

UPPER GORDON ROAD SURGERY
NEWSLETTER
AUTUMN 2025

UPPER GORDON ROAD SURGERY NEWS

At Upper Gordon Road we strive to provide a high standard of clinical care. In the annual National Patient Survey (24/25) our clinical care was rated above local and national standards with 95% of respondents feeling involved in their decision making & 85% rated their care excellent. Over the past 4 months, 90% of respondents in the Friends and Family test rated their experience with the clinician as excellent or very good. To ensure all patients have the opportunity to access this high standard of care please ensure you attend your appointments. Over the past month we have lost 45.5 hours of clinical time with patients not attending their appointments. Please cancel if you cannot attend.

Keeping Well in Winter

It's really important to look after ourselves during the winter months, especially for those who are younger, older and particularly vulnerable. There is plenty of advice available to help with this notably on the NHS websites but here are some key messages; Be sure to get your Covid vaccination (book at : nhs.uk/wintervaccinations) and your flu jab here at the surgery. Last year our take up of those eligible for the flu jab was extremely low and at the same time hospital admissions were high with many patients sick with severe impacts of flu.

So let's avoid that this year, get your flu jabs as soon as you are able and make sure your eligible family members do so as well.

Over 16's – Rapid Health

A new system has been introduced for patients aged 16 and over to book GP appointments more efficiently using Rapid Health. This online platform allows users to quickly submit their symptoms or healthcare needs via a secure digital form. Based on the information provided, patients will be directed to the most appropriate care. The system aims to reduce wait times and ensure quicker access to the right support. Online Consultation

Under 16's – Frimley Healthier together

We've introduced a new system for booking appointments for patients under 16. From now on, all on the day appointment requests for children must go through the Frimley Healthier Together app. Parents or guardians should download the app and create a profile for their child. This helps ensure that children receive the most appropriate care as quickly as possible. Follow the link to download the app: Download the App and use on your mobile

Repeat Prescriptions

Repeat prescriptions can now be requested easily and securely through the NHS App or the Upper Gordon Road Surgery website. This convenient service allows patients to order their regular medication online without needing to call or visit the practice. By using these digital platforms, patients can manage their prescriptions at a time that suits them, helping to streamline the process and reduce delays. Follow this link to order your repeat medication. Prescriptions



BLOOD PRESSURE

High blood pressure often has no symptoms but can lead to heart disease, stroke, or kidney problems. That's why it's vital to check your blood pressure regularly.

In line with NHS guidance, patients are encouraged to use the new self-check blood pressure machine in our waiting room or visit their local community pharmacy for a free check. Early detection saves lives—monitor your blood pressure to stay in control of your health and prevent serious complications.

Blood Pressure -Know your numbers



CHILDHOOD IMMUNISATIONS

Vaccines are the most effective way to prevent many infectious diseases. It is very important that your child's immunisations are given as recommended by Public Health England and on time. This not only helps to protect your child against infectious diseases, which can be life altering or even cause death, but also helps to protect your other family members and the wider community .

Even if your child has missed their immunisations, IT IS NEVER TOO LATE to protect them against some diseases. Please contact the surgery and ask to book an appointment with our nursing team, who will discuss which immunisations are recommended for their current age.

To find out more about immunisations and why they are safe please follow this link:- http://www.nhs.uk/conditions/vaccinations/why-vaccination-is-safe-and-important

PATIENT PARTICIPATION GROUP (PPG)

The group started in 2022 and held it's most recent meeting on September 8th Many of the items in this Newsletter were discussed then as well as the Surgery Waiting Room and fundraising for the new Spirometer. The aim is to have two meetings per year and new volunteers or previous members are welcome to join at any point. So if you want to get involved please get in touch with the surgery and we hope to see you at the next meeting.

CONTRACEPTIVES

If you're taking the contraceptive pill and have had no issues, you can now visit your local community pharmacy for a repeat prescription review. As part of NHS services, pharmacists can offer quick, confidential consultations without needing a GP appointment. They'll check everything's working well for you and help ensure continued safe use. This service saves time and keeps your healthcare simple. Ask your pharmacist today about repeat contraceptive pill reviews—it's convenient and easy.

NHS - Contraceptive Pill without a prescription

NHS - Emergency Contraception



HOW TO CONTACT THE NHS

