

Claremont Medical Centre

Patient Newsletter

December 2025



WHAT'S HAPPENING

Introduction of a Varicella Vaccination (Chickenpox)

From 1 January 2026 there will be the introduction of a varicella vaccination into the NHS routine childhood vaccination programme using a combined measles, mumps, rubella and varicella (MMRV) vaccine.

Therefore, from 1 January 2026 all children will be offered a combined MMRV as part of the childhood routine 2-dose vaccination.

There will also be a single-dose selective MMRV catch-up programme for older children. Children will be invited and encouraged to attend if they have not yet had the chickenpox vaccine or the disease.

FOODBANK

HELP US TO HELP OTHERS THIS CHRISTMAS

This Christmas we will again be collecting for the local foodbank.

Collecting for food banks is a vital act of support for those in need.

Please keep an eye out at reception for our donation box and anything you can donate would be greatly appreciated.

Many thanks.

ONLINE BOOKING SYSTEM OPEN ALL DAY FOR ROUTINE APPOINTMENT REQUESTS

From 1 October 2025 patients have been able to request a routine appointment through our website between 8am and 6.30pm Monday to Friday. It is important to note that all appointment requests are triaged by a GP and so any routine requests may not be looked at until the following day.

You can request an urgent appointment through our website between 8am and 10am Monday to Friday. These requests will also be triaged by a GP and dealt with accordingly. If you have an urgent request after 10am you will need to ring the practice. Please DO NOT submit an urgent request using a routine request form as it may not be looked at until the following day.

It is important you do not request an urgent appointment unless it is necessary, to avoid blocking appointments for those who are in greater need.

If you need help with our website, please ring the surgery and a Receptionist will be able to fill out the request form for you. Alternatively, you can visit the practice and again a Receptionist will help you fill out the request form.



WHAT WE DO

Alongside general GP and Nursing appointments we also provide:-

Ambulatory blood pressure monitoring	Minor Surgery
Antenatal Appointments	NHS Health Checks
Cognitive Behavioural Therapy	NHS Vaccinations & Immunisations
Cervical Screening	Postnatal Appointments
Counselling	Psychology Appointments
Cryotherapy	Ring Pessaries
Dermoscopy	Sexual Health Services
ECG's	Shared Care Prescribing
FeNO Testing	SMI Health Checks
First Contact Physiotherapy	Social Prescribing
Hearing Tests	Spirometry
Holistic Cancer Care Reviews	Stop Smoking Service
Joint Injections	Travel Consultations
Learning Disability Reviews	Weight Management
Long Term Health Condition Reviews	Wound Care
Medication Reviews	

CONNECTED KINGSTON

Connected Kingston is a site dedicated to helping Kingston Residents find local activities and navigate local services. It is run by the Royal Borough of Kingston Council and Kingston Voluntary Action in conjunction with local charities and statutory organisations. Their goal is to help residents of Kingston stay happy, healthy and connected to each other and maintain and build Kingston's community so we can all live our best lives.

For more information visit [Connected Kingston](#)



PANCREATIC CANCER AWARENESS

In the UK, over 10,600 people are diagnosed with pancreatic cancer each year.

Pancreatic cancer is the 5th most common cause of cancer death in the UK.

Pancreatic cancer is difficult to diagnose at an early stage, as it is common for no symptoms to be experienced by the patient until it is at an advanced stage.

SYMPTOMS OF PANCREATIC CANCER

- Stomach or back pain
- Unexplained weight loss
- Jaundice, dark urine and itchy skin
- Changes to faeces, such as pale, smelly faeces that float and are hard to flush, diarrhoea or constipation
- Bloating, early satiety / nausea
- Blood clots
- Extreme tiredness for no reason

RISKS

- Around 20% is caused by smoking (Cigarettes, cigars, pipes and chewing tobacco all increase pancreatic cancer risk)
- Around 70% is caused by drinking high amounts of alcohol over a long time
- 10% is caused by being overweight or obese.

GETTING OLDER

Pancreatic cancer is more common in older people. Almost half of all new cases are diagnosed in people aged 75 and over. Pancreatic cancer is uncommon in people under 40 years old.

FAMILY HISTORY

Sometimes pancreatic cancer is found to run in families – but only between 5 – 10% diagnosed with pancreatic cancer have a family history of it.

Patients have an increased risk if they have a first degree relative with pancreatic cancer. This risk is higher if they have more than one first degree relative with the disease, or a first degree relative is diagnosed at a young age.

IF YOU ARE WORRIED – PLEASE SPEAK TO YOUR GP



LUNG CANCER SCREENING

If you're aged between 55 and 74 and have ever smoked, you may be given the opportunity to take part in lung cancer screening, with a lung health check.

WHY LUNG HEALTH CHECKS ARE DONE

Lung cancer causes more deaths than any other cancer in the UK. There are often no signs or symptoms of lung cancer at an early stage.

Lung cancer screening aims to find lung cancer early, sometimes before you have symptoms.

The lung health check looks at how well your lungs are working and can help diagnose lung cancer as early as possible. Early diagnosis can make lung cancer more treatable and make treatment more successful.

WHO IS ELIGIBLE FOR A LUNG HEALTH CHECK

The government has announced the NHS will roll out targeted lung cancer screening across England. Currently, lung health checks are only available in some parts of England.

If you're aged 55 to 74, you may be contacted by your GP or a local NHS service to take part in lung cancer screening.

You will be eligible if all of the following apply to you:

- you live in an area where lung health checks are currently offered
- you're aged between 55 and 74
- you're registered with a GP surgery
- you're a current or former smoker

For more information visit [Lung cancer screening - NHS](#)

CHRISTMAS & NEW YEAR

We would like to wish all our patients a Merry Christmas and a Happy New Year. We will be closed on 25 and 26 December and 1 January. Please remember to request your medication in plenty of time as prescriptions take up to 5 working days to complete and we are unable to issue urgent prescriptions.



FIND OUT MORE ABOUT SOME OF OUR CLINICAL TEAM

DR KOCHHAR – GP PARTNER

Did you always want to become a GP?

- A Doctor maybe alongside other potential occupations. GP decision was late on after getting bored with Hospital Medicine which is quite restrictive and doing the same thing all the time in the main and not much continuity or able to be your own boss / freedom of life choices as much as being a GP.

If yes, what was your motivation to do this?

- Science application, human knowledge, travel, world experience.

What do you like most about being a GP?

- Freedom to practice as one wishes to.

What do you like least about being a GP?

- Excess workload pressures and dealing with overdemanding patients.

If your son / daughter wanted to be a GP, would you be happy?

- Yes

What advice would you give to anyone thinking about becoming a GP?

- Be flexible and think out of the box and not be a slave to protocols and convention. Be intellectually curious. Try new things out. Be your own boss but also be a team player as well. Avoid becoming Woke which is a cover for ego and never judge, as we are all essentially the same just on different paths.

MICHELLE NICHOLLS – PRACTICE NURSE

Did you always want to become a Nurse?

- No

If no, what did you want to do?

- When I was younger, I wanted to be a physiotherapist and then my life took a whole different turn when I joined Claremont Medical Centre.

What do you like most about being a Nurse?

- Being part of a great team and being able to help and support the patients at Claremont.

What do you like least about being a Nurse?

- Upsetting babies when they come for their injections.

If your son / daughter wanted to become a Nurse, would you be happy?

- Yes, I would be very proud of them.

What advice would you give to anyone wanting to become a Nurse?

- Read lots – it will help with keeping up to date with everything as things are always changing with the work we do.