



Widcombe Surgery

NEWSLETTER Issue: 6 Autumn 2026



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WELCOME TO OUR PRACTICE NEWSLETTER

Welcome to our Autumn Newsletter from Widcombe
Surgery! 🌿

Autumn is here, and it's been another busy few months at Widcombe Surgery. As we head towards winter, we've got plenty of news, updates and useful information to share.

In this edition, we'll look at what's been happening around the practice, introduce some new faces and update you on our annual flu and COVID vaccination programme.

You'll also find seasonal health advice, service updates and information about some of the ways we're making it easier to stay connected with Widcombe.

So, grab a cuppa and have a read – we hope you enjoy our Autumn edition!

Got an idea or something you'd like to see in the next newsletter? We'd love to hear from you! You can email us at: bswicb.ppg.widcombesurgery@nhs.net

Mark Little

Practice Manager Partner



A Fresh Look for Widcombe Surgery!

You may have noticed that the Surgery has had a bit of a makeover!

Over the last few weeks, we've been making improvements to the outside of the surgery, with fresh redecoration and new signage at the front of the building.

We think it has made a real difference, giving the surgery a smarter, fresher and more welcoming appearance.

We've included a few photos so you can see the transformation for yourself.

And there's more to come...

We're also planning to update the patient WC on the ground floor, helping to improve the facilities available to patients when visiting the surgery.

We hope you like the changes and look forward to sharing more improvements with you in the future.





Meet Our GP Registrars

We're delighted to welcome three ST3 GP Registrars to the Widcombe Surgery team this year!



Dr Ed Bridge

Dr Bridge has joined us as an ST3 GP Registrar and will be working with the practice over the coming year as he completes the final stage of his specialist GP training.



Dr Kira Boehm

Dr Boehm has also joined us as an ST3 GP Registrar and will be seeing patients at Widcombe while completing the final stage of her GP training.



Welcome Back, Dr Manning!

Some of you may already recognise Dr Manning, who has previously worked with us at Widcombe. We're very pleased to welcome her back to the practice following her maternity leave, as she continues her ST3 GP training with us.



What is an ST3 GP Registrar?

You might see the term "GP Registrar" or "ST3" when booking an appointment – but what does it mean?

ST3 GP Registrars are fully qualified doctors in the final stage of their specialist training to become GPs. They see patients, diagnose conditions, prescribe medication and provide ongoing care, while also receiving supervision and training from our experienced GPs. Widcombe Surgery is proud to be a training practice, helping to support and develop the next generation of GPs.

Please join us in welcoming Dr Bridge and Dr Boehm to Widcombe – and welcoming Dr Manning back!



What happens after you click 'Submit'?

Ever wondered what happens to your clinical request once you press submit? Every clinical request is reviewed by a GP, who decides how quickly you need help and who is best placed to provide it.

Our guide below shows you exactly what happens next.



Flu and COVID-19 can cause serious illness, particularly for older people and those with certain health conditions. Vaccination helps top up your protection ahead of winter and reduces your risk of becoming seriously unwell.

Who is eligible?

The Flu vaccination is offered to a wide range of people, including those aged 65 and over, pregnant women, people with certain long-term health conditions, children, carers and care-home residents.

Eligibility for the COVID-19 vaccination is more limited and is focused on those considered at greatest risk of serious illness.

? I had a COVID vaccine before – why am I not eligible now?

We receive this question regularly. Eligibility can change from year to year and is set nationally – it is not decided by the surgery.

This means that having a COVID vaccination previously does not automatically mean you will be eligible this year. You may also be eligible for a flu vaccination but not a COVID vaccination.

 Invitations have now been sent

We have now sent our vaccination invitations with clinics starting in early September for children and the 10th of October for Adults, so if you are eligible, you should have received an invitation from us by now. If you haven't received an invitation but believe you should be eligible, please contact the surgery and we can check this for you.

There are now more ways than ever to keep up with the latest news and information from the surgery. We use our WhatsApp Channel, Facebook page and website to share important practice updates, vaccination information, service changes, health advice and other useful information for our patients.



Follow us on WhatsApp

Our new WhatsApp Channel is a quick and easy way to receive practice updates directly through WhatsApp. Scan the QR code to follow us



Or follow our channel here:
[Here](#)



Follow us on Facebook

We also regularly post practice news, reminders and health information on our Facebook page.

https://www.facebook.com/WidcombeSurgery?locale=en_GB



Visit our website

Our website is the best place to find information about our services, how to contact us, prescriptions, appointments, vaccinations and other support.

widcombesurgery.nhs.uk

Stay Well This Autumn

As the weather becomes cooler and seasonal illnesses begin to circulate, there are simple things we can all do to look after ourselves and those around us.

+ Coughs, colds & sore throats

Most common coughs, colds and sore throats improve without treatment from a GP.

- Rest and drink plenty of fluids
- Ask a pharmacist about symptom relief
- Stay at home if you feel too unwell for normal activities

Antibiotics do not work against viral infections and are only prescribed when clinically necessary.

✓ Help prevent infections

- Wash your hands regularly with soap and water
- Cover coughs and sneezes with a tissue
- Avoid close contact when you are unwell
- Keep rooms ventilated where possible
- Take up any vaccinations you are eligible for

+ Your pharmacist can help

Community pharmacists can offer advice and treatment for many common illnesses. Through Pharmacy First, they can also assess and, when appropriate, provide treatment for the conditions below without a GP appointment.

- Sinusitis
- Sore throat
- Earache in children
- Infected insect bites
- Impetigo
- Shingles
- Uncomplicated urinary tract infections in women

Find out more about Pharmacy First at [nhs.uk](https://www.nhs.uk)

• Prepare for cold weather

- Keep warm and stay active
 - Eat regular, balanced meals
 - Keep enough of your usual medication
 - Order repeat prescriptions in good time
- Check in on older or vulnerable relatives, friends and neighbours during cold weather.

? Choosing the right help

A pharmacist is often a good first contact for a minor illness.

For a medical problem, submit an online request to the surgery. If you cannot use the form, our reception team can help by phone or in person.

Need help when the surgery is closed?

Visit 111.nhs.uk or call 111 if you are unsure what help you need.

Always call 999 for a life-threatening emergency.

General information only. For advice about a specific symptom, use NHS 111 or contact an appropriate healthcare professional.



Want to make a difference at Widcombe Surgery?

There is still an opportunity to join our Virtual Patient Participation Group (PPG) and we'd love for YOU to get involved!

Our Virtual PPG is a fantastic opportunity for patients to connect with the surgery team online and help shape the future of healthcare in our community. By joining, you can:

- Share your ideas and feedback to improve services
- Help influence how we support our patients
- Be a voice for the community and promote positive change

All communication will take place virtually through email, SMS, and other digital platforms, making it easy to participate from the comfort of your home.

We're looking for enthusiastic and engaged individuals who want to make a difference. Whether you have lots of ideas, or just want to listen and contribute when you can, we'd love to hear from you!

We are seeking people from all backgrounds, to ensure a diverse range of voices are heard. Whether you are a young adult, a parent, a carer, retired, have a long-term condition or come from a minority background – your input is invaluable.

Interested in joining or want to learn more? Register your interest by sending an email to the address below or alternatively, patients can register their interest on our website

Contact us by email at:

bswicb.ppg.widcombesurgery@nhs.net

Register via our website at:

<https://widcombesurgery.nhs.uk/surgery-information/patient-participation-group>

Thank you for taking the time to read our quarterly Practice Newsletter.

We hope you have found the information relevant and useful. If you have any feedback, please let us know.