



Trinity Court and Claverdon Surgery NEWSLETTER

STAFF UPDATES:

A WARM WELCOME TO OUR CLINICAL STAFF...

- Dr Daniel Rogers (General Practitioner)
- Dr Prasanna Gowrishankar (General Practitioner)
- Dr Rachel Simon (General Practitioner)
- Dr Adam Rhodes (GP Registrar)
- Dr James Bould (GP Registrar)
- Dr Matthew Percy (GP Registrar)
- Jess Floyd (Practice Nurse)
- Gagandeep Mann (Clinical Pharmacist)
- Iman Pakhtoon Hussen (Clinical Pharmacist)
- Tim Lewis (Social Prescribing Link Worker)

Breast Cancer Awareness Month

1 in 7 women in the UK will get breast cancer in their lifetime. But when it's found early, treatment is much more likely to be successful. Breast cancer can cause a number of signs and symptoms. See your GP if you notice a change to your breast that's new or unusual for you. These changes could be:

1. A lump or swelling in the breast, upper chest or armpit
2. A change to the skin, such as puckering or dimpling
3. A change in the colour of the breast – the breast may look darker, red or inflamed
4. A nipple change, for example it has become pulled in (inverted)
5. A rash or crusting around the nipple
6. Unusual liquid (discharge) from either nipple
7. Changes in size or shape of the breast



CLINICIAN PROFILE:

REBECCA DAWSON



Rebecca is our **Nurse Manager** and **Advanced Clinical Practitioner**. Rebecca trained as a nurse in Bristol and qualified in 2003. She went on to work as a specialist nurse in respiratory care in Bournemouth for 10 years, gaining extensive experience in the field. In 2020, Rebecca completed a Master's in Advanced Clinical Practice at Coventry University, further developing her expertise. As an Advanced Clinical Practitioner, Rebecca is trained to the equivalent level of a doctor, enabling her to assess, treat, investigate, and manage patients at an advanced clinical level.

FACE MASKS

To help protect other patients and our staff, please continue to wear a face mask when attending the practice if you have a cold or flu-like symptoms. Thank you for helping us keep everyone safe!

WELCOME THE
NEW SEASON



Prescriptions

ORDERING ON THE NHS APP

We encourage patients to order their repeat prescriptions through the NHS App, as this is the quickest and most efficient way for us to process your request.

You can do this by following the steps below:

- **Download** the app
- **Register** yourself
- From the homepage, select **'Prescriptions'**
- Select **'Request Repeat Prescriptions'**
- **Select** your medications that are due. We recommend ordering them a week before you run out.
- Review your selection and **'Submit Request'**. Your request will be reviewed before it is sent to your nominated pharmacy

You can track the status of your prescription in the app, including whether it is awaiting GP approval, approved, or ready for collection

COVID AND FLU CLINICS

FREQUENTLY ASKED QUESTIONS

Who is eligible for Flu and Covid?

Covid Eligibility

- over 75, including those who will be 75 by 31 January 2027
- aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment
- live in a care home for older adults

Flu Eligibility:

- aged 65 or over (including those who will be 65 by 31 March 2027)
- aged 18-64 and have certain long term health conditions
- are pregnant
- live in a care home
- are the main carer for an older or disabled person or receive carers allowance
- live with someone who has a weakened immune system
- are 16 and over and rough sleeping or staying in a homeless hostel or night shelter.

Can I have both vaccines together?

Yes! If you are eligible for both the flu and COVID-19 vaccines, you may be offered both vaccinations at the same appointment where clinically appropriate. This is safe, effective and helps provide protection before winter pressures increase.

Why do I need to fill in a questionnaire now?

The NHS have implemented a Patient Specific Direction (PSD) which we must follow. This is a national change in policy to ensure patients have a full understanding of each vaccine they receive and that medical treatments or vaccinations are legally authorized, clinically justified, and safe for the individual patient.

Highlights

A massive congratulations to Alice and Tessa, who have recently graduated!

Tessa has successfully completed her prescribing course, and Alice has successfully completed her nursing course, qualifying as a Registered Nursing Associate.

These are fantastic achievements for both of them and further enhance their roles and contributions within the team.

