

NEWSLETTER

NOV / DEC 2025

AUTUMN COVID AND FLU VACCINATIONS

In October we ran our annual winter Covid and Flu vaccine clinic's.

We administered over 1,154 Covid vaccines and 1,807 flu vaccines.

Each clinic we had multiple patients not attend, every missed Covid-19 or flu vaccination appointment cost the practice both time and resources. If you can't attend, please contact us so we can offer the slot to another patient.



ACCURX TOTAL TRIAGE

On Monday 6th October we launched our new system Accurx Total Triage. All patients are asked to complete an online form to be sent to our triage team to action. Patients can do this via our website or the NHS App and anyone unable to can be helped by a receptionist.

Since starting this service we have received over 4,700 form requests. Accurx Total Triage has helped improve how we communicate with our patients. It's now easier and quicker for patients to book appointments, send requests, and receive updates. All submissions are reviewed by our dedicated triage team, ensuring each patient is directed to the right care at the right time.

We encourage all patients to use Accurx Total Triage for any non-urgent requests. It's the quickest way to contact the practice, helps us manage demand more efficiently, and ensures your query reaches the right clinician as soon as possible.

Contact us online

Submit a new request



NHS APP DIGITAL CAFE



On Tuesday 14th October Marta from the NHS App Team came to the surgery to host our first NHS App Digital Cafe.

Supported by a member of our PPG and our NHS App Ambassador they spoke to patients in regard to the NHS App and to help solve any queries patients may have. The NHS App gives patients the ability to manage their own health online by accessing test results, consultations, requesting repeat medication and allowing you to manage the health for someone you care for. We encourage all of our patients to look into using the NHS App. We have guide leaflets available in the surgery and we are happy to answer any questions you may have.

STAFF SPOTLIGHT – EMMER GREEN SURGERY PHARMACY TEAM

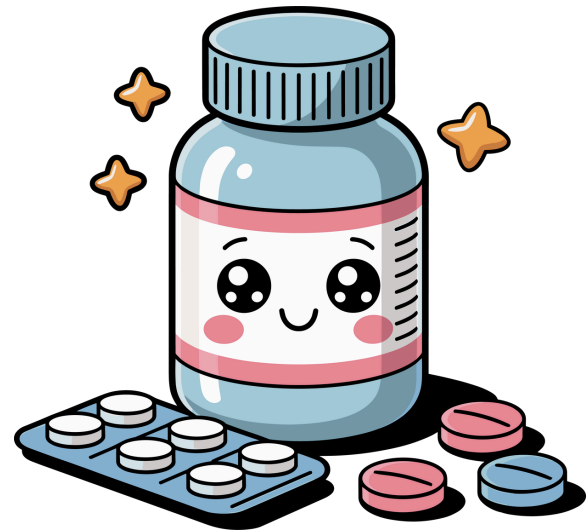
Here at Emmer Green Surgery we are lucky to have a wonderful pharmacy team who work to support our patients.

Richard, our clinical pharmacist, runs the Minor Illness Clinic and specialises in COPD and asthma care. He also carries out medication reviews to help keep treatments safe and effective.

Ellie, our hypertension specialist pharmacist, works closely with patients to manage blood pressure and also provides medication reviews.

Chelsei, our pharmacy technician, keeps patient medications up to date, runs our cholesterol clinic, and helps with medication queries.

Together, they play a vital role in improving patient care and keeping our practice running smoothly. Our pharmacy team has the expertise to treat and support you for many conditions, meaning you may not always need to see a GP – and you'll still receive high-quality, personalised care.



SURGERY CLOSURE – WEDNESDAY 3RD DECEMBER

On Wednesday 3rd December the practice will close at 12.30pm for staff training. If you require urgent medical attention during this time, please contact 111 or 999 in case of an emergency. Our online triage forms will also be turned off during this time and will re-open on Thursday morning.

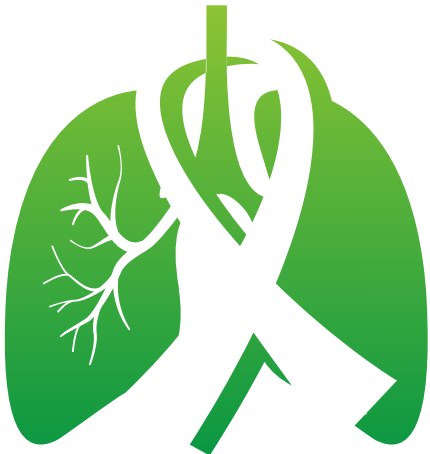


LUNG CANCER AWARENESS MONTH 2025

Lung cancer remains one of the most common cancers in the UK, but many cases can be prevented – and early detection greatly improves outcomes. The biggest risk factor is smoking, but other causes include long-term exposure to second-hand smoke, air pollution, and certain workplace chemicals. Even people who have never smoked can still develop lung cancer, so it's important to be aware of the signs.

Key symptoms include a persistent cough, breathlessness, chest pain, or coughing up blood. If you notice any of these symptoms for more than a few weeks, please contact the practice.

There are also simple steps everyone can take to support lung health: stopping smoking, staying active, eating a balanced diet, and reducing exposure to pollution where possible all make a positive difference. This month, we encourage everyone to learn the signs, look after their lungs, and seek help early if something doesn't feel right.



CHRISTMAS AND NEW YEAR OPENING TIMES

The practice will be closed on **Thursday 25th December, Friday 26th December and Thursday 1st January**. We will be open as normal in between these dates. If you require urgent medical attention during this period please contact 111 or 999 in the event of an emergency. We hope that all of our patients have a great Christmas and a happy new year.


Emmer Green Surgery recommends the below healthy recipe...

Method

1. Preheat the oven to 200C (fan 180C, gas mark 6). Put the butternut squash, peppers and onion into a large roasting tin.
2. Add the olive oil to the pan and toss to coat the veg. Roast for 30 to 35 minutes, turning once, until tender.
3. Around 10 minutes before the vegetables are ready, cook the tagliatelle in a large saucepan of boiling water for 8 to 10 minutes.
4. While the pasta is cooking, use a potato peeler to slice the courgette into long, thin strips. Add these to the tagliatelle to cook for about 3 minutes.
5. Drain the pasta and courgette, and return to the saucepan. Stir in the pesto sauce and roasted vegetables, along with any juices from the pan.
6. Season with black pepper and serve, sprinkling 1 teaspoon of grated cheese over each portion.

Pesto Tagliatelle, Peppers and Squash

Prep - 10 mins **Cook** - 30 mins
serves 4



Ingredients

350g butternut squash, peeled and cut into chunks
1 red pepper
1 yellow pepper
1 medium red onion
1 teaspoon olive oil
250g dried tagliatelle
1 medium courgette
4 tablespoons reduced fat green pesto sauce
4 teaspoons reduced fat hard cheese
1 pinch ground black pepper

Nutritional Information

Per serving:
393 Kcal
11.7g protein
9.8g fat of which 1.8 saturates
60.4g carbohydrate, of which 11.3g sugars
8.4g fibre
0.5g salt