

KMP Patient Newsletter



Welcome to our Autumn Newsletter! 🍁

As we move into the autumn season, we're pleased to bring you the latest updates from our practice, along with seasonal health advice and useful information to help you stay well in the months ahead. We hope you find this edition informative and supportive. Thank you for being a valued part of our community.

KMP Team

Practice News

In August, we were pleased to welcome two new GP registrars, Dr. Nasir and Dr Zainuddin, to the practice. We look forward to supporting them during their training and having them as part of the team.

We would also like to wish Dr Guler and Dr Ullah all the very best as they move on in their training journey, and congratulations to Dr Sarma on completing his training!

A Few Notes To Remember

- We're proud to be a Veteran Friendly Accredited GP practice. If you're a veteran patient, please do let us know that you have served so that we can make sure you receive the most appropriate and best care, if and when you ever need it. You can learn more about the accreditation and how it supports veteran patients, here: rcgp.org.uk/veterans
- We are proud to be a 'Safe Surgery' for everyone in our community. Everyone in the UK has the right to free care from a GP. If you don't have proof of ID or address, you can still register.

PPG News & Views

By Chris - PPG member

Hello everyone,

I am a member of the Kingswinford Patient Participation Group (PPG).

I have volunteered to check the Suggestion Box for comments or suggestions made by KMP patients.

The Patient Suggestion Box is currently located on the reception desk at KMP.

Comments and suggestions are always welcome, whether complimentary or constructive. We are particularly interested in suggestions on how we can improve our services. Suggestions should be specifically related to the care and service provided by the Medical Practice.

We receive a variety of comments and suggestions, which are discussed at regular PPG meetings with the Practice Business Manager and patient members of the PPG. Where possible, actions are taken by the Medical Practice in response to the feedback received.

We are always looking for new members to join the group; further information is available from Reception.

Dudley Carers Hub & Wellbeing Service

Carer Support Group

Every first Thursday of the month
Kingswinford Medical Practice, Standhills Road,
Kingswinford, DY6 8DN

Upcoming dates and times:

- 1st October - 14:00-16:00
- 5th November - 14:00-16:00
- 3rd December - 14:00-16:00

All carers are welcome to attend this group, where you can:

- Gain information and advice to support you in your caring role
- Meet and socialise with other carers
- Share experiences and ideas
- Learn new skills

To book your place, or for more information:

01384818723 or
dudleycarershub@dudley.gov.uk

Community Events

Staying connected is an important part of wellness, and our community is full of opportunities to get involved! Throughout the year, there are many local events such as health fairs, wellness workshops, educational sessions, and family friendly activities.

We regularly share details about upcoming events on our [website](#) and [Facebook page](#), so be sure to check in often to see what's happening in our area.

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

Diabetes Education Events - All About You!

Are you living with diabetes?

Learn. Connect. Be Inspired. Create Positive Change.

Join us for an engaging diabetes education event designed all about you. **Learn** from expert speakers, **share** experiences, and **discover** practical tips to help you live well with diabetes.

Build your confidence, **ask** questions, and **make positive changes** that support your health and wellbeing.

Choose the event that's most convenient for you, all 4 areas of the Black Country are covered:

Location	Date	Time
Wolverhampton/Walsall Wolverhampton Science Park Cowell Ave, Wolverhampton WV10 9RJ	Wednesday 23 September	10am - 2pm
Sandwell/ Dudley The Brasshouse Community Centre Smeethwick, B65 1BA	Wednesday 30 September	10am - 2pm

Refreshments and sandwiches will be available.

Don't miss this opportunity to hear from expert speakers, connect with others living with diabetes, and leave feeling informed, empowered, and ready to make positive changes.

Register your place today!

Book your free place by:

- Calling 01902 916444
- Emailing midlands@diabetes.org.uk

Adult Routine and Seasonal Vaccinations

Flu and Covid-19 vaccinations:

From 1 September 2026, flu vaccinations will be available for:

- pregnant women
- all children aged 2 or 3 years old on 31 August 2026
- all primary school and secondary school-aged children (vaccinations are administered through school vaccination programmes only. Please look out for the consent form)
- all children in clinical risk groups aged from 6 months to less than 18 years

From 1 October 2026, the flu offer will then be available for:

- those aged 65 and over
- those aged 18 to 65 years old in a clinical risk group
- 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
- people experiencing homelessness
- frontline healthcare workers

COVID-19 vaccinations will also be available from 1 October 2026 for:

- those aged 75 years and over
- residents in care homes for older adults
- individuals aged 6 months and over who are immunosuppressed

MenB Vaccine: A specific one-off program is active for young people aged 17 to 18 (Year 13) and those under 25 starting university or residential further education this autumn.*

Routine Student Catch-ups: Students starting college or university are urged to check that they are up to date on routine jabs like MenACWY, MMR, and HPV.

*This vaccine is only available at participating community pharmacies.

Autumn Vaccination Season

By Dr Cathy Field - GP

It's that time of year again! Every year it seems to come around more quickly – and here we are again, planning our clinics for the 2026 Autumn Vaccination Programme.

For 'flu, it's important to top up your immunisation each year. This is because the virus strains can change slightly each year; some clever Science people look at the emerging patterns of illness across the world, and carefully predict which strains need to go into the vaccine for the UK winter. It's for this reason that we recommend you have your 'flu vaccination repeated annually if you are eligible.

For COVID-19, the data that has been emerging over the past couple of years indicates that, if your immune system is functioning normally, then you will have built up sufficient ongoing immunity and you don't need to have a top up booster each year. The only people we need to boost are those whose immune systems don't work well at all (the "severely immunocompromised") and people over the age of 75 years, whose immunity will wane more quickly due to age. This change was introduced last year and it's remained the same this year. Please note that this does mean that you may not be eligible any more if you live with an immunocompromised person – provided you are not immunocompromised yourself!

In the past few years we have also been able to offer the RSV vaccination as part of an ongoing vaccination programme. The JCVI (clever vaccination science people) have gradually increased the number of people in the UK who are eligible for this vaccination, which protects against a common respiratory virus which can cause more severe illness in the very young and in older people.

We try to keep on top of pneumococcal and shingles vaccinations (for those people who are eligible) throughout the year – but if you are attending a vaccination clinic and you are due for these vaccines you may also be offered these "whilst you're here!". Please be assured it is safe to have most vaccinations given at the same time – we can offer to space them out though if you prefer. We are pretty efficient at pulling all the searches together and calling you in for vaccination if you are eligible, so look out for your text/email invitation or a phone call from Steve or one of the team. Please use the booking link in the text message if you are able. This is a much quicker and more efficient way to book, especially at a time of year when our phone lines are so busy already. There are always a few people who may not be picked up in our searches, so if you feel you are eligible then please do drop us a message via the website and we can check for you.

Get jabbed and get protected!

Dr Field



If an anxiety condition is seriously affecting your life, being able to get out and about is cause for celebration.

NHS Talking Therapies treatment gives you practical skills and techniques to overcome common anxiety conditions like post-traumatic stress disorder, obsessive compulsive disorder and social anxiety disorder. You can refer yourself at nhs.uk/talk

NHS Talking Therapies can treat common anxiety conditions.

If you're struggling with obsessions and compulsions, anxiety in social situations, flashbacks of a traumatic event or with panic attacks, obsessing about your appearance, or a phobia – being able to get on with your life again is cause for celebration.

NHS Talking Therapies treatment involves talking to a trained professional about your thoughts, feelings and behaviours. Treatment can be in-person, on the phone or an online course. It gives you practical skills and techniques to overcome a range of mental health conditions like obsessive compulsive disorder (OCD), social anxiety disorder, post-traumatic stress disorder (PTSD), panic disorder, body dysmorphic disorder (BDD) and phobias.

NHS Talking Therapies are effective, confidential and free treatments that can also be delivered in your chosen language – including British Sign Language (BSL), and for those whose first language is not English, via multi-lingual therapists or confidential interpreters.

Find out more, or refer yourself at nhs.uk/talk.

Meet the Team: Our IT, Long-Term Conditions and Vaccinations Co-ordinator

By Steven - IT/LTC/Vaccinations Co-ordinator

Hello, my name is Steven, and I am the IT, Long-Term Conditions (LTC) and Vaccinations Co-ordinator at Kingswinford Medical Practice. My role is varied, and I work behind the scenes to help ensure patients receive the care and support they need. One of my main responsibilities is coordinating Long-Term Condition reviews. This involves recalling patients for their annual reviews and monitoring conditions such as diabetes, asthma, COPD, hypertension, amongst others. These regular reviews are important in helping patients manage their health and ensuring they receive the right treatment and support.

I am also the practice's Vaccinations Co-ordinator. I support the delivery of national vaccination programmes, including flu, COVID-19, RSV, shingles, and pneumococcal vaccinations. Keeping up to date with vaccinations is one of the best ways to protect yourself and others from serious illness.

Alongside this, I help oversee the practice's IT systems. Whether it's resolving issues with our patient check-in screen, troubleshooting printer problems, or supporting our clinical system, EMIS, I work to keep things running smoothly for both patients and staff.

As one of the practice's NHS App Ambassadors, I encourage patients to make the most of the NHS App. The app allows you to order repeat prescriptions, view your health information, and manage appointments conveniently from your phone or tablet. I also cover the patient results line when required, providing patients with their test results and carrying out follow up tasks requested by GPs. This includes arranging repeat blood tests, booking appointments for patients to discuss their results, and ensuring any actions arising from test outcomes are managed promptly and efficiently.

I enjoy the variety my role brings and take pride in supporting both our patients and colleagues. While much of my work happens behind the scenes, it all contributes to helping the practice provide safe, effective, and efficient care for our community.



Tap the NHS App

NHS App Corner

See your hospital and specialist appointments in the NHS App

You can manage some of your referrals and appointments in the NHS App.
Find useful information about your appointment, who to contact if you have any questions and the estimated waiting time for your first treatment.

Download the NHS App or find the same services on the NHS website: www.nhs.uk/nhs-app

Diary dates:

- 1st October – 30th November - Various appointment dates are available for the nasal flu, flu and Covid-19 vaccines
- 1st October - 14:00-16:00 - Carer Support Group
- 2nd October - 10:00-12:00 - Beacon VIP group for people with sight loss
- 5th November - 14:00-16:00 - Carer Support Group
- 6th November - 10:00-12:00 - Beacon VIP group for people with sight loss
- 3rd December - 14:00-16:00 - Carer Support Group
- 4th December - 10:00-12:00 - Beacon VIP group for people with sight loss

Your Voice Matters!

We truly value your feedback and are always striving to improve our service. Please share your thoughts through the Family and Friends Test.

We'd also be grateful if you could leave us a Google review (please scan the QR code).



Thank you for reading!

KMP Quarterly Statistics

- Received calls: 12,157
- Total number of appointments booked: 19,231
- DNAs: 418
- Number of forms submitted on our website: 10,464



Ask the team

Got a question for the practice team?
Email us at kingswinford.medical.practice@nhs.net for a chance to see it answered in the next newsletter.

