

South Reading and Shinfield Group Medical Practice

Newsletter September 2025

New and Interactive Website

We would love to hear your feedback on our new website. Please submit feedback. Thank you.

New Way of Working

We are changing the way we work. This is in response to the feedback we have been received from you. We appreciate you have found it difficult to get through our phone lines and to get appointments that you need to have health issues addressed timely.

Did you know you can book an appointment online using our Accurx Patient Triage. Please access our website and use this service.

NHS APP

Need help with the NHS app?

Our friendly receptionists Pavithra and Zaynah are on hand to guide you through how to access and use the NHS app – whether it's booking appointments, ordering prescriptions or viewing your health records. Please bring photo ID if you would like help with registering.

Zaynah and Pavithra – Tuesday and Wednesdays – South Reading Surgery

Tuesdays and Fridays – Shinfield Surgery

Reading Urgent Care Centre

The new service started on 1st July 2025. The service is being delivered from Outpatients 1 at Royal Berkshire Hospital. If the GP surgery has no capacity, the receptionist may be able to book you for an appointment here on the day.

FLU and **COVID** vaccination programme will be started 4th October 2025. Eligible patients will be getting invitations to book in for their appointment.

WE NEED YOU!

The South Reading and Shinfield Group Patient Participation Group (PPG) are looking for volunteers to support the practice in developing services to ensure the need and wishes of the patient population are met.

Mounjaro Update – Strict Criteria

You may have heard in the news that **Mounjaro** can now be prescribed by GPs for weight loss.

Please be aware that **only a small number of our patients will be eligible**.

If you are eligible, we will contact you to check whether you'd like to start the treatment.

In the meantime, help us by updating your medical record with:

- Your latest **BMI**
- Your **ethnicity**
- Your **current contact details**

Thank you for your cooperation.

For more details,

visit: <https://www.bucksoxonberksw.icb.nhs.uk/weight-loss/>

Reducing medicines Waste Campaign



The Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board (BOB ICB) are running a campaign to help reduce medicines waste. We are urging patients to make simple changes to help reduce medicines waste - which is estimated to cost the NHS nationally around £300m each year.

People are being encouraged to check how much prescription medication they have at home before ordering more and checking the expiry date on their medicines. They can also get advice from their GP or pharmacist around prescription medicines.

From September, local people can join a local Digital Café for free support and advice on using the **NHS App** around ordering their prescription medication – for details on times and locations of these Digital Cafés in Bucks, Oxon and Berks West [see here](#). For further tips and advice visit the [StayWellBOB website](#) which includes six short videos on how to reduce medicine waste.

The campaign being run by Buckinghamshire, Oxfordshire, Berkshire West Integrated Care Board (BOB ICB) and is running until the end of 2025 and will include regular messages for the public and patients around keeping medicines stored safely and how to dispose of unused medicines properly.

Dates for your Diary:

PPG Meeting

Nest PPG meeting Thursday 18th September 2025
at Shinfield Surgery 4:30pm

Surgery Closure

Please note the Surgery will be closed for staff training on the following dates

Tuesday 30th September 2025

Wednesday 3rd December 2025

Thursday 12th March 2026

Time of closure is from 12:30 pm on until 8:00am the following Day.