

AUTUMN IS COMING

Website: www.chewmedicalpractice.co.uk

At the heart of the health
in the community

Chew

medical practice

Are you eligible for the COVID-19 vaccination this winter?

From October 2025 the following people
will be eligible for a **COVID-19** vaccine:

- All adults aged 75 years and over
- Residents in a care home for older adults
- Persons aged 6 months and over who are immunosuppressed



We have ordered your
Flu & Covid Vaccines

They are waiting
here for you!

Call our reception team now & book into
one of our clinics.

Flu & Covid Clinics

Thursday 2nd October
Thursday 9th October
Thursday 16th October
Thursday 23rd October

Flu Only Clinics

Wednesday 1st October
Saturday 4th October
Wednesday 8th October
Saturday 11th October
Wednesday 15th October
Saturday 18th October
Wednesday 22nd October
Saturday 25th October
Wednesday 29th October



Are you eligible for the flu vaccination this winter?

From 1 September 2025 the following
cohorts will be eligible for a **Flu** vaccine:

- pregnant women
- all children aged 2 or 3 years on 31 August 2025
- primary school aged children (from Reception to Year 6 - given at school)
- secondary school aged children (from Year 7 to Year 11 - given at school)
- all children in clinical risk groups aged from 6 months to less than 18 years

From October 2025 the following people will
be eligible for a **Flu** vaccine:

- those aged 65 years and over
- those aged 18 years to under 65 years in clinical risk groups
- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- frontline workers in a social care setting

Staff Training

Chew Medical Practice
Afternoon Closure

The Practice including the
dispensary will be closed on

Thursday 11th September 2025

from 1pm to 6pm for all staff training.

The phonelines will be covered by our out of
hours service and calls will be triaged in the
usual way.





RETURN YOUR UNUSED MEDICATION



You should return any unwanted or out-of-date medication to a local pharmacy or the dispensary for safe and environmentally responsible disposal.

Why return unwanted medication?

Safety: Unused medicines can be dangerous to children and pets if stored incorrectly.

Environmental protection: Medicines disposed of in bins or flushed down toilets can pollute waterways and soil.

Cost savings: Reducing medicine waste saves the NHS significant money.

How to return unwanted medication:

Gather the medicines:

Collect any unused or expired medications.

Remove personal information:

Remove the medication from the outer packaging and take any identifiable labels off before you return the medicine.

Contact the pharmacy for specific items:

If you have a large amount of medication or need to return controlled drugs, or sharps like needles, contact the pharmacy first to discuss the best way to manage the return.

What to remember:

Do not flush medicines: Never dispose of medication down the toilet or in the bin.

Don't stockpile: Keep your medicine supplies to a minimum to avoid waste.

Recycle packaging: Recycle any outer paper and cardboard packaging at home, rather than with the medicine itself.

URINE SAMPLES

Chew Medical Practice does not accept urine samples in glass jars because they are often not sterile, and can contaminate the sample, making it unsuitable for laboratory analysis. Instead, you should get a plastic, screw-top container provided by the surgery,

Why glass jars are unsuitable:

Contamination: Glass jars are often non-sterile and can introduce bacteria or other contaminants into the urine sample, leading to inaccurate test results.

Lid Security: A secure lid is crucial to prevent leaks and further contamination, which is a risk with many glass jars.

What to do instead:

Get the Correct Container: Obtain a sterile plastic, screw-top container from reception.

Follow Instructions: Make sure to follow any specific instructions from your GP or the provided leaflet on how to collect and label the sample.

Handle Carefully: Once collected, tightly screw the lid on, label the container with your details, and return it to the surgery promptly, before the 2pm cutoff time.

Don't forget to have your HPV vaccination!

You should have it in year 8/9*

Great, we're having ours later!

Team against cervical cancer

For more information, talk to your school nurse or GP surgery, or go to www.nhs.uk/hpv

Beating cervical cancer

*If you miss it in year 8/9 you can have it free up to your 18th birthday

