

Claremont Medical Centre Patient Newsletter August 2026



OUR WEBSITE

Claremontmedicalcentre.co.uk

Did you know that if you visit our website, you can do the following:-

- ❖ Request an urgent appointment with a GP
- ❖ Request a routine appointment with a GP
- ❖ Request an appointment with a Nurse / HCA / Phlebotomist
- ❖ Cancel an appointment
- ❖ Request medication
- ❖ Register as a new patient
- ❖ Ask Reception a question
- ❖ Ask the Nurse a question
- ❖ Ask Prescription Clerk a question
- ❖ Pass a message to the GP
- ❖ Ask to opt out of the summary care record
- ❖ Request a sick note
- ❖ Change your name or address
- ❖ Register to join our Patient Participation Group
- ❖ Leave us feedback

And much more

DID YOU KNOW

104 Patients did not attend their appointment in July and did not cancel it

This equates to over 20 hours of missed clinical appointments. Had these appointments been cancelled we would have been able to offer them to someone else.

It is important to let us know if you cannot attend your appointment as soon as possible, not just for yourself so we can offer you an alternative appointment but for other patients waiting to be seen.

DO YOU LOOK AFTER SOMEONE?

If so, you could be one of the millions of unrecognised carers in the UK. A carer is someone who provides unpaid support to family or friends who could not manage without this help.

Kingston Carers Network is a local registered charity providing support and advice for people who care for someone living in Kingston. Tel no. 020 3031 2757



TIME-LIMITED MenB VACCINE FOR YOUNG PEOPLE

From 20 July 2026, the Men B vaccine is being offered to the following groups:-

WHO IS ELIGIBLE

Individuals who were born between 1 September 2007 and 31 August 2008

Individuals who were born on or after 21 July 2001 and are starting university for the first time in Autumn 2026

Individuals who were born on or after 21 July 2002 and will be starting further education college for the first time in August 2026

(People who are not eligible for a free vaccine under the NHS may be able to buy a MenB vaccine)

HOW MANY DOSES DO I NEED?

Two doses are necessary for protection

WHAT IS MenB?

MenB bacteria can cause serious life-threatening illnesses including meningitis, septicaemia and sepsis. Being around lots of new people in shared living spaces, like university halls, increases the risk of the bacteria that causes meningococcal disease spreading. Getting two doses of the MenB vaccine before the Autumn term is one of the most important things young people can do to protect themselves from some types of meningococcal B disease.

HOW LONG DOES THE PROTECTION LAST?

Protection lasts for at least 5 years

WHERE CAN I GET THE VACCINATION?

Unfortunately, this cannot be done at your GP practice, but you can choose to go to any participating pharmacy to get this done.

HAVE YOU, OR AN IMMEDIATE FAMILY MEMBER EVER SERVED IN THE UK ARMED FORCES?

If Yes, let a member of staff know. You may be able to access additional support, and we can add a note to your medical records.



BARRIERS TO CERVICAL SCREENING

There are many reasons why women and people with a cervix choose not to attend screening or find cervical screening difficult, for example:

Embarrassment	Fear of judgement or results	Pain
Previous trauma	Lack of understanding	Fear
Physical disabilities	Previous traumatic experience	Sexual abuse

The GOV.UK website has guidance to support people who find it hard to attend and some ideas are below:

- Bringing a friend to the appointment
- Listening to music or a podcast
- Wearing a skirt or loose clothing
- Booking a telephone call with the Nurse beforehand to discuss your concerns

If you have any concerns about cervical screening , please speak to us and we can help.

SEPSIS AWARENESS

When someone gets sepsis, it is a life-threatening condition caused by the body's extreme response to an infection.

How to recognise sepsis?

Slurred speech or confusion
Extreme shivering or muscle pain
Passing no urine in a day
Severe breathlessness
It's the worst you've ever felt
Skin mottled or discoloured

Can sepsis be treated successfully?

Yes. The first hours of treatment are the most important, which is why it is vital to recognise the signs of sepsis as soon as possible and seek medical help.



EASY READ INFORMATION

We have lots of Easy Read Documents in Reception to make written information easier to understand. These documents combine short, jargon-free sentences with simple, clear images. We currently have information on:

Arriving for a blood test	Having a blood test	Cancer Early Diagnosis
Diagnosis	Annual health checks	Constipation
Menstruation	Menopause	Vaccines
Cervical screening	How to cope when someone dies	
Pharmacists can help too	Tips for keeping warm	

FLU / COVID CLINICS

We will shortly be sending booking links out for patients to book their Flu / Covid vaccination.

Eligibility for flu

- Pregnant women
- Those aged 65 and over
- Those aged 18 years to under 65 years in a clinical risk group
- Children aged 2 or 3 years on 31 August 2026
- All children in a clinical risk group aged from 6 months to less than 18 years
- Those in long stay residential care homes
- Carers in receipt of carers allowance or those who are the main carer of an elderly or disabled person
- Close contacts of immunocompromised individuals
- Front line workers in a social care setting

Eligibility for Covid

- Those aged 75 and over
- Those aged 6 months or over who are immunosuppressed

If you are eligible and have not received a booking link by mid September please contact us and we can book you in for an appointment.



FIND OUT MORE ABOUT SOME OF OUR CLINICAL TEAM

DR KATIE WILLIAMS – GP PARTNER

Did you always want to become a GP?

- Yes, I loved it right from work experience at 16. Particularly the diversity and continuity it offers.

If yes, what was your motivation to do this?

- At med school I loved every GP placement although I caught Chickenpox on one of them! In my hospital jobs, I enjoyed each one, but wanted more variety and continuity.

What do you like most about being a GP?

- I enjoy following patients over a long period of their lives. Seeing families grow up and getting to know patients very well.

What do you like least about being a GP?

- The paperwork and admin. The hoops we have to jump through sometimes to get a patient help can be very frustrating. Hospital delays and IT issues can be infuriating and time consuming.

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

- Yes, I would, but it is a long path and you need to be sure.

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

- Get work experience. See what it's really like behind the scenes. There's a lot we do that is not seen by the public. It's important to understand it fully.

BUILDING WORKS

We will shortly be having some renovation work done at the practice to give us 2 more consulting rooms. The works are expected to last between 5 & 6 weeks, and we apologise in advance for any inconvenience this may cause.