

# Elvington Medical Practice

Spring Newsletter

2026



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## Staff News and New Starters



### Patient Services Team



Our patient services team has a new member, **Tia Mears**. She is currently undertaking her training and you will see her on reception or speak to her over the telephone when contacting the practice.

### Nursing Team

Happy Retirement! After 27 years of service one of our practice nurses, **Karen Hopwood**, is retiring at the beginning of April. We wish her a retirement as rewarding as the countless lives she's touched throughout her nursing career. Thank you, Karen, for your compassion and care over the past 27 years.

### Registrars

In February we had a changeover of GP registrars. We said goodbye to Dr Benjamin Lowery and Dr Eleanor Warburton. Staying with us is Dr George Claeys-Sheridan, who some of you may already have met. Joining us is Dr Sam Miller and Dr Tilly Trynka-Das. Dr Miller and Dr Claeys-Sheridan will be with us until August and Dr Trynka-Das will be with us until February 2027.

*Taking care of you*

## Practice Updates

### Spring COVID-19 Booster Clinics - 2026

Elvington Medical Practice will be running our Spring COVID-19 booster clinics during April and May 2026. **All eligible patients will be contacted directly by the practice** with further details on how to book their appointment.

Vaccination will be offered in England to:

- Adults aged 75 and over
- Residents in care homes for older people
- Individuals aged 6 months and over who are immunosuppressed

### Changes to UK Childhood Vaccine Programme

From **January 2026**, there were changes to some of the routine childhood vaccination programme in the UK. These updates are designed to give children earlier protection against certain illnesses.

#### **New 18-Month Vaccination Appointment**

A new routine appointment was introduced at **18 months**, which will include:

- A booster dose of the 6-in-1 vaccine
- The second MMR vaccine, given earlier than before
- A new combined vaccine called **MMRV**, which protects against **measles, mumps, rubella, and chicken pox**

This means children will receive protection against chickenpox as part of the routine programme for the first time.

#### **NHS Catch-Up Campaign**

As part of the National Health Service catch-up campaign, from November some children under the age of 6 will be invited for a vaccination. Families of eligible children will be contacted and offered an appointment to ensure they are up to date with the updated routine childhood immunisation schedule.

### Symptoms of Measles:

**Cold like symptoms** - A high temperature; a runny or blocked nose; sneezing; a cough; red, sore, watery eyes.

**Spots in the mouth** - Small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days.

**The measles rash** - A rash usually appears a few days after the cold symptoms. The rash starts on the face and behind the ears before spreading to the rest of the body. The spots of the measles rash are sometimes raised and joined together to form blotchy patches. They are not usually itchy. Find out more [Measles - NHS](#)



### Following the recent outbreak of meningitis in Kent, please see below symptoms of meningitis:

Symptoms of meningitis develop suddenly and can include:

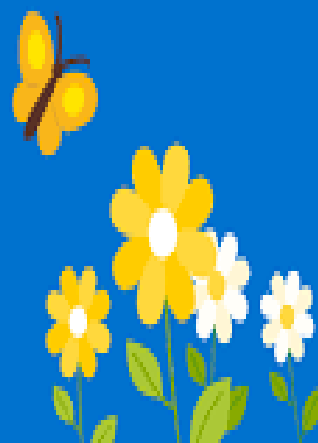
- a high temperature (fever)
- being sick
- a headache
- a small, red, purple or brownish pinprick rash that does not fade when a glass is rolled over it (but a rash will not always develop)
- a stiff neck
- a dislike of bright lights
- drowsiness or unresponsiveness
- seizures (fits)

These symptoms can appear in any order. You do not always get all the symptoms. [Find out more about the symptoms of meningitis.](#)

Call 999 for an ambulance or go to [your nearest A&E](#) immediately if you think you or someone you look after could have meningitis or sepsis.



**Stay protected  
this Spring with  
vaccines**



## Greener Practice Initiative





### What is Greener Practice?

Greener Practice is a movement within primary care focused on reducing carbon emissions, improving prescribing practices, and supporting healthier lifestyles—all while caring for our planet. Primary care contributes significantly to NHS carbon emissions, especially through medicines. By embracing greener practices, we aim to protect your health and the health of our planet for generations to come.

### Why Does This Matter to You?

Your health is deeply connected to the environment around us. Cleaner air, sustainable food choices, and active lifestyles not only reduce our carbon footprint but also improve wellbeing. Together, we can create a healthier community and a more sustainable future.

### How You Can Help – Simple Steps for a Greener, Healthier Life

-  **Choose Sustainable, Healthy Foods:** Opt for plant-based meals that nourish you and reduce environmental impact.
-  **Manage Medications Wisely:** Take only what you need and return unused medicines to the pharmacy.
-  **Travel Sustainably:** Walk, cycle, or use public transport for your appointments.
-  **Reduce Waste:** Avoid single-use plastics and recycle responsibly.

*Every small action adds up to big change!*

### What We're Doing at the Practice

We've joined the Greener Practice initiative and are proud to:

- Reduce energy consumption
- Improve waste recycling
- Use greener prescribing tools
- Support staff wellbeing through nature activities

These steps help us provide care that respects both your health and the environment.

### Resources & Support

Explore more at the [Greener Practice website](#) for guides, patient info, and the Planetary Health Quiz to test your eco-knowledge!

**Thank you for being part of this journey with us.**

Your GP Practice Team 



*Taking care of you*

## What should you do if you require medical attention outside of normal practice hours?

- ❖ NHS 111 If urgent but not life threatening
- ❖ NHS 999: If urgent and life threatening
- ❖ A&E: Only if serious and or life-threatening emergencies
- ❖ Urgent Care Centre or Minor Injuries: Injuries needing urgent attention



## Easter Opening Hours

The Practice will be closed for the Easter bank holiday weekend from 8pm on Thursday 2<sup>nd</sup> April and will reopen at 8am on Tuesday 7<sup>th</sup> April. If you require medical attention when the practice is closed, call NHS 111. If it is a medical emergency, please call 999.

## Awareness Days

### MARCH 2026

- 1<sup>st</sup>-31<sup>st</sup> March - [Brain Tumour Awareness Month](#)
- 1<sup>st</sup>-31<sup>st</sup> March - [Ovarian Cancer Awareness Month](#)
- 1<sup>st</sup>-31<sup>st</sup> March - [Prostate Cancer Awareness Month](#)

### APRIL 2026

- 1<sup>st</sup>-30<sup>th</sup> April - [World Autism Acceptance Month](#)
- 1<sup>st</sup>-30<sup>th</sup> April - [Stress Awareness Month](#)
- 1<sup>st</sup> -30<sup>th</sup> April - [Bowel Cancer Awareness Month](#)

### MAY 2026

- 1<sup>st</sup>-31<sup>st</sup> May - [Skin Cancer Awareness Month](#)
- 1<sup>st</sup> 31<sup>st</sup> May - [National Walking Month](#)
- 1<sup>st</sup> -31<sup>st</sup> May - [Action on Stroke Month](#)
- 4<sup>th</sup>-10<sup>th</sup> May - [Deaf Awareness Week](#)
- 11<sup>th</sup>-17<sup>th</sup> May - [Mental Health Awareness Week](#)

## Upcoming Dates To Remember

**Thursday 23<sup>rd</sup> April from 12:00** – Practice closed for the afternoon for staff training.

**Monday 4<sup>th</sup> May** – Early May Bank Holiday – Practice will be closed.

**Monday 25<sup>th</sup> May** – Spring Bank Holiday – Practice will be closed.

If you require medical attention when the practice is closed, call NHS 111. If it is a medical emergency, please call 999.

## Keep Your email and mobile updated

Please make sure we have your correct email address and mobile number. This helps us to send you any updates or changes that may be happening in the practice.

*Taking care of you*