

HILVIEW MEDICAL CENTRE NEWSLETTER



March 2025 Newsletter

Dear Patients,

Welcome to the Spring Edition of our Newsletter!

As we step into the warmer months, we have some important updates for our patients, including details on the Spring COVID booster, new staff members, and tips for managing hay fever.

1. Spring COVID Booster – Who is Eligible?

The NHS is offering a **Spring COVID booster** to those most at risk, including:

- ✓ People aged **75 and over**
- ✓ Residents in **care homes for older adults**
- ✓ Individuals with **weakened immune systems**

 **Vaccination clinic will be on April 12th.** Please book either through requesting an appointment on our website www.hillviewmedicalcentre.nhs.uk or by calling 01483 760707 / 01483 766333 and speaking to reception.

2. Pharmacy First

Did you know your **local pharmacy** can now offer advice and treatment for common conditions without needing to see a GP?

Under the new **Pharmacy First** service, you can visit a participating pharmacy for help with:

- ✓ **Sore throats**
- ✓ **Ear infections (for children over 1 year old)**
- ✓ **Sinus infections**
- ✓ **Urinary tract infections (UTIs) in women**
- ✓ **Skin infections and impetigo**
- ✓ **Infected insect bites**

 **No appointment needed – just walk in and ask!** If necessary, pharmacists can provide **prescription treatments** without needing a GP referral.

Take advantage of Pharmacy First for quicker, easier care.

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3. Staffing updates

We have recruited 3 new Salaried GP's since May 2024 in order to be able to offer more appointments. Our Salaried GP team is now as below

Dr Minaal Khan – MBBS AICSM MRCGP (Imperial College London 2016)

Special interests are Womens health, endocrinology, general practitioner training

Dr Eve Boakes - BSc MSc PhD MBBS MRCGP (University of London 2015)

Special interests are Women's Health, Infectious Diseases and Clinical Research

Dr Katie Berry - MBChB BSc (University of Bristol 2010)

Special Interests are care of the elderly, frailty and women's health

Dr Clare Gaffney - BMBS, BMedSci, MRCGP (University of Southampton 2018)

Dr Natasha Quader - MBBS, BSc, DRCOG, MRCGP, DFRH. (University Kings College London 2006)

Special interests include obstetrics and gynaecology, women's health and family planning

Dr Janina Bosco - MD GP (Vilnius University, Lithuania 2004), DFRH

Special interests are Women's Health, family planning, paediatric sleep

4. Hay fever Season – Tips to Stay Well

With pollen levels rising, many people experience hay fever symptoms. Here are some ways to manage them:

- 🌿 **Take antihistamines** – Available over the counter at pharmacies.
- 🕶️ **Wear sunglasses** – Helps protect your eyes from pollen.
- 🚪 **Keep windows closed** – Especially in the morning and evening when pollen counts are highest.
- 🚿 **Shower & change clothes** – To remove pollen after being outdoors.

If symptoms are severe, speak to your GP or pharmacist for advice.

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5. Mental Health and Wellbeing – Support This Spring

Spring is a time of renewal, but it can also bring **stress, anxiety, or low mood** for some people. If you're struggling with your mental health, help is available.

✓ Ways to Support Your Wellbeing This Spring:

- ✓ **Get outdoors** – Fresh air and sunlight can boost mood and energy levels.
- ✓ **Stay active** – Even a short daily walk can improve mental health.
- ✓ **Connect with others** – Talking to friends, family, or support groups can make a difference.
- ✓ **Prioritise sleep and healthy eating** – Good nutrition and rest help with emotional balance.

📞 Need Support? You're Not Alone

If you're feeling overwhelmed, there are local services that can help:

- 📍 **Talking Therapies** – Free NHS counselling and support for anxiety, stress, and depression. Self-referral available at [insert link].
- 📍 **Local Support Groups** – Community groups for mental health and wellbeing. Ask at reception for details.
- 📍 **24/7 Helplines** – Call **Samaritans on 116 123** or **Mind at 0300 123 3393** for confidential support.

If you're struggling with your mental health, please don't hesitate to **speak to a GP or nurse**. Help is always available.

5. We Want Your Feedback

Your feedback is important to us! We encourage you to complete our **Friends and Family Test** – a quick and easy way for you to share your experiences with us.

Why is your feedback important?

Your input helps us improve the quality of care and services we offer. It also helps us celebrate what's working well and identify areas where we can improve.

How to complete the test:

- **Online:** Visit [Give feedback \(Friends and Family Test\) - Hillview Medical Centre](#)
- **In-person:** Ask at reception for a paper copy
- **By Text:** You may receive a text message with a link to the survey

All responses are confidential and greatly appreciated.

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6. Join Our PPG

The Patient Participation Group (PPG) is always looking for new members. If you'd like to get involved in improving our practice, please contact us at [insert contact details].

Thank you for being part of our community!

✈ **Hillview Medical Centre**

☎ 01483 760707 / 01483 766333

🌐 www.hillviewmedicalcentre.nhs.net

Thank you for trusting us with your healthcare needs. We are here to support you every step of the way.

Warm regards,
Hillview Medical Centre