



We hope you're enjoying the festive season! As always, our team are here to support your health and wellbeing. This month's newsletter includes important updates and upcoming events at the practice.

[DAISI- Finding your local digital support](#)

[How to get the most out of our practice](#)

[Read our hints, tips and information on how you can help us to help you](#)

[Varicella vaccine coming January 2026](#)

[The UK is introducing a routine chickenpox \(varicella\) vaccination- MMRV will be offered from January 2026.](#)

[What vaccinations do we offer here at the surgery and eligibility?](#)

[A Word From Our PPG](#)



[Finding your local Digital Support](#)



GRCC's "Digital Accessibility, Inclusion, Support, and Innovation" (DAISI) Project is working to reduce digital exclusion and digital poverty.

How they can help?

Training, support, and consultancy

Setting up local digital support groups, working with existing community organisations

Providing refurbished devices and free pre-paid SIM cards

Who can they help?

People in danger of being digitally excluded

VCS organisations who need help designing accessible digital services

Community organisations short of digital know-how and equipment

Make contact with Emma, our digital triage officer, today to find out how to access your local digital support.

Call, WhatsApp or Text us on:

07454 066116 or email:

digital@grcc.org.uk

HINTS, TIPS AND INFORMATION – HOW TO GET THE MOST FROM CHURCH STREET MEDICAL

Use our whole team, not just the GPs. We have lots of professionals working at our practice, going straight to the GP for everything slows you down.

- Medication issues – Practice Pharmacists
- Joint or Muscle pain – First Contact Physio
- Long term condition checks – HCA and Practice Nurse
- Stress/Loneliness/Practical issues – Social Prescriber
- Lis Whybro – Listening Service
- Home Visiting Service – In- House Paramedics



When using the online triage system. The GP who is overseeing the requests will assess the urgency to your query. See below the possible outcomes that you may receive:

- Same day urgent appointments – for clinical urgent concerns
- Routine follow ups – when you have already seen a clinician and they have asked you to book another appointment or you would like to see them again as your symptoms are persisting or worsening
- Telephone and face to face appointments – For example if you have a chest infection, a telephone appointment is unlikely to be helpful.
- Pharmacy First Referral– Local Pharmacies can deal with minor illness such as sinusitis and sore throats

When filling in our online form we aim for our form to be as easy as possible to fill in to help you get the relevant and correct appointment for your issue in the correct time frame. Please be clear what your main symptom or concern is, When it started, how/when they happen, What are you worried it might be, what you hope to get from the the appointment. Remember, the information you provide us via the online system goes into your medical record. Please be honest with the information you provide.



Our online system is open during our normal opening times. If we are closed and the system is switched off, www.111.nhs.uk has lots of information to help or you can telephone 111.

Use technology to access our services and other healthcare services. The NHS App contains lots of information. You can check results, request medication and view your medical notes



MMRV Vaccine

From 1 January 2026 MMRV will be offered as part of the routine immunisation schedule to protect children from:

- ✔ **measles**
- ✔ **mumps**
- ✔ **rubella**
- ✔ **chickenpox** (varicella)



✔ [Read the leaflet here](#)



If your child was born on or after 1 January 2025 your child needs to have their MMRV at:

- ✔ **first dose 12 months**
- ✔ **second dose at 18 months of age**

to have the best protection from all four diseases. Speak to your GP practice and have your Red Book ready.

Or enter this shortlink <https://qrco.de/ukmmrv> if you cannot scan.

The MMR vaccine will protect children against measles, mumps, rubella and varicella (chickenpox).

Children will be invited by the practice to have the MMRV vaccine at 1 year old and 18 months old.

We invite children based on the schedule given below. If your child misses their appointment, please contact us and we will book them in again.

It is important your child completes their full course of immunisations to have the best protection.

More details on this vaccine can be found using the QR code opposite.

Date of birth	Age on 31 December 2025	New programme from 1 January 2026	Child's full schedule for MMR/MMRV
01/01/2025 or later	Under 1 year	Two <u>does</u> of MMRV at 12 months and 18 months	12 Months - MMRV
			18 Months - MMRV
01/07/2024 to 31/12/2024	1 year to 18 months	Two <u>does</u> of MMRV at 18 th months and 3 years 4 months	12 Months - MMR
			18 Months - MMRV
			3 Years 4 months - MMRV
01/09/2022 to 30/06/2024	18 months to under 3 years 4 months	One dose of MMRV at 3 years 4 months	12 Months – MMR
			3 Years 4 months – MMRV
01/01/20202 to 31/08/2022	3 years 4 months to 6 years	Selective catch up from 1 November 2026 to 31 March 2028 for those who have not yet had chickenpox infection or 2 doses of varicella vaccination	12 Months – MMR
			3 Years 4 months – MMR
			MMRV catch up offer
31/12/2019 or before	6 years and older	Not eligible	12 Months – MMR
			3 Years 4 months - MMR

Travel Vaccinations

If you are planning to travel outside of the UK, you may need to be vaccinated against some serious diseases found in other parts of the world.

To find out which vaccinations are necessary or recommended for the areas that you plan to travel to.

As a surgery we recommend the NHS Vaccination website.

Scan the QR code below to go direct to the website ;



Travel vaccines that you are eligible to have on the NHS

- Polio given as a combined diphtheria/ tetanus/polio jab
- Typhoid
- Hepatitis A

The following vaccines are not provided by the NHS. These will have to be paid for privately and administered at a private clinic. The cost of these vaccines will vary accordingly to which vaccine it is, and how many does is needed.

- Cholera
- Japanese encephalitis
- Rabies
- Tick-borne encephalitis
- Yellow Fever
- Meningococcal Meningitis
- Tuberculosis (TB)
- Hepatitis B

Although many people will have already been vaccinated against Hepatitis B, Meningitis and tuberculosis as part of their routine childhood immunisations.

If you require any of the non NHS vaccinations listed above, there are a number of private clinics operating locally. The details for these providers can be found online.

Eligible NHS Vaccinations for Patients

The NHS offers many free vaccinations to patients through their life depending on eligibility:

Vaccine for adults

- Flu Vaccine- Given every year after turning 65
- Pneumococcal vaccine – 65
- Shingles – 65 (if you turn 65 on or after 1 September 2023)
- Shingles Vaccine – Between 70 –79 years old (If you turned 65 before 1 September 2023)
- RSV – Between 75– 79 years old
- Covid – 75 years and over (Usually given in Spring and Winter)

Vaccines for Pregnant Women

- During flu season – Flu vaccine
- Around 20 weeks of pregnancy– Whooping cough
- From 28 weeks of pregnancy – RSV

Patients with weakened immune system

- Shingles – From 18 years old with severely weakened immune system
- Flu Vaccine
- Pneumococcal – At least one dose (Some people may need extra doses or regular doses)

A Word From Our PPG



Hello,

My name is Terry and I'm the current chairman of the Patients Participation Group or PPG. You may have seen us from time to time conducting surveys or managing patient queues at busy times.

The NHS requires every practice to have a PPG. It is a group of people who are patients of the surgery and want to help it work as well as possible. We meet with the medical professionals at the surgery about every three months or so to give views on developments.

Everyone's experiences matter and can bring different ideas to improve the experience at the surgery and we are always on the lookout for new members.

If you would like to get in touch, we have our own email address ppgchurchst@gmail.com. We look forward to hearing from you.

Terry