



SUMMER NEWSLETTER 2026

PRACTICE NEWS



We will sadly be saying goodbye to Dr Abisola Oduwale in August. Dr Oduwale joined the practice as a Salaried GP in August 2022 and has been a valued member of the team. We would like to thank her for everything she has done for the practice and for our patients, and we wish her all the very best for the future.

Steph and Hazel have now been with us for just over three months and have both settled in really well. They are friendly, welcoming and compassionate, and have quickly become part of the team. We are very pleased to have them with us.

It has also been a positive few months for the practice. Our recent CQC visit went well, as did our infection control visit. These visits gave us the opportunity to show the hard work that goes on across the practice and the commitment of our staff to providing safe and high-quality care.

We were also very pleased to receive a Gold Pride in Practice Award in March for excellence in LGBTQ+ healthcare. We are proud of this achievement and of the work our team continues to do to make the practice welcoming and inclusive for everyone.



Flu Vaccinations for 2026

We would like to let our patients know that Ainsdale Medical Centre will not be offering flu vaccinations to patients aged 18 and over for the 2026 flu season.

We understand that some patients may be disappointed by this, especially those who have previously preferred to attend the surgery for their vaccination. However, eligible adult patients will still be able to receive their flu vaccination from local participating chemists.

We would strongly encourage all eligible patients to take up the offer of a flu vaccination when invited, as it remains an important way to help protect yourself and those around you during the winter months.

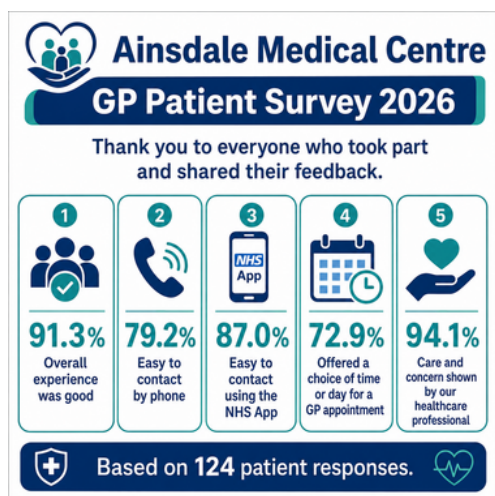
We will continue to offer flu vaccinations at the practice for children aged 6 months to 17 years who have long-term health conditions.

For further information about the children's flu vaccine, please visit:
www.nhs.uk/vaccinations/child-flu-vaccine



The practice supports Jess's Rule, which encourages clinicians to take a fresh look when a patient contacts us three times with the same ongoing or worsening symptoms. Please contact us again if you remain worried, as further review or investigation may be needed.





GP Patient Survey 2026

A big thank you to the 124 patients who completed this year's GP Patient Survey. We were really pleased to see that 91.3% rated their overall experience of the practice as good, with 94.1% saying that their healthcare professional showed care and concern.

The results also showed that 87% found it easy to contact us using the NHS App, 79.2% found it easy to reach us by telephone, and 72.9% were offered a choice of appointment time or day.

We are grateful to everyone who took the time to give their feedback. It helps us understand what is working well and where we can make further improvements for our patients.



We are proud to be a Dementia Friends-friendly practice. We understand that visiting the surgery can sometimes feel confusing or overwhelming for people living with dementia, so our team aims to be patient, understanding and supportive. We will always do our best to make appointments and communication as clear and comfortable as possible, while also supporting families and carers.

HOW WE CONTACT YOU



We are now contacting more patients by email, as well as by text message. We understand that it can sometimes be difficult to know whether an email is genuine. If you are unsure, please check your NHS App, as messages sent by the practice may also appear there. You can also contact reception before clicking any links or providing personal information.

LEARN CPR. SAVE LIVES.



Learn CPR in just 15 minutes
using the British Heart
Foundation CPR app and
help us to save more lives.



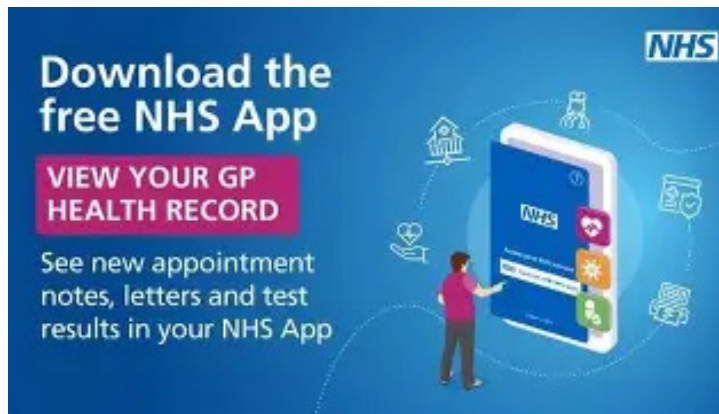
Download the RevivR app by
scanning this QR code with
your phone camera. Grab a
cushion, follow the instructions
and learn CPR today!

Right at Home are official charity partners of
British Heart Foundation.
Learn more on our website:
www.rightathome.co.uk





Health and Wellbeing Information



Download the NHS App to quickly and securely view your GP health record, check test results and order repeat medication. It is a simple way to manage your healthcare at a time that suits you, without needing to contact the practice.

Is your smear test due or late?

The 7-Day GP service offers pre-bookable smear test appointments in the evenings and at weekends, making it easier to find a time that works for you.

To book an appointment, call the 7-Day GP service directly on 01704 395755



Free NHS MenB vaccinations will be available from 20th July 2026 if you were:

Born between 1st September 2007 and 31st August 2008, or

Born on or after 21st July 2001 and are starting university for the first time in autumn, or

Born on or after 21st July 2001 and are starting some residential further education colleges for the first time in autumn 2026 as a residential student

Contact your local chemist who will be offering this vaccine.

Summer Health Reminders



**Our normal surgery opening times are
Monday to Friday 8am to 6.30pm**

Please call 111 or use 111 online for advice when the surgery is closed

Always call 999 in the case of a life threatening emergency

Visit our website at: www.ainsdalemedicalcentre.nhs.uk

Follow us on Facebook: Ainsdale Medical Centre