

Introducing New Staff Members to our Team

As summer brightens our days, we're excited to share some wonderful updates and introduce new faces to our team here at the Practice!

Meet Our New Nursing Team Members

We're delighted to welcome several new nurses who have joined us recently:

- Nurse Sam
- Nurse Emma
- Nurse Jane

Also joining them is our new Lead Nurse Haziza who brings a wealth of experience and leadership to our growing nursing team.

They are all passionate about delivering excellent patient care and are excited to get to know you!

We're pleased to welcome Dr Asad Manzoor, who is joining us as our new GP Registrar. He'll be with us for his final year of GP training and many of you will have the opportunity to see him during appointments.

At the same time, we say a heartfelt congratulations and farewell to Dr Rushna Sultan, who has successfully completed her GP training and is now a fully qualified GP. We thank her for all her hard work and wish her every success in the next chapter of her career!

A huge congratulations to Charys, our wonderful Healthcare Assistant (HCA), who has been accepted into Nursing University. We are incredibly proud of her hard work and dedication and we wish her all the best as she begins her journey toward becoming a fully qualified nurse.

Shingles Campaign 2025

From 1 September 2025, the eligibility criteria for the NHSE Shingles vaccination programme will be expanded. All severely immunosuppressed individuals aged 18 and over will become eligible to receive the shingles vaccine. This update broadens the existing eligibility, which currently includes only those aged 50 and above in the severely immunosuppressed group.

FLU Vaccine Programme

Eligible cohorts for flu vaccination are based on the advice of the Joint Committee on Vaccination and Immunisation (JCVI). The programme aims to provide direct protection to those who are at higher risk of flu associated morbidity and mortality and to reduce transmission to all age groups through the vaccination of children.

The following cohorts are announced and authorised to be eligible to receive a flu vaccination:

From 1 September 2025:

- pregnant women
- all children aged 2 or 3 years on 31 August 2025
- primary school aged children (from Reception to Year 6)
- secondary school aged children (from Year 7 to Year 11)
- all children in clinical risk groups aged from 6 months to less than 18 years

From October 2025:

- those aged 65 years and over
- those aged 18 years to under 65 years in clinical risk groups (as defined by the [Green Book, Influenza chapter 19](#))
- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- frontline workers in a social care setting without an employer led occupational health scheme including those working for a registered residential care or nursing home, registered domiciliary care providers, voluntary managed hospice providers and those that are employed by those who receive direct payments (personal budgets) or Personal Health budgets, such as Personal Assistants.

Joe Wicks "Activate" Campaign



From Tuesday 15th July, children across the country are being inspired to move more this summer, **with the launch of a new animated series, *Activate***, co-created by fitness coach, Joe Wicks MBE, and Studio AKA, the team behind 'Hey Duggee' and is backed by the government as part of a new partnership to reach schools and families across the country.

Each 5-minute episode features an animated Joe Wicks, alongside original characters known as the Activators, and upbeat music courtesy of Universal Music UK, who are the exclusive music partners. The first episode of 'Activate' will be available on 15th July for free on [The Body Coach YouTube channel](#), with further episodes released weekly over the holidays.

Engage Consult

There are many things that can be dealt with online at Seaside Medical Centre now through 'Engage Consult'. The Engage Consult online consultation system can be used through your smartphone, tablet or PC.

- request help about a non-emergency medical problem
- order repeat prescriptions
- request a sick note
- ask about test results
- contact us about an admin request

Engage Consult is NOT appropriate for medical emergencies. Patients should either continue to ring the Practice on 01323 725667 or 999 if there is a threat to life.



NHS APP

The new, simple and secure way to access a range of NHS services on your smartphone or tablet.

To set up your NHS account for the first time, you will need to set up an NHS login. Read about [how to set up NHS login \(nhs.uk\)](https://www.nhs.uk/how-to-choose-your-nhs-account).

Once you have set up your NHS login, you can log in to your NHS account or download the NHS App onto your phone.



Infected Blood Inquiry

- We know that people may be concerned about their own health following recent media coverage, so NHS ICB have set up a new online resource for patients and the public to find help and support - <https://nhs.uk/infected-blood-support>
- Since 1991, all blood donated in the UK is screened and distributed by NHS Blood and Transplant following rigorous safety standards and testing to protect both donors and patients.
- Since testing has been introduced, the risk of getting an infection from a blood transfusion or blood products is very low.
- All blood donors are screened at every donation and every donation is tested before it is sent to hospitals. Blood services and blood safety has been transformed, not only in terms of technological advances in testing but also in the way donors are recruited and checked they are safe to donate.
- Given the time that has elapsed since the last use of infected blood products, most of those who were directly affected have been identified and started appropriate treatment. However, there may be a small number of patients where this is not the case, and particularly where they are living with asymptomatic hepatitis C
- If you are concerned about a possible hepatitis C infection, you can book a home NHS test online. The tests are free and confidential. To receive a self-testing kit which can be quickly dispatched to your home visit hepctest.nhs.uk.
- Hepatitis B is also linked to infected blood, this usually clears up on its own without treatment, but could develop into chronic hepatitis B. Patients can find out more information here - [hepatitis B information](#)
- HIV testing is also provided to anyone free of charge on the NHS. Home testing and home sampling kits are also available. You can find out more about [HIV testing](#) and the [HIV testing services search tool](#) on the NHS website.
- Patients who want more details about the safety of blood from donations in England can find more information here: <https://www.blood.co.uk/the-donation-process/further-information/your-safety/>

Bank Holiday Closures at the Practice 25th August 2025

Providing Practice Feedback

The Practice would like to thank everyone who has completed a Friends and Family Test. This feedback is a valuable tool to enable us to see when we are getting things right as well as highlighting areas we can improve on.

Patients who have received an appointment reminder will automatically receive a feedback link following their appointment. Patients are also automatically sent a feedback link once they have completed an Engage Consult. The Friends and Family Test is also accessible to patients on our website and in the Practice located on the first floor patient landing.