

Patients' Newsletter

Travel Vaccines

With Summer holidays approaching, please remember that the Practice Nurse needs a minimum of 8 weeks' notice to be able to review your application form and order the vaccines required.

If you look on the website for the National Travel Health Network and Centre (NATHNAC) you will be able to see what vaccinations you will need and find much more helpful information.

www.nathnac.net

Be Sun Prepared !

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

Children's immunisations - Good news !

There is now a new vaccine called MMRV that includes chickenpox. (The letter V after MMR stands for Varicella). This will be given to children aged 18 months.

Vaccines 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 and others safe.

Pharmacy First

The following list shows the 7 conditions pharmacists can manage and prescribe medications for without the need to see a GP:

Clinical pathway

- Acute otitis media - earache
- Impetigo
- Infected insect bites
- Sore throat
- Sinusitis
- Shingles

Age range

- 1 to 17 years
- 1 year and over
- 1 year and over
- 5 years and over
- 12 years and over
- 18 years and over

Test Results

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

If you prefer, you can phone the Practice after 2pm, Monday to Friday.

All patients are encouraged where possible to register for online services to be able to view your medical records and access test results.

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 May 2026 we had 88 appointments that were not used.

Your appointment could go to someone who really needs it.

Consult your GP online

Did you know you can consult your GP online via our practice website.

These consultation requests are triaged each day via the Clinical team at the practice and this will help free up our phone lines for those who do not have access to the internet and alleviate the pressures on the phones.

Mental Health Practitioners

Did you know you can self-refer to VitaMinds on 01268 977 171 (vitahealthgroup.co.uk)

Here are two very useful links for local services available for everyone.

<https://www.essex.gov.uk/find-support-services-children-and-their-families/live-well-link-well>

<https://www.socialprescriber.co.uk/>

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

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.

Practice Nurses – Treatment Room

Our practice nurses undertake a variety of nursing duties and run specialist clinics. The nurses are seen by prior appointment between 8.00am and 6.30pm. Please ring the surgery to book an appointment.

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 in 2026:

8 September 6 October 3 November 1 December

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, take 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