

Winter Edition 2026

Influenza & Covid-19 Vaccinations

Flu and COVID-19 can be more serious for some people, so autumn is an important time to check whether you're eligible for vaccination.

Who's eligible for the free NHS flu vaccine?

Depending on your circumstances, you may be eligible if you are:

- Aged 65 or over
- Pregnant
- Aged 18 to under 65 and have certain health conditions
- A child aged 2 or 3, or a school-aged child
- A carer who receives Carer's Allowance or is the main carer for an older or disabled person
- In another eligible group, including certain frontline social care workers

And what about COVID-19?

For autumn 2026 in England, the NHS COVID-19 vaccine is being offered to:

- Adults aged 75 and over, including people turning 75 by 31 January 2027
- Residents in care homes for older adults
- People aged 6 months and over who are immunosuppressed

Eligibility rules differ between vaccines, if you think you're eligible, don't wait for winter to arrive. Check your invitation and booking options or contact the practice for advice.

Find out more: <https://www.nhs.uk/vaccinations/>

Respiratory Syncytial Virus (RSV) Vaccines

RSV is a common virus that can cause serious lung infections, particularly in older adults and young babies. The RSV vaccine helps protect against severe illness and hospital admission. Who is eligible:

- The vaccine is routinely offered to pregnant women from 28 weeks of pregnancy to help protect their baby during the first few months of life
- All adults aged 75–79 years, a single lifetime dose
- If you are aged 65–74 in certain at-risk groups
- All residents living in Care Homes for older adults, regardless of age

If you are eligible, we encourage you to take up this important opportunity to protect yourself and your loved ones. Please contact the Surgery if you have any questions about your eligibility or vaccination appointment, or visit the NHS website for further information.

Your NHS App

Have you explored what the NHS App can do?

Depending on the services enabled by your GP practice, you may be able to:

- Book and manage appointments
- Request repeat prescriptions
- View parts of your health record
- Check test results and messages
- Access NHS health information

Prescription tip: Check your medicines before ordering, allow time for your prescription to be processed and don't leave it until your last dose. Not everyone can access every feature and you can still contact the surgery if you need help. Explore the app: <https://www.nhs.uk/nhs-app/>

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 via your smartphone, tablet or PC.

Access via our website www.seasidemedicalcentre.co.uk and click on the blue "appointments" button, this will then direct you to the Consult Online page where you can click on the "patient guide – how to register for Engage Consult". Once you have registered below are the options we are able to assist you with:

- request help regarding 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.

Pharmacy First - Your Local Pharmacy

Your community pharmacist can do much more than dispense prescriptions

Depending on the service and your circumstances, pharmacists may be able to:

- Offer advice about common illnesses and self-care
- Help with medicines questions
- Assess certain conditions through the NHS Pharmacy First service

Pharmacy First can help with selected conditions including:

- sore throats
- earache in children
- sinusitis
- impetigo
- infected insect bites
- shingles
- uncomplicated urinary tract infections in eligible women

Your pharmacist will advise whether treatment is suitable or whether you need another service. You don't always need a GP appointment for every minor illness. Your pharmacy may be a convenient first stop. Find a pharmacy: <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

Staff Updates

We welcomed a New HCA at the beginning of June

We have a new Practice Nurse joining the SMC team at the end of October

We have welcomed a new GP Registrar, Dr Emeka

A Quick Recipe Idea for a Cosy Autumn Soup

- Roast chopped squash, carrots and onion with a little oil and your favourite herbs;
- Add vegetable stock, simmer until tender, then blend until smooth;
- Serve with your favourite bread.

Budget-friendly, warming, tasty and ideal for batch cooking!

Five Little Feel-Good Habits for your Mental Health

Shorter days and darker evenings can affect our mood, sleep and motivation. If you're feeling a little flat, you could try these 5 little feel-good habits:

Catch some daylight - Take a short walk outside during daylight hours when you can

Move your way - Dancing in the kitchen, gardening or a gentle stroll all count

Make a connection - Check in with a friend, family member or neighbour.

Protect your sleep - Try a regular bedtime and a wind-down routine that works for you

Be kind to yourself - You don't have to be productive every minute of every day.

The Winter Mini Checklist

- ☐ Check whether you're eligible for seasonal vaccinations.
- ☐ Make sure you have enough regular medication.
- ☐ Save NHS 111 for urgent medical advice when you need help and the practice is closed.
- ☐ Get outside during daylight when possible.
- ☐ Check in with someone who might appreciate a friendly chat.
- ☐ Keep your contact details up to date with the practice.
- ☐ Make time for something that makes you smile.

Christmas Closure Dates

The surgery will close for the Christmas break on:

- Friday 25th December – Monday 28th December (*inclusive*)

The Surgery will reopen again on Tuesday 29th December

New Year Closure Dates

The Surgery will close for the New Year break:

- Friday 1st January 2027

The surgery will reopen again on Monday 4 January 2027

To ensure prescriptions are processed in time for the Christmas and New Year closure, please submit requests the week commencing 14 December 2026