

THE PEMBROKE POST

Official Newsletter of Pembroke Medical Group

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WINTER VACCINATIONS **BOOK YOUR FLU VACCINE NOW!**

Flu vaccinations

Winter will soon be fast approaching and we highly recommend our patients that are eligible for their flu vaccination secure their booking. We have vaccines reserved for our patients so if you are eligible, please book in to protect yourself and to support us as a practice. Cases of Flu reached very high rates last winter so its important to protect yourself and your family.

RSV vaccinations

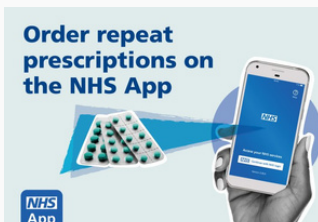
We are also continuing with our RSV (respiratory syncytial virus) vaccination programme for pregnant women, all patients turning 75 and patients between the ages of 75-79. For more information regarding the RSV vaccination, please visit the NHS website using: <https://www.nhs.uk/vaccinations/rsv-vaccine/>.

Covid-19 vaccinations

The Covid-19 winter vaccination programme will commence on the 1st October and will be held at the same venues as the spring booster program. Torquay Scout Hut, Paignton Library and Brixham Hospital. Booking invites for eligible patients are being sent out and we encourage you to book as soon as you receive these.

NHS APP TRAINING

Our Patient Participation Group are kindly offering their services in helping patients to get started with the NHS App. If you are struggling to get started on your NHS App or are interested in getting some help with the features it can be used for, they will be running periodic sessions to assist patients. Please be aware they will be unable to assist with technical issues, these can be directed towards the NHS App support team at <https://www.nhs.uk/nhs-app/nhs-app-help-and-support/nhs-app-technical-information/technical-issues-with-the-nhs-app/> or the surgery. If you are interested in attending this training, please contact reception to sign up for the next session.



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MyHealth Devon is part of the emergent Integrated Care Service ‘Together for Devon’ ~ health and care working in partnership with local communities in Plymouth, Torbay and the rest of the County. <https://myhealth-devon.nhs.uk/>. It's a healthcare information hub found at <https://myhealth-devon.nhs.uk/>. MyHealth Devon has been set up so that the people of Devon have the latest information about waiting times for routine or ‘planned’ care at our local hospitals; are aware of the choices available and have the information needed to make meaningful choices. It also provides information about the local support that is available for specific conditions and how you can manage your own care. It also includes the latest news from NHS Devon and helps keep patients up to date with local developments and national programmes. Resources for children, young people and their families are also available on the site to help find support and information for asthma and neurodiversity.

My Condition

Tools and information to support self-care and Shared Decision Making

My Referral

All you need to know about being referred in the NHS for specialist advice, care or treatment

KARING HAVE MOVED

Karing have moved to their new premises at **300a Torquay Road, Preston, Paignton**. They continue to provide transport, social activities, support and information to people who are older, frail or sick who live in Paignton and surrounding areas or are visiting locally. They are serving "bean to cup coffees, hot chocolate, tea and cold drinks as well as a selection of muffins, cup cakes, flapjacks and more. - plus they have an indoor shop/stall where you pick up some lovely goodies. And remember all income goes to keep Karing providing an invaluable community service. For more information call in and see us, call 01803 524799 or follow us on Facebook



2025 NATIONAL FLU STATISTICS

DAILY HOSPITALISATIONS DURING PEAK WEEK IN JANUARY

5.408

THOSE CASES WHO WERE IN CRITICAL CARE UNITS

256

COMPARISON TO 2024

3.5 TIMES HIGHER THAN THE SAME WEEK IN 2024

ADMISSION RATES

14.1 PER 100,000 PEOPLE

PATIENT PARTICIPATION GROUP

Hello and welcome to our Patient Participation Group (PPG) Summer update. The PPG is a group of patients, carers and GP practice and clinical staff who meet four times a year to discuss practice issues and patient experience to help improve the service. Minutes of these meetings are available on the PPG section of the website.

We will provide regular updates on the work we carry out in the newsletter, on the website and on our noticeboards located in both surgeries.

We conducted a patient survey in July and August. The results will be presented at the PPG Annual General Meeting on Wednesday 15th October. The meeting is open to all patients. Further details to be provided.

NHS App training will be taking place this summer and autumn for patients. If you are struggling with the online booking system a Klinik form help sheet is now available on the website under the 'self help and advice' section.

If you have any other suggestions we would love to hear from you. Why don't you join us on the group?

To find out more please contact Ali Meadows , PPG Secretary at alimeadows@msn.com.

We look forward to hearing from you.

Thank you

Alison Ramon
PPG Chair



Alison Ramon - Chair



Ali Meadows - Secretary

FAREWELLS

We have recently said goodbye to two of our GPs and wish them all the best in the future.

Dr Rachael Meek left us in July after 7 years at Pembroke. She'll be missed by both staff and patients and we wish her all the success in her new chapter!

Dr Wee Lun Ho also left us in July after working with us as a registrar before returning as a salaried GP. We are sure you join us in wishing him all the best with his future endeavours.

DR KATE AUSTIN

This is a notification to patients that Dr Kate Maddocks has now changed her name to Dr Kate Austin.



A welcome to our new staff

DR SARAH BELL
GP



DR FLORA ADONKIE
GP



Armed Forces veteran
friendly accredited
GP practice