

Patients' Newsletter

Missed Appointments

In December 2025, 106 patients were unable to attend a previously booked appointment. Unfortunately, of these appointments, 16 were booked on the morning of the appointment.

If, for whatever reason, you find you are unable to attend your appointment, ***please do everything you possibly can*** to let the Surgery know ***as soon as possible***. The easiest way to cancel an appointment is to reply to the confirmation text sent at the time of booking.

Appointments are a precious commodity and **your appointment may be much needed by another patient**. Thank you.

Pharmacy First

The **Pharmacy First** service enables **community pharmacists** to provide advice and treatment for a range of illnesses and conditions

Advice:

They are able to help with coughs, colds, sore throats, ear infections and aches and pains. They can also give advice about medicines, including how to use your medicine, worries about side effects or other questions you may have. If they cannot help, they can refer you to a GP or other health professional.

Treatment:

They can suggest treatments that do not need a prescription for a range of conditions or minor accidents and help patients access quicker and more convenient care without needing to see a GP first.

Prescription Medicines:

Conditions they can offer prescription medicines for, without you needing to make an appointment or see a GP are:

Impetigo	1 year and over	Infected insect bites	1 year and over
Earache	1 year to 17 years	Sore throat	5 years and over
Sinusitis	12 years and over	Shingles	18 years and over

Uncomplicated Urinary Tract Infections (UTIs) for women 16 to 64 years

If you are outside the above age ranges, a pharmacist can still offer advice and support decisions about self-care treatment with over-the-counter medicines but you may need to see a GP for treatment.

Most pharmacies can provide prescription medicine for these conditions but contact them before visiting to check.

Travel Vaccines

At this time of year with minds turning to thoughts of holidays, please remember that the surgery needs a **minimum of 8 weeks' notice**.

If your departure date is **less than 4 weeks** you may be advised to attend a private travel clinic in order to receive your travel vaccinations.

For details see the surgery website, clinics and services: www.thenewsurgery-brentwood.co.uk.

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.

Update on Tirzepatide for weight management

Weight management services are commissioned locally 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.

NHS Mid and South Essex ICB has provided information on Tirzepatide on its website. Visit www.nhs.mse.uk for more information.

Brentwood Community Hospital - Blood Test Bookings.

If you need your blood test results to go to your specialist at Queens or King George's Hospital please ring 0300 300 1715 to make your booking and make the operator aware of your requirement.

All other blood test bookings can be made via SwiftQueue.

Brentwood Lung Cancer Screening

Do you smoke or have you smoked in the past? Have you tried to give up smoking? It is hard to do.

Good news! Do you realise that screening is now available in Brentwood?

If you are aged 55-74, a smoker or ex-smoker, contact www.eoelungcancerscreening.nhs.uk or call 0300 300 1557.

Screening identifies any problems early when they are more treatable, saving lives.

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 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.

You will need to book them in advance.

Contact Reception as normal 01277 218393.

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

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

Please note the surgery will be closed for staff training

between 1pm and 6.30pm on the following Tuesdays:

3 March

14 April

12 May

2 June

7 July

Bus Routes to local hospitals

To Queens Red bus 498 outside Wetherspoons

To Basildon No.9 (operated by FirstBus) from outside the Home Fix Store (opposite Wetherspoons) to Basildon Bus Station; then, to the Hospital, either bus 100 (to Lakeside), 200 (to Grays) or B2 (to Laindon)

To Broomfield Shuttle bus from the Chelmer Valley Park and Ride site on Essex Regiment Way. Post code - CM3 3PR; What3words - ///woke.richer.fairly

New Surgery contact details:

01277 218393

www.thenewsurgery-brentwood.co.uk