



Welcome to our quarterly newsletter

A warm welcome to our quarterly patient newsletter. We will use it to share practice news, seasonal health advice and updates about local NHS services.

Flu and COVID vaccinations

Our seasonal vaccination programme is about to begin. When your Water Meadow invitation arrives, please follow its booking instructions.

Adult flu clinics begin on 17 October 2026.

Please do not telephone the surgery before you have been invited, as the reception team cannot book you early.

Who is being invited

Please visit www.watermeadowsurgery.co.uk for the current flu and COVID vaccination inclusion criteria and information about the vaccines.

Eligibility is based on national guidance and may change. An invitation does not replace the vaccinator's final clinical assessment of eligibility and suitability.

Before your vaccination

Before your vaccination, please read the flu vaccine information on our website and any information sent by the practice - even if you have had a flu vaccine before.

The information explains the expected benefits, common side effects and important risks. Please ask any questions you have before vaccination.

Consent and suitability

A trained clinician will confirm your eligibility and suitability, answer questions and obtain your consent. You can decline vaccination or change your mind.

Tell the vaccinator if you have a high temperature, an egg allergy, or have ever had a serious allergic reaction to a vaccine or one of its ingredients.

After vaccination

A sore arm, mild temperature or aching usually settles within 1 to 2 days. Serious allergic reactions are very rare. The injected flu vaccine cannot give you flu.

Call 999 for difficulty breathing, swelling of the lips, mouth, tongue or throat, collapse or another suspected severe allergic reaction.

Accessible information

If you need vaccine information in Easy Read, large print or another language, please contact us before the clinic.

NHS Pharmacy First

Most community pharmacies can assess the following conditions without a GP appointment and supply treatment when clinically appropriate:

Age 1+ Impetigo and infected insect bites

Age 1-17 Earache

Age 5+ Sore throat

Age 12+ Sinusitis

Women aged 16-64 Urinary tract infection

Age 18+ Shingles

Phone first to check that the pharmacy offers the service. Outside these age ranges, the pharmacist can still advise you or direct you to another service.

More services being introduced

NHS England has announced five additional prescribing pathways. These may not yet be available at every local pharmacy:

- Acute outer-ear infection - age 18+
- Seasonal allergic rhinitis - ages 4 to 11
- Mild-to-moderate acne - young people
- Low-frequency episodic migraine - ages 18 to 64
- Selected mild skin or soft-tissue infections and scabies

Final eligibility and local availability vary. Many pharmacies also provide oral contraception and blood-pressure checks.

Thank you Dr Fiona Neale

After 30 years as a doctor at Water Meadow Surgery, Dr Fiona Neale is retiring. We would like to thank her for her exceptional commitment, care and service to our patients and the practice. She leaves very big shoes to fill and will be greatly missed by colleagues and patients alike. We wish her a very happy and well-deserved retirement.

When a child is seriously unwell

Call 999 or go to A&E if a child has any of the following:

- Breathing very fast or struggling to breathe
- Blue, grey, unusually pale or blotchy skin, lips or tongue
- Swollen lips, tongue or throat with difficulty swallowing or talking
- A rash that does not fade when pressed
- A seizure, fainting, being difficult to wake or not waking
- A baby under 3 months with a temperature of 38C or more, or a baby aged 3 to 6 months with a temperature of 39C or more
- No urine for 12 hours

Trust your instincts. This is not a complete list, and a child does not need every sign to be seriously unwell.

Joint injection service update

We are preparing to restart clinics for carpal tunnel, trigger finger, shoulder, thumb base and knee injections only. Other joints, including finger joints, will not be injected.

You cannot book directly. A GP or first-contact physiotherapist must review the request against clinical and, where relevant, imaging criteria. Approval is not a guarantee of treatment. The injecting doctor will reassess suitability, discuss alternatives, benefits and risks, and obtain consent.

Waiting for a hospital update

If a hospital team requested your test, investigation, follow-up or appointment, contact that hospital department or booking team directly. The surgery may not receive the result and cannot access or change every hospital booking.

If you cannot get through or the matter remains unresolved, contact the relevant hospital's Patient Advice and Liaison Service (PALS). For Buckinghamshire Healthcare NHS Trust: 01296 316042 or bht.pals@nhs.net.

If symptoms worsen while you wait, use NHS 111 if they cannot wait for routine care; call 999 for an immediate threat to life.