

# Patients' Newsletter

**We are very pleased to announce that we have a new salaried GP, Dr Mahmud, who is currently in surgery on Thursdays and Fridays.**

## **Make sure we hold your up-to-date contact details**

Please ask at Reception for a form to complete if you have recently changed your address or phone number, mobile or landline, to ensure that you do not miss text message reminders sent out for all appointments.

## **Missed Appointments**

If you can't attend your booked appointment, please let us know as soon as possible. The best way is by using the confirmation text or the reminder text which you get before your appointment.

Alternatively, you can call us or use one of the on-line apps. In June 2025 we had 126 appointments that were not used. **Your appointment could go to someone who really needs it.**

### **Bowel Cancer Screening**

The Bowel Cancer Screening Kit can save your life! If you are sent a kit, we encourage patients to take part in this screening programme.

Just a tiny sample detects signs of cancer before you notice anything is wrong.

If you are between the ages of 50 and 74 you will automatically be invited to do a test. If you are 75 or over you will not be invited but you are able to request a screening kit by phoning 0800 707 6060 every two years.

### **Children's immunisations**

These are administered as part of the child's vaccination schedule at 8 weeks, 12 weeks, 16 weeks, 12 months and 3 years 4 months.

They protect against Polio, Tetanus, Diphtheria, Pertussis, Meningococcal B, Meningococcal C, Pneumococcal, Hep B, HiB, Measles, Mumps, Rubella and Rotavirus.

Please come and take advantage of these appointments to keep your child safe

### **Vaccinations in pregnancy**

Did you know that getting vaccinated while pregnant helps protect you and your baby?

Please contact the Surgery (01277 218393) for more information on the vaccines available to our pregnant patients.

### **Update on Tirzepatide for weight management**

Weight management services are locally commissioned at an Integrated Care Board (ICB) level. In mid and south Essex, access to Tirzepatide (Mounjaro®) will initially be through specialist weight management services only.

Access to Tirzepatide through Primary Care Networks is not expected to start in mid and south Essex until later in 2025.

NHS Mid and South Essex ICB has provided information on Tirzepatide on its website; visit [www.nhs.mse.uk](http://www.nhs.mse.uk) for more information

### **Antibiotics – What you need to know**

Antibiotics do not treat infections that are caused by a virus, such as colds, most coughs, sore throats, ear infections, diarrhoea, cystitis or flu.

They do treat serious infections caused by bacteria, such as pneumonia, urinary tract infections, sexually transmitted infections, meningitis and sepsis.

### **Travel Vaccines**

Please remember that the surgery needs a minimum of 8 weeks' notice.

For full details see the surgery website, under clinics and services:.

[www.thenewsurgery-brentwood.co.uk](http://www.thenewsurgery-brentwood.co.uk).

### **Mental Health Practitioners**

We now have directly bookable appointments with Mental Health Practitioners.

Please contact the reception team (01277 218393) if you would like to be booked in to speak to a member of the Mental Health Practitioner Team on the phone.

*If you are in a mental health crisis, call 111 option 2 or in an emergency call 999.*

### **Test Results**

If you are waiting for test results, you can see them online, either by using the NHS App or systmonline.

If you would like access to systmonline you will need to register with the surgery, when you will need to produce some form of ID.

You do not need to contact the surgery to download the NHS app – we are notified electronically and approve it from our system.

### **Blood Pressure Monitoring**

If you are sent a message from the practice asking for an up-to-date BP reading, please reply to the message with a reading from home.

### **Patient Participation Group (PPG)**

The New Surgery believes that patient experience and participation should be a key driver of the services we provide now and those we would wish to provide in the future. In order to achieve this, the practice staff meet with the Patient Participation Group every two months. The next meeting will be on Tuesday 16 September.

If there is anything that you would like to be raised at this meeting, please put your comments, together with your contact details, in a sealed envelope marked *“For the attention of the PPG”* and hand it in to reception before the end of August.

### **Please note the surgery will be closed for staff training**

between 1pm and 6.30pm on the following Tuesdays in 2025:

9 September                      7 October                      4 November                      2 December

### **Bus Routes to local hospitals**

**To Queens**                      Red bus 498 outside Wetherspoons

**To Basildon**                      No.9 (operated by FirstBus) from opposite Wetherspoons to Basildon Bus Station; then bus B2 to the Hospital

**To Broomfield**                      Shuttle bus from the Chelmer Valley Park and Ride site on Essex Regiment Way. The minibus shuttle runs every 30 minutes from 06:30am to 19.30pm Monday to Friday from the bus stop opposite the terminus building.  
*Directions: Post code - CM3 3PR; What3words - ///woke.richer.fairly*

Alternatively, drop in to the surgery and take your reading on one of our machines and hand it in to reception.

### **Be Sun Prepared!!**

Remember that prevention is better than cure. Always use sun cream and apply frequently, especially after being in water.

Also, remember to use After Sun to rehydrate your skin and antihistamine cream/tablets in case of insect bites.

### **Extended Access Appointments**

As part of the Brentwood Primary Care Network (PCN), we are working with other GP practices in our local area to provide appointments outside normal surgery opening hours.

These are available Monday to Friday from 6.30pm to 8.30pm and on Saturdays from 9.00am to 5.00pm at the Brambles Surgery.

Please note that these appointments will not be available as walk-in appointments. You will need to book them in advance. Contact Reception as normal on 01277 218393.