

## South Reading & Shinfield Group Medical Practice Newsletter

December | 2025

**As the colder months approach, we want to share some important updates, health advice and news from the Practice.**

### Winter Health Advice

- ❖ **Cold & Flu:** Most colds and coughs can be treated at home. Seek advice from your pharmacist if needed.
- ❖ **When to see your GP:** if symptoms worsen or don't improve after 7–10 days.
- ❖ **Stay warm:** Keep your home heated to at least 18C and wear layers to reduce the risk of illness

### Health Campaigns & Vaccinations

We are now offering free flu and COVID-19 vaccinations to eligible patients.

➤ How to book: Patients are sent text with self-link booking. You can also call reception to book. Protect yourself this winter

#### Covid campaign updates

➤ Who is eligible? Patients 75 years old, residents in Care Homes; Individuals who are immunocompromised aged 6 months and over.

#### Flu campaign updates

➤ Who is eligible? Over 65s, pregnant women, carers, those with long term conditions, and frontline health/social care workers.

#### Shingles vaccines

The shingles vaccine helps protect against shingles. It's available for all adults turning 65 on 01 September 2025, those aged 70 to 79 and those aged 18 and over with a severely weakened immune system. Eligible patients are invited to book. **You can get shingles more than once, so its important to get vaccinated even if you've had shingles before.**

### Need help with the NHS app?

Our friendly receptionists are on hand to guide you through how to access and use the NHS app on Tuesdays, Wednesdays and Fridays

- Request repeat prescriptions
- View your digital prescriptions
- Contact your GP surgery for a document or update for example requesting a sick note
- Check if you need urgent medical help using 111 Online
- View and manage hospital appointments and referrals
- Find NHS services near you
- View your GP Health Record
- Book appointments
- View you test results
- View and download your COVID-19 vaccine record

### Surgery Closure

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

**Thursday 12<sup>th</sup> March 2026**

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

## Patient Participation Group

The South Reading and Shinfield Group Patient Participation Group (PPG) are looking for volunteers to support the practice in improving services to ensure the needs and wishes of the patient population are met. If you would like to join, please complete a form on our website [www.srssurgery.co.uk](http://www.srssurgery.co.uk) or speak to a receptionist.

Next PPG meeting will be **Thursday 22<sup>nd</sup> January 2026** at Shinfield Surgery from 4:30pm to 5:30 pm. Refreshments would be provided.

You Said ...  
More GP  
appointments



We have recruited  
more staff and  
provided more access  
for appointments

## Whats Coming

✚ **Total Triage** – Every contact counts and these will be dealt with appropriately. We are using online requesting more widely to give better access to our services throughout the day and to enable us to carefully manage urgent GP care.

## Useful contacts

**Practice Reception: 0118 931 3515 or 0118 402 9177**

**Website:** [www.srssurgery.co.uk](http://www.srssurgery.co.uk)

**NHS 111: For urgent advice when the practice is closed**

**999: For emergencies only**

## UPDATES

- ❖ There will be a Carol Service for patients aged 80 years and over, on 9<sup>th</sup> December 2025. Invitation letters have been sent to patients.
- ❖ **We will be closed on Christmas Day, Boxing Day and New Years Day. Please request prescriptions early by the week of 15<sup>th</sup> December**
- ❖ We have had new staff joining the Team. Please join us in welcoming
  - Alison Edwards – Healthcare Assistant
  - Ruqayyah Muzammil – GPA
  - Juliet Arrindell-Carty – Receptionist

## Patient Survey

We have conducted several surveys throughout the year to get your feedback on our service. We continue to complete the Friends and Family Test daily. You will shortly be receiving a survey via survey monkey. Your feedback is needed to help us improve our service.

You Said ... the  
waiting time on the  
telephone is too long

We ...  
Shortened the queue and have  
the call back option – you retain  
your position in the queue.

You said...  
Website is difficult to  
navigate

We built ...  
New and interactive  
website

*Thank you for your continued support. Together we can stay healthy and safe this winter*