

# SONNING COMMON HEALTH CENTRE

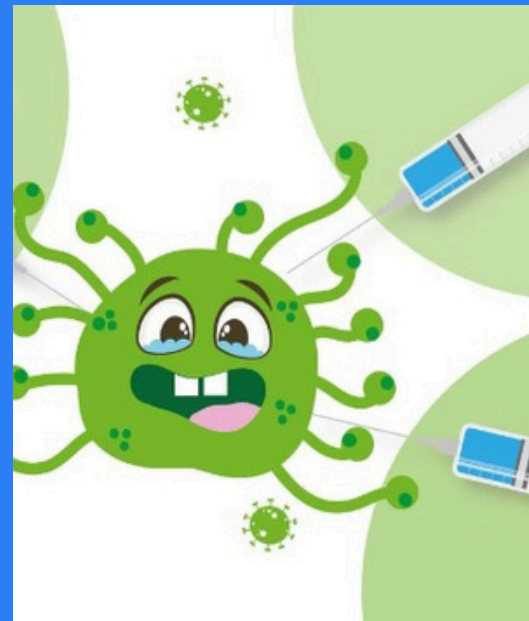


## NEWSLETTER

APRIL 2026

### COVID SPRING BOOSTER

It's that time of year again..... protect yourself against COVID with your spring booster. The surgery is running two clinics on Weds. April 15th and Tues. April 28th for patients who qualify. Invitations have already been sent out to book in. If you are 75 or older, a resident of an older adult care home or severely immunosuppressed and have not received your invitation – please contact the surgery to see if you qualify for the job. Patients who are registered as housebound will be contacted with their appointment for the week of April 19th.



### PHARMACY FIRST

Did you know we're not the only health support in the village? The NHS Pharmacy First service allows community pharmacists to assess and treat seven common conditions. Appointments can be booked online or in person.

**The Seven Conditions Covered:**

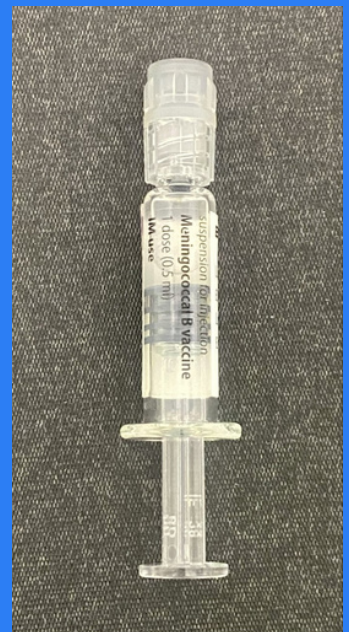
- Sinusitis: For ages 12 and over.
- Sore Throat: For ages 5 and over.
- Acute Otitis Media (Earache): For children and young adults aged 1 to 17.
- Infected Insect Bites: For ages 1 year and over.
- Impetigo: For ages 1 year and over.
- Shingles: For adults aged 18 and over.
- Uncomplicated Urinary Tract Infections (UTIs): For women aged 16 to 64.



# Meningitis B Vaccine

The recent Meningitis B outbreak has been frightening for many people. The surgery has been monitoring the guidance, and are supporting the Health Security Agency by vaccinating those potential contacts who have been directly contacted and referred by the HSA.

We will update our website to reflect the latest guidance if it changes.



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image by Freepik

## Hayfever

The days are getting longer, the weather warmer, and the pollen content in the air grows with each spring breeze and mowed lawn. If you suffer from hayfever, this time of year is brutal. Luckily, your local pharmacist can provide support - offering the same guidance and recommending the same treatment as a GP. This may require an over-the-counter medication or a combination of medications to support your needs.

## CHECK BEFORE YOU TRAVEL

Are you planning a summer retreat? Gifting your family a memory making adventure? Checking the bucket list with the trip of a lifetime? Gathering your friends together to book a holiday you deserve?

Make sure you have all the required jabs before reaching your final destination. Several required vaccinations are available through the NHS, others may be available for a fee. To find out what is required and who is eligible, please complete a travel form on our website and send it as a PDF to the surgery. **After 3 working days**, contact the reception team to book an appointment. We may direct you to a travel clinic if appointments are not available or the surgery is unable to source vaccines. Wait times for travel clinic appointments can be between 4 to 6 weeks.



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## HIGH STAKES DISPENSING: WHY YOUR PRESCRIPTIONS NEED 5 DAYS TO BE COMPLETED

Processing a prescription is far more than a hand-off; it is a high-pressure race for accuracy. Every box represents an invisible gauntlet of clinical checks designed to catch life-threatening errors before they reach the patient's hands. The surgery requires that prescription requests be submitted **5 Full working days** before you run out to minimise these risks.

Here are the steps required before a prescription can be fulfilled:

- Prescription request needs to be reviewed and signed by GP - once completed the NHS App will update with 'prescription approved'
- Dispensing team (at surgery or elsewhere) review prescription request
- Medication is ordered (not all medication is kept in stock and sometimes stock runs out)
- Medication will be processed by Dispensing team and stored for collection



image by Freepik



## The App To Track Your Health

The NHS App is more than a quick way to book a GP appointment, you can order repeat prescriptions, book blood tests, keep track of test results, review your immunisation history and even read your medical records all on your smart device. If you have completed the proxy protocol with the surgery you can do this for your whole family. Avoid queues and gain peace of mind with the NHS App this spring. Leaflets in the surgery foyer give more details on how to join. If you have any questions, feel free to speak with a member of our reception team.

## Spring Holiday Hours

### APRIL HOLIDAY HOURS

Closed: Friday April 3rd  
Closed: Monday April 6th

### MAY HOLIDAY HOURS

Closed: Monday May 4th  
Closed: Monday May 25th

**In order to honour fulfillment - Any Prescription Requests Must be in the surgery a minimum of 5 working days before we close**

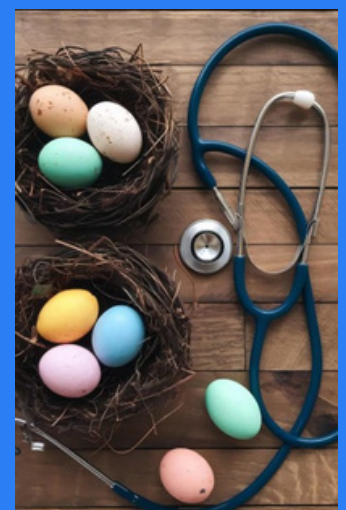


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