

WOODCOCK ROAD SURGERY

Dr Allison Macnab, Dr Raija Blenk & Dr Louise Shinn



MORE UPDATES INSIDE:

Our Practice News
Who's New
Stay Well This Summer



We are on Facebook now, so please head over to our page to follow all our updates!

<https://www.facebook.com/WoodcockRoadSurg>

Emergency Alerts – Important Info for September

The government will be carrying out a national test of the UK Emergency Alerts system on 7 September 2025 at 3pm. These alerts make a loud sound, even if your phone is on silent.

⚠️ If you are at risk of domestic abuse or need to keep your phone hidden, you can turn off emergency alerts to stay safe.

👉 Learn how to switch off alerts on your phone:

🔗 <https://www.gov.uk/alerts/opting-out>

📱 On most phones:

- Go to Settings → Notifications → scroll to the bottom
- Turn off Extreme alerts and Severe alerts

More safety guidance available from Refuge and Women's Aid

#EmergencyAlert #DomesticAbuseSupport #StaySafe

An NHS advertisement for the 'Stay Well This Summer' campaign. It features a man in a pharmacy setting. Text includes: "NHS", "Stay well this summer", "Get advice fast", "Visit your local pharmacy for health support. Many pharmacies are signed up to the Pharmacy First Service which means they can potentially treat several common health conditions.", and the website "www.staywelthissummer.co.uk".

Woodcock Road Surgery

 Providing NHS services

Our Mission Statement

"Your health, welfare and safety matters to us"

HELLO'S AND GOODBYES

We welcome **Dr Arefeh Yeganeh-Arani**, who commenced with the practice at the end of March 2025.

We are pleased to confirm that we have recruited three new patient care coordinators, Hannah, Kelly and Millie, so we have a full team of administrators to support our patients.

We said Goodbye to Claire our Pure Physiotherapist on the 17th June 2025, Claire worked with us on Tuesdays, seeing and treating patients face to face. We are asking that patients self refer to the Norfolk and Waveney Community Musculoskeletal Service:
<https://norfolkandwaveneycommunityhealth.nhs.uk/msk/refer-yourself/>

Benefits: Patients can refer themselves without needing to see a GP or needing a GP to complete the referral form.

Childhood immunisation

If your child is due immunisations after 1st July 2025, there will be a change to the timetable as the national schedule goes through the first phase of changes; the second will follow in January 2026.

Your baby will no longer receive the Hib/MenC vaccine at their one-year appointment

The second dose of MenB will be brought forward to 12 weeks

The first dose of PCV13 will be moved to 16 weeks

Find the full schedule here: <https://www.gov.uk/government/publications/routine-childhood-immunisation-schedule>

If you'd like more information, please speak to the Practice Nurse or your Health Visitor.

COMMUNITY ENGAGEMENT EVENT
 Advice and information from the following providers and more!

THURSDAY 24TH JULY 1:30PM - 4:30PM
OLD CATTON MEDICAL PRACTICE
55 LODGE LANE, OLD CATTON, NR6 7HQ
 Event providers will be based in Lodge Lane Scout Hut and Old Catton Medical Practice - limited parking available at Lodge Lane Infant School

Long term health conditions • Wellbeing
 Finances • Lifestyle
 Health & Care Resources • Women's Health

visit www.oldcattonsurgery.nhs.uk for more information

Our patients are welcome to attend the Community Engagement Event being held on Thursday 24th July 1.30pm - 4.30pm at Old Catton Medical Practice.

PRACTICE NEWS



We are supporting the Norfolk and Waveney ICB with the Stay Well Summer Campaign 2025. This campaign is to support our patients and holidaymakers stay well over the summer months. Hot weather can cause significant heat-related harm, particularly for older people, those with long-term health conditions and others who are vulnerable. However, many common summer health problems and difficulties can be prevented by taking a few simple steps.

Sun cream, antihistamines and bite relief cream are a good place to start when re-stocking your medicine cabinet to Stay well this summer.

Visit

staywellthissummer.co.uk

Patient Participation Group Update



Upcoming Meetings:

Wednesday 9th July 2026

Contact the surgery for more information



EARLY ANNOUNCEMENT: We will be offering our patients Flu and Covid Vaccinations this winter, be sure to have your vaccination at the surgery as we have ordered your vaccine already #protectyoursurgery