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Welcome to the Spring edition of the practice newsletter. This newsletter includes important practice updates and information. Please let us know if there is anything you would like us to include and this will be shared with the Partners and Patient Members Group.

Expansion of RSV



From the **1st April 2026** those aged **80 years and older** and residents in **care homes** for older adults will be eligible to receive the RSV vaccination (respiratory syncytial virus).

The RSV vaccine helps protect against infection with RSV, a common virus that can make babies and older adults seriously ill.

If you're aged 75 to 79 (or turned 80 after 1 September 2024) contact your GP surgery to book your RSV vaccination. The practice will also contact eligible patients to book their appointment.

Housebound patients and those living in care homes will receive their vaccine via home visit.

GP Trainees

We're delighted to welcome **Dr Kumar** and **Dr Clayton** to the team. Dr Kumar and Dr Clayton are fully qualified doctors undergoing specialist training in General Practice, working under the supervision of our experienced GPs.

Practice Learning Time closures 2026:

GP Practices across South Warwickshire will be closed for important staff training from 12:30pm on:

- Monday 29th April
- Thursday 21st May
- Wednesday 17th June
- Wednesday 23rd September
- Thursday 15th October
- Thursday 26th November



COVID Spring Booster Vaccines

Eligible patients will be invited to book their COVID Spring Booster Vaccine this April.

Clinics will run from the **Ahmaddiya Centre from Thursday 16th April 2026.**

This year's cohort includes the following patient groups:

- Patients aged 75 or over
- Those who are immunosuppressed
- Patients living in a care home



Eligible patients will receive a booking link via SMS to arrange their appointment. Housebound and care home patients will be contacted about their vaccinations.

Cervical Screening Drop In

Leamington PCN are hosting a smear test drop in clinic on **Saturday 9th May 2026 at Waterside Medical Centre between 8:30am and 12:30pm.**

If you're due your smear test but haven't yet booked in, you can attend this clinic without a pre-booked appointment.

Missed Appointments



Between January and March 2026, there were **200 missed appointments.**

It's important that if you are unable to attend your appointment, you let us know in plenty of time. This will allow us to utilise this for another patient.





Managing Hay Fever – NHS England Guidelines



Hayfever is a common allergic reaction to the fine powder that plants produce called pollen with symptoms usually worse between late March and September.

There is no cure for Hayfever and it cannot be prevented but you can do things to ease your symptoms when the pollen count is high. **Antihistamines** are medicines that can help relieve hayfever symptoms and allergies. These are readily available to buy from most **pharmacies** and **supermarkets**. Most people with hayfever will be able to manage their own symptoms and if you know when your hayfever symptoms usually start, it's a good idea to begin taking antihistamines 4 weeks before this time to give you the best possible protection

GP surgeries no longer able to routinely prescribe tablets, eye drops or nasal sprays for hayfever in line with NHS England Guidance – your pharmacist are fully qualified to answer any questions on medicines use and is easily accessible too.

It is impossible to avoid pollen altogether however you can do things to ease your symptoms:

- Shower and change your clothes after being outside to wash off the pollen
- Apply vaseline around your nostrils and wear wrap-around sunglasses to stop pollen getting in your eyes
- Stay indoors and keep windows/doors shut when possible
- Vacuum regularly at home and dust with a damp cloth



When to contact the Surgery:

- If your hayfever, asthma or lung condition symptoms are getting worse
- Your symptoms do not improve after using Hayfever treatments

Carer's Week - 8th to 14th June 2026

If you care for a family member or identify yourself as a main carer, it's important that you let us know. A carer can be anyone, including children and adults who look after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.

Our Carers Lead will add a 'Carer Status' entry to your medical records which will alert our Practice Team to enable us to properly support you when you attend the Surgery or when you contact us for advice. If caring responsibilities mean you struggle to come to the surgery, you may be offered a telephone appointment where appropriate. We may contact you with information about local carers support services who may be able to arrange transport and/or home services to help you leave home to attend surgery.

Carers are offered an annual influenza vaccination and will receive an invite before the Autumn campaign begins.

Please tell us how your caring role is affecting you and if you have any support needs.



Have you signed up to the NHS App?

- ✓ View your medical record
- ✓ Check your test results
- ✓ Order and track repeat prescriptions
- ✓ Communication you can trust stored securely
- ✓ Turn on your notifications in Account and Settings to set up



Need help or support?

For more info about the App visit: <https://www.nhs.uk/nhs-app/>

or the NHS App help page: <https://www.nhs.uk/nhs-app/nhs-app-help-and-support/>

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