LONDON ROAD SURGERY

Website: www.thelondonroadsurgery.co.uk

Telephone: 01268 765533

**NEWSLETTER June/July 2025**

Welcome to the practice newsletter. In it you will find some useful information, especially if you are not able to use a computer. **However, there are references to important websites and it might be useful if you have a friend or relative who could gain access to the relevant information for you. This is a bumper issue this month as there are lots of campaigns listed for June 2025. Please see end of the newsletter.**

**NEW**

**TOTAL TRIAGE**

**We will be moving to a new appointment booking system on 24 June 2025. Total triage is being introduced to stop the 8:00am rush to make appointments both by the telephone and attending the practice in person. This means that the new system will ensure that the patients most in need of urgent appointments will be given them. You will need to complete an online Triage form via our website. Those patients who do not have internet access can telephone and a reception will help to complete the form and it will be submitted to the Triage GP to review.**

**Total triage - Online Consultations**

**We have available via the website** [www.thelondonroadsurgery.co.uk](http://www.thelondonroadsurgery.co.uk) **a platform for consulting online a clinical or admin queries. This is called ACCURX. Please follow the instructions to submit your query. Your request will be triaged by a GP and we will contact you to arrange an appointment or signpost you to the correct service.**

**These changes are in line with NHS recommendations to provide a modern GP practice model with use of digital technology tools to provide fair access to medical care.**

**All prescription requests must be made online via the NHS App or via Online Services accessed by using the London Road Surgery website. Alternatively, you can post your request through our letterbox or send it by Royal Mail.**

**Please ask your local Pharmacist for advice or use e-consult online consultation and receive a reply within 48 hours. Pharmacy First is a new campaign that allows the Pharmacists to treat 7 conditions. Please ask your pharmacist for more information.**

**Ideas and Suggestions**

Please let us know if you have any ideas or suggestions by writing to us via the email address or by post. Thank you

**New Reception Staff**

We have new staff who have joined our reception team. Please be patient while they deal with your queries. Our reception staff are now called Healthcare Navigators because they can sign post you to Health Care Professionals who support the doctors in primary care.

Thank you for your kind comments for some of our new reception staff.

These staff are trained professionals and if unable to support you they will refer you back to the doctor. These are: Pharmacists, Paramedic, Social Prescriber, Mental Health First Contact Practitioner, and retail Pharmacists. We also use the weekend appointments available to all the practices in Wickford.

**Veteran Friendly Accreditation**

**We are accredited as an Armed Forces veteran friendly accredited GP practice. Dr Richards is the Lead GP for this.**

**Patient Contact Details**

**Please keep us up to date with your contact details either by popping a note through our letterbox or by emailing us at** [londonroadsurgery@nhs.net](mailto:londonroadsurgery@nhs.net)

**Last month we had 660 patients with no mobile number on their record. Please email us with your mobile number and email address.**

**Primary Care Network (PCN) Staff**

**In line with NHS England guidance and the development of Primary Care Networks (PCN’s) some new allied Health Care Professionals have joined the team at London Road Surgery. We have a Paramedic and 2 Advanced Nurse Practitioners who can treat minor illness. We also have a Nurse Practitioner who is studying to become an Advanced Nurse Practitioner. These staff members join the doctors and nurses and the new Social Prescriber and Mental Health First Contact Practitioner to help you. NEW – we have a Physio who works here on Tuesday and Friday who you can see by booking in with reception.**

**To assist you with your request to see a clinician our Receptionists/Care Navigators will ask you the reason for your appointment so that they can guide you to the correct clinician for your condition.**

**PCN Pharmacists – now work at the surgery and you may be contacted by them before you see a doctor. They can sort minor illnesses as well as review all medication.**

**We encourage self-care and there are lots of information on our website and NHS App.**

**Local Pharmacists are happy to discuss with you about your minor illness and we can refer you to them using our clinical system. They will call you back in a few hours.**

**Basildon & Brentwood CCG website also has Health Information** <https://basildonandbrentwoodccg.nhs.uk/>

**Looking after yourself**

**We continue to offer free health checks for patients aged 40-74 who have not had a health check in 5 years and for those over 75 years.**

**Please call reception to book your health check with Natalie or Mel our Paramedic.**

**Contacting Us**

**Please do not use our email address to send any clinical queries to us. Please call the practice to make an appointment or use e-consult (see above). Please use NHS App to order repeat medication. We can process requests faster this way.**

**Patient Group Activity**

We have a new noticeboard in our Waiting Room and the Chair – Sue Bunney will be coordinating new campaigns for the group to action. They have recently done a survey and their minutes are on our website. The group will be promoting the NHS App.

**Next Patient Group meeting: Monday 28 July 2025 at 2pm**

**All are welcome!**

**Patient Newsletter on Website**

We understand that lots of our patients are unable to view our website if you know a member of your community is housebound or without any computer access, please print this and deliver it to them. London Road Surgery thank you for this kindness.

**Healthwatch Essex**

<https://healthwatchessex.org.uk/>

Is an independent charity set up under the Health & Social Care Act 2012 and they use your voice to improve health and care in Essex. They undertake high-quality research and engagement to uncover your experience of services and use it to shape health and care. They are also proud hosts to the Essex Neurology Network.

They can help you find out about and access health and social care services through our Information & Guidance Service**. Call 0300 500 1895, text 07712395398** between 10am and 2pm on Monday, Wednesday and Friday. Outside of those times, you can use it to leave them a message. Check out how to get involved!

[info@healthwatchessex.org.uk](mailto:info@healthwatchessex.org.uk)

Message on **07712395398**, Monday - Friday, 9am to 4:30pm

**Looking After Your Mental Wellbeing**

Looking after our mental wellbeing sometimes falls behind on our list of priorities. But keeping mentally well helps us to keep physically well too. Visit this website for some tips on how to look after your mind: <https://www.nhs.uk/oneyou/every-mind-matters/>

**Free listening services**

These services offer confidential advice from trained volunteers. You can talk about anything that is troubling you, no matter how difficult:

Call [116 123](tel:116123) to talk to [Samaritans](https://www.samaritans.org/how-we-can-help/contact-samaritan/), or email:  [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours.

Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](https://www.giveusashout.org/), or text "YM" if you're under 19.

If you are under 19, you can also call [0800 1111](tel:0800%201111) to talk to [Childline](https://www.childline.org.uk/). The number will not appear on your phone bill.

**The Essex Wellbeing Service 0300** **303 9988**

We provide Essex residents (excluding Southend-On-Sea and Thurrock) with access to health checks; stop smoking services; weight management courses; and emotional health and wellbeing support.

We also support Essex organisations at work via our three-tiered Working Well Accreditation. This consists of workplace health and wellbeing sessions; Mental Health First Aid training; and the Working Well Accreditation itself where organisations can be recognised for their commitment to staff health and wellbeing.

EWS also runs a volunteering service where we recruit and connect volunteers with Essex residents in need of support with everyday tasks, social isolation and making long-term friendships.

The Service is commissioned by Essex County Council. But we couldn’t do this without our amazing alliance of partners…

**Provide CIC**

Provide CIC is a Community Interest Company (social enterprise) that delivers a broad range of health and social care services in the community throughout Essex, Cambridgeshire and East Anglia.

Provide works from a variety of community settings, such as three community hospitals, community clinics, schools, nursing homes and primary care settings, as well as within people's homes to provide more than 40 services to children, families and adults.

Provide CIC has been commissioned by Essex County Council to deliver the Essex Wellbeing Service, in partnership with all the organisations listed on this page.

**Priority Digital Health**

Priority Digital Health (PDH) build digital solutions which empower better self-management and service-management of patients' health and wellbeing.

PDH ensures people get the help and support they need, swiftly, whilst remaining true to their 'Tell Your Story Once' mantra.

PDH’s speciality is disease prevention; their background is in changing behaviour, and their focus is cost-saving and service efficiencies – but not at the expense of user experience.

They have three main products: The Priority Platform (customisable case management software); Diabetes Book & Learn (connecting people with Diabetes to the right education); and AmaraHealth™ (a whole-body health and wellbeing app).

For Essex Wellbeing Service, PDH provides the case management system that digitises lifestyle bookings; volunteer sign-up and management; and referral or self-referral for support with everyday tasks.  
  
PDH provides their marketing services for the EWS and Working Well website and social media. EWS also have access to PDH’s AmaraHealth™ app where Essex residents can track, analyse, and manage their whole-body health inside one app.

**Age Well East**

Age Well East offers community friendship services to anyone in Essex who is over 18 with an aim to end loneliness. They provide one to one volunteer friendship (befriending), pen friending and access to social groups and activities to empower people to live happier and healthier.

Age Well East believes everyone deserves to age well and they have been empowering people in later years since 1950. Their knowledgeable staff and volunteers provide excellent support services which are easily available.

They understand that changes in circumstances make people particularly susceptible to loneliness. When left ignored, loneliness can escalate from a temporary situation to a chronic challenge, which the NHS estimates as having the same detrimental impact as smoking 15 cigarettes a day on health deterioration. In Essex alone, as many as 80,000 people are thought to be lonely, which is one of many reasons Age Well East is so committed to providing excellent and trusted support.

**HCRG Care Group**

HCRG Care Group changes lives by transforming health and care. They are one of the UK’s leading independent providers of community health and care services, working with health and care commissioners and communities to transform services with a focus on experience, efficiency and improved outcomes.

The children and family healthy lifestyle service is here to support your family in making long term, sustainable adjustments to suit your lifestyle. If you are unsure if your child is within the healthy weight range, you can check their body mass index (BMI) using the NHS BMI Calculator. The calculator takes into account your child’s age and sex as well as their height and weight.

If you find your child is outside the healthy weight range - don’t panic! There are lots that the team can do to support you in making healthier lifestyle choices and to help your child achieve a healthier weight as they grow.

Being active and making balanced food choices is important, but HCRG Care Group will work with your family to make sure our support is the right offer for you and your family.

HCRG Care Group’s teams have lots of resources that they would like to make available to your family. If you would like to register your interest or find out more about what HCRG can offer your family, please contact EWS.

HCRG Care Group also runs Essex Child and Family Wellbeing Service on behalf of Essex County Council.

**Rural Community Council of Essex**

Many Essex villages exude an air of prosperity. However, behind the affluent facade there is evidence of hidden deprivation, and with it the potential for people to be unreasonably disadvantaged by living in a rural location.

Rural communities are the reason for the existence of the Rural Community Council of Essex (RCCE) and remain the focus of the vast majority of their work, but they do provide some services, notably Community Agents Essex and United in Kind Coaches on a countywide basis.

Rural Community Council of Essex (RCCE) works to provide local communities with the skills, resources and expertise necessary to achieve a thriving and sustainable future.

RCCE provides support and facilitation for local community organisations and projects; develops initiatives that improve the life chances of disadvantaged people and families; and provides an influential voice for rural communities in Essex.

Part of their attention focuses on helping people who may experience disadvantage and exclusion through factors such as low wage employment, the high cost of housing, lack of access to essential services and a scarcity of public transport.

**Terrence Higgins Trust**

Terrence Higgins Trust (THT) team of specialist health and wellbeing coaches will work to re-engage those who have disengaged from or who have lost trust in the system.  
  
The service works closely with a diverse range of populations across Essex, and in partnership with the wider EWS service to maximize opportunities for LGBT+, Traveller, Roma, and Racially Minoritised communities, as well as Drug and Alcohol Misusers, Homeless / those at risk of Homelessness, as well as those within the criminal justice system.

THT believes that involving and empowering local communities, particularly disadvantaged groups, and young people is central to both promotion of excellent Health and Wellbeing and the reduction of health inequalities.  
THT champions that partnership approaches to service delivery, combined with innovation, improve engagement with service users, contribute to directly addressing marginalisation and powerlessness underpinning health and social inequalities and are effective in building sustainable communities.  
  
THT is also the UK’s largest HIV and Sexual and Reproductive Health charity.  
  
Building upon the already excellent established working relationship between THT and Provide in Essex the THT Essex Wellbeing Service (EWS) partnership will engage with and empower Seldom Heard From Communities.

Services

* [Stop Smoking](https://www.essexwellbeingservice.co.uk/services/stop-smoking)
* [Physical Activity](https://www.essexwellbeingservice.co.uk/services/physical-activity)
* [Social Isolation](https://www.essexwellbeingservice.co.uk/services/social-isolation)
* [Mental Health](https://www.essexwellbeingservice.co.uk/services/mental-health)
* [Alcohol Reduction](https://www.essexwellbeingservice.co.uk/services/alcohol-reduction)
* [Sleep](https://www.essexwellbeingservice.co.uk/services/sleep)
* [Health Checks](https://www.essexwellbeingservice.co.uk/services/health-checks)
* [Child Lifestyle Service](https://www.essexwellbeingservice.co.uk/services/child-lifestyle-service)
* [Weight Management](https://www.essexwellbeingservice.co.uk/services/weight-management)

T: 0300 303 9988

E: [provide.essexwellbeing@nhs.net](mailto:provide.essexwellbeing@nhs.net)

**Opening Hours**

Monday to Friday 8.00am - 7.00pm

Saturday 9.00am to 12.00pm

All enquiries, will be responded to during the opening hours above

**Complaints / Feedback**

T: 0300 303 9951

E: [provide.customerservices@nhs.net](mailto:provide.customerservices@nhs.net)

**NHS App**

If you have a smartphone, you can download the NHS App which allows you to order repeat prescriptions and book appointments quickly and easily.

We encourage use of the NHS App as this saves time for the patients. It will integrate with secondary care so you can see future hospital appointments.

**Contact Details**

Don’t forget to let us know if you have new phone number or change address. You can email us or call us.

**The Good Grief Trust**

**Website** [**www.thegoodgrieftrust.org**](http://www.thegoodgrieftrust.org)

If you have been affected by a sudden bereavement during this crisis and need support, advice and guidance.

PLEASE CALL; SUDDEN BEREAVEMENT HELP 0800 2600 400,

OPERATING HOURS: 10AM – 4PM MONDAY – FRIDAY.

**Mental Health Information**

VitaMinds offer a free and confidential NHS Service and Psychological talking therapies. They offer support for Anxiety, Low mood, Depression, Panic attacks, Social anxiety, sleep problems, PTSD, OCD and specific phobias. You can self-refer online vitahealthgroup.co.uk or call 01268 977 171 Monday – Friday 8am – 8pm and Saturdays 9am – 12.30pm or Out of Hours emotional support 24/7 01268 977 171

**Contact Us Online**

We have updated our website and added a tab called Contact Us Online. This is for patients to send us administrative queries or medical issues. Hopefully this will free up our phone lines for those patients without internet access.

**Useful Telephone Numbers**

Boots Allianz The Wick 01268 574018

Boots Mayflower 01268 820235

Boots Willowdale 01268 761911

Co-op 01268 970532

Garbetts 01268 732042

Medipharm 01268 735777

Sainsbury’s 01268 270282

Shadforths 01268 733313

Shotgate 01268 768547

Tesco Mayflower 01268 367647

Wells Pharmacy 01268 762605

**CARING FOR OTHERS**

If you are caring for a relative, you can access information & advice, specialist support, groups & activities through Carers First. Carers First is a charity commissioned by Essex County Council:

Telephone: 0300 303 1555

Email: [hello@CarersFIRST.org.uk](mailto:hello@CarersFIRST.org.uk)

Please let us know if you are an unpaid Carer and if you need support

**Useful Resources:**

**Alzheimer’s Society:** 01245 260911 3 Lockside Marina Chelmsford CM2 6HF

**National Domestic Violence Helpline**: 0808 2000 247 https://www.nationaldahelpline.org.uk

**NSPCC helpline**: 0808 800 5000

**ChildLine**: 0800 1111

**MIND**: www.mind.org.uk

**YoungMinds**: https://youngminds.org.uk

**ICON**: Babies cry: You can cope https://iconcope.org

**IRISi:** irisi.org/iris/find-your-local-iris-site

**July 2025**

**Hay fever**  
  
Hay fever causes itchy eyes, a runny nose, sneezing and coughing, a headache or pain around the sides of your head or forehead, loss of smell and feeling tired. There are ways in which you can reduce the effects of hay fever, and the NHS has advice on these: <https://www.nhs.uk/conditions/hay-fever/>  
  
If you’re sneezing more than talking lately, you’re not alone! Hay fever (AKA allergic rhinitis) can really make the warmer months difficult. Here are some tips to help you cope during peak pollen season:  
  
Wear sunglasses to protect your eyes  
  
Keep windows closed during high pollen times  
  
Shower and change your clothes after being outside  
  
Antihistamines can help – talk to your GP or pharmacist if you’re struggling  
  
Find more help here: <https://www.nhs.uk/conditions/hay-fever/>  
  
**Dehydration**  
  
When the weather is very warm, you may be at risk of dehydration if you don’t adequately replace the fluid you lose through sweating and peeing. Babies, children and older adults are most at risk.  
  
You can help to minimise the risk of dehydration by ensuring you drink enough to keep your pee a pale-yellow colour.  
  
There are some easy ways to increase your fluid intake with food too:

* Ice lollies
* Melon
* Cucumber
* Jelly
* Soup

Find more advice here: <https://www.nhs.uk/conditions/dehydration/>  
  
**Childhood immunisation**  
  
If your child is due immunisations after 1st July 2025, there will be a change to the timetable as the national schedule goes through the first phase of changes; the second will follow in January 2026.  
  
Your baby will no longer receive the Hib/MenC vaccine at their one-year appointment  
  
The second dose of MenB will be brought forward to 12 weeks  
  
The first dose of PCV13 will be moved to 16 weeks  
  
Find the full schedule here: <https://www.gov.uk/government/publications/routine-childhood-immunisation-schedule>  
  
If you’d like more information, please speak to the Practice Nurse or your Health Visitor.  
  
**Weight loss drugs  
  
*For those who cannot offer this yet:***  
We understand the media is reporting that Mounjaro is now available under the NHS; however, not all areas are able to offer this service at this time. As we are in an area where this service is not yet available, unfortunately we can’t help with queries or requests for this at the present time.  
  
Once this service does become available, it will be for only:  
  
Patients over 18, with a BMI of 40+, or 37.5+ if you’re from a Black, Asian or other minority ethnic background and have four or more weight-related health conditions, such as Type II diabetes, hypertension and heart disease.  
  
Weight loss support is available (add any local offerings): <https://www.nhs.uk/better-health/lose-weight/>  
  
Thank you for keeping our lines clear for those who need urgent medical help.  
  
***For those who can offer but limited to the cohort:***  
  
We understand the media is reporting that Mounjaro is now available under the NHS, but it’s really important to note that this is ONLY for a limited group of patients.  
  
You must be over 18, with a BMI of 40+, or 37.5+ if you’re from a Black, Asian or other minority ethnic background and have four or more weight-related health conditions, such as Type II diabetes, hypertension and heart disease.  
  
We cannot offer any weight loss drug for cosmetic or general weight loss  
  
Weight loss support is available (add any local offerings): <https://www.nhs.uk/better-health/lose-weight/>  
  
Thank you for keeping our lines clear for those who need urgent medical help.  
  
**School holidays**  
  
A healthy diet is essential for growing children and we all know that kids love to snack!  
  
During the summer holidays, if your children are entitled to free school meals, you’ll be able to access free meals over the break.  
  
(Share a list of local places that offer free meals – e.g., look at supermarkets and local cafes.)  
  
**Prescriptions**  
  
Going away this summer and on regular medication?  
  
Please remember to order enough of your medication, at least five days in advance of your holiday. Running out of regular medication where you’re unable to source more could cause serious side effects, and could make you very unwell.  
  
Remember if you’re going aboard to keep your meds in their original containers with all their labels. Enjoy your holiday; request your medication early!  
(Add prescription details here.)  
  
**Group B Strep Support Awareness Month (1st - 31st July)**  
  
Do you know what Group B Strep is? It’s vital for every expectant parent to know about Group B Strep.  
  
Group B Strep (GBS) is a common type of bacteria that can cause serious infections in newborns, but with the right awareness and care, it’s usually preventable.  
  
Raising awareness could help to save a life. Learn more here: <https://gbss.org.uk/info-support/about-group-b-strep/>  
  
**UV Safety Month (1st - 31st July)**  
  
The sun is at its strongest between 11am and 3pm from March to October. While you might like to sit out, it’s important to consider your health.  
  
Ultraviolet rays can damage our skin and eyes, and while it’s great to be outdoors, consider reducing your exposure to UV with these tips:  
  
Wear sunglasses with UVA and UVB protection  
  
Wear protective clothing (e.g., a sun-safe, long-sleeve top)  
  
Use SPF30 or higher  
  
You can read additional sun safety information here: <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>  
  
**Good Care Month (1st - 31st July)**  
  
Life as a carer can be complex, with challenges faced on a daily basis. Supporting carers ensures that the people they care for can stay at home where possible. It’s really important, if you’re a carer, that you let us know so we can care for you while you care for others.  
  
Good Care Month spans the whole of July and aims to not only celebrate healthcare workers from the social sector, but to acknowledge their hard work, as well as those who care for people in their homes and communities.  
  
Find out more about support here: <https://www.carersuk.org/>  
  
**Alcohol Awareness Week (1st - 7th July)**  
  
Around 10 million of us are regularly drinking alcohol in ways that can harm our health. The theme for this year’s Alcohol Awareness campaign is ‘Alcohol and Work’ to encourage conversations and awareness about the relationship between alcohol consumption and the workplace.  
  
Some will manage work stresses by using alcohol as a way to try to cope. The reality is that drinking alcohol as a way to try to manage our stress and anxiety can worsen our symptoms and prevent us from performing well.  
  
Realising you have a problem is the first step to getting help: <https://www.nhs.uk/live-well/alcohol-advice/alcohol-support>  
  
If you’d like help with alcohol, speak to us or look here: <https://alcoholchange.org.uk/help-and-support/get-help-now>  
  
**National Bereaved Parents Day (3rd July)**  
  
National Bereaved Parents Day exists to raise awareness for all the parents who have lost a child of any age, to keep conversations going and to support those who shouldn’t have had to say goodbye so soon.  
  
(List any local grief counselling/bereavement offerings.)  
  
**South Asian Heritage Month (18th July - 17th August)**  
  
South Asian Heritage Month celebrates people with roots in the South Asian countries of India, Pakistan, Bangladesh, Sri Lanka, Afghanistan, Nepal, Bhutan and the Maldives.  
  
The 2025 theme is ‘Roots to Routes’, embracing each individual’s unique story shaped by their roots and the routes travelled to get to where they are today.  
  
**Samaritans Awareness Day (24th July)**  
  
On Samaritans Awareness Day, remember you’re never alone. Whether you’re struggling or supporting someone who is, help is always just a call away. Let’s break the stigma around mental health and start real conversations.  
  
Samaritans are available 24/7; whenever you need them, someone will listen. You can call or message day or night. Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)  
  
**International Day of Friendship (30th July)**  
  
Celebrate the International Day of Friendship and the people around us who bring joy, laughter and strength into our lives – our friends!  
  
Remember to let those around you know how much they mean to you. It can bring a smile to their face on this #InternationalDayOfFriendship