



Providing NHS services



WELLS HEALTH CENTRE

SUMMER 2025

NEWSLETTER



Wells Health Centre

www.wellshealthcentre.co.uk

TELEPHONE 01749
672137 OR 675665

HELLO FROM ALL OF US AT THE PRACTICE!

We hope you're enjoying the sunshine and making the most of the longer days. Here's your latest update with useful info, health tips, and what's new at the surgery.

CHANGE OF NAME

Dr Kate Rush has changed her name after getting married and will now be known as Dr Kate Dixon.

ONLINE SERVICES

Did you know you can:

- See upcoming and past appointments
- Order repeat prescriptions
- View test results

All through the NHS App! Visit www.nhs.uk/nhs-app/nhs-app-help-and-support/getting-started-with-the-nhs-app

WHAT IS A PRIMARY CARE NETWORK?

Primary Care Networks were introduced in 2019 as part of the NHS Long Term plan. As the population grows and people live longer, often with more complex needs, GP services have had to adapt to these changing needs.

GP practices are working together with community, mental health, social care, pharmacy, hospital and voluntary services in local areas in groups of practices known as Primary Care Networks. To find out more please visit www.westmendippcn.co.uk



WEIGHT-LOSS INJECTIONS

You might've seen Mounjaro (a weight-loss injection) in the news lately, with talk about it being available on the NHS. While it is now being offered in some cases, it's important to know that it's currently only for a very small group of people who meet strict NHS criteria.

To be eligible, a person must:

Have a BMI over 40 **and**

Have **four** or more of the following health conditions:

- Type 2 diabetes
- High blood pressure
- Heart disease
- Obstructive sleep apnoea
- Abnormal blood fats (dyslipidaemia)

STAYING HEALTHY THIS SUMMER

SUN SAFETY

- Don't forget your sun cream (factor 30+ is best)
- Pop on a hat and shades when you're out
- Keep little ones out of the midday sun

DRINK UP!

Try to drink plenty of water throughout the day, especially when it's hot out. Go easy on the caffeine and alcohol—they can dehydrate you.

HAYFEVER BOTHERING YOU?

If you suffer from hay fever, over-the-counter antihistamines can help. Ask your pharmacist for advice or visit www.nhs.uk/conditions/hay-fever

BITES AND STINGS — WHAT TO LOOK OUT FOR

Insects are more active in warmer months, and while most bites and stings are harmless, some may need medical attention.

- Seek medical advice if:
- The area becomes increasingly red, swollen or hot (may be infected).
- You feel unwell or develop a circular rash after a tick bite.
- You experience any signs of a severe allergic reaction — call 999 immediately.

CHANGE TO CERVICAL SCREENING

From July 1, 2025, the NHS in England is changing cervical screening intervals for women aged 25-49 who test negative for HPV (Human Papillomavirus) after screening. They will be invited for screening every 5 years instead of every 3 years. This change is based on evidence that women with a negative HPV test are at very low risk of developing cervical cancer within the next 10 years.

From July 1, 2025, women aged 25-49 who test negative for HPV during screening will be invited every 5 years. This was previously every 3 years.

FLU VACCINATIONS 2025/26

The 2025/26 flu vaccination programme will begin for most patients on October 1st, 2025. We will be holding clinics on Saturday, October 4th and 11th, as well as offering evening appointments on Mondays. Eligible patients can also receive their flu vaccine during scheduled appointments with the Nursing team. Pregnant women and children aged 2 to 3 years will be able to get their vaccination starting from September 1st, 2025.

Patients will be invited to book their appointment closer to the time.

SHINGLES VACCINATIONS

The NHS offers a free shingles vaccination program for specific age groups and individuals with certain health conditions. The vaccine, Shingrix, is a two-dose vaccine given to those who are 65 and older, or 50 and older with a weakened immune system. The aim is to reduce the risk of developing shingles, a painful rash caused by the reactivation of the chickenpox virus.

Patients eligible for the shingles vaccine are patients who have turned 65 on or after September 1st 2023 and patients aged between 70 and 79 years. People aged 50 and over with a severely weakened immune system are eligible. This includes individuals taking certain medications or those with conditions that suppress the immune system.

For more information about the shingles vaccine, please visit www.getshinglesready.co.uk

