check the App than to phone to find out your results. And do not worry, if the results reveal anything unusual, we'll contact you.

Please cancel unwanted doctor or nurse appointments

We had over 200 appointments one month that Patients DID NOT ATTEND. Please don't forget to cancel, so that we can offer the appointment to someone else.

Meet Maddie – Our Administration Lead

Maddie is our Administration Lead here at Longcroft. She plays a key role in keeping the practice running smoothly behind the scenes. While you may not always see Maddie and her team at the front desk, they are always hard at work supporting both patients and staff.

Maddie and her team manage a wide range of important tasks, including handling patient and hospital enquiries, maintaining medical records, and providing essential administrative support to the wider practice team.

Maddie has been part of Longcroft for just under five years and has thoroughly enjoyed working alongside her colleagues and getting to know our patients.

Maddie and her team are also here to help if you're finding it difficult to use the practice website or the NHS App. They're happy to guide you so you can feel more confident managing your healthcare online.

If you would like some support, please book an appointment via reception.



Maddy (on the right) with Sarah (on the left) from the Admin Team

Meet Dr Sherine John

Dr John has been at the practice for around 8 years. Her main areas of interest in medicine include cancer diagnosis and palliative care, mental health care and weight management. She really enjoys the work she does as a GP where she is so closely involved in managing the health of our patients and their wider family.

Outside of medicine, she tries to juggle the role of a mother of two children. During her 'me time', she loves doing art/painting, baking and trying new recipes.



Park Run June 5th, 2026.

This is our 5th Year of carrying out Park Walk in Banstead Woods. Look out for further information nearer the time and please email the surgery if you wish to take part.

Younger people wanted for PPG

The Longcroft is fortunate to have an active Patients Participation Group (PPG) working with the Practice to help improve services. What we are lacking though are younger members of working age. Meetings take place in the evenings about four times a year so if you have time and would like to help us make sure, we represent a full range of our patients, please get in touch.

<https://www.thelongcroftclinic.nhs.uk/service/join-our-patient-group/>

Patient Information Evening -Longcroft Community Event

We have our annual patient information evening on 17th September 2026, and the theme will be Lifestyle medicine. More information will be provided nearer the time.

