

SURGERY NEWSLETTER

SEPTEMBER 2026



AUGUST ACTIVITY DASHBOARD



AUTUMN & WINTER ILLNESSES



There are a range of illnesses that are more common in the cooler months and are often prevented via vaccination or managed with self-care & pharmacy treatment.

- **Common cold:** a mild viral infection affecting the nose and throat, causing a blocked or runny nose, sneezing, and a sore throat.
- **Flu (Influenza):** A more severe respiratory virus that brings a sudden high temperature, body aches, and extreme tiredness.
- **COVID-19:** Spreads easily in cooler months, with symptoms like a high temperature, continuous cough, and loss of taste or smell.
- **Norovirus:** Also known as the winter vomiting bug, causing sudden vomiting and diarrhoea.
- **RSV (Respiratory Syncytial Virus):** A virus causing coughs and wheezing, which can lead to bronchiolitis in small children

To avoid the spread of these conditions, please consider self-care or pharmacy care and contact the practice if your symptoms worsen or do not improve in the expected time frame.

UROLOGY AWARENESS MONTH



Did you know that 50-60% of women in the UK will experience one urinary tract infection (UTI) in their lifetime?

Men experience UTIs too however they are usually associated with an obstruction in their urinary system (often the prostate). A urinary tract infection (UTI) in a male is always considered a complicated infection that requires a doctor's care, prescription antibiotics, and an evaluation for underlying causes. Unlike in women, male UTIs are less common because a longer urethra makes it harder for bacteria to enter.

Symptoms of UTIs include:



- Burning or stinging when you pee
- Needing to pee much more often than usual
- Sudden or strong urges to pee
- Passing only small amounts of pee each time
- Cloudy, dark, or bad-smelling pee
- Pink, red, or cola-colored pee (signs of blood)
- Mild pain or pressure in the lower belly or pelvis

The Urology Foundation offer a free, confidential UTI Information Service helpline to help people experiencing symptoms, managing chronic infections or supporting someone else.



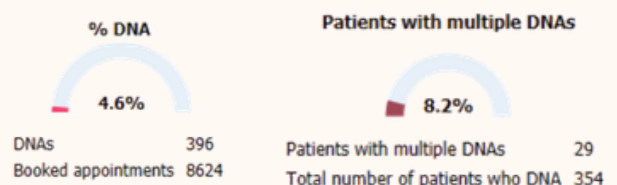
- Opening hours: Tues 10am-12noon, Thurs 10am-12noon
- Telephone: 0808 801 1108
- Email: nurse@theurologyfoundation.org

If you are concerned about UTI symptoms, please visit a local pharmacist or book an appt at the surgery.

MISSED APPOINTMENTS



In the month of August 2026, there were 396 missed appointments and 29 patients who missed more than one appointment.



AUTUMN COVID & FLU VACCINES



The practice will be offering COVID and flu vaccinations for eligible patients this Autumn.

Patients in certain eligibility cohorts will be offered their vaccination appointment via SMS link.

From **September 2026**, the following groups will be offered a **flu** vaccine:

- Pregnant women
- Children aged 2-3 years (on 31 August 2026)
- Primary & secondary school children
- Children aged 6 months to under 18 years in clinical risk groups

From **October 2026**, the following groups will be offered a **flu** vaccine:

- Adults aged 65 and over
- Adults aged 18-64 in clinical risk groups
- Residents of care homes
- Eligible carers
- Close contacts of immunocompromised people
- Eligible frontline social care workers

The following cohorts of patients will also be offered a **COVID** Booster vaccine from **1st October 2026**:

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

Where possible, patients eligible for both the flu and COVID vaccine will receive both vaccines in the same appointment.

Patients who are housebound or live in a care home will be contacted and vaccinated at home.

ONLINE FRIENDS & FAMILY TEST

The practice has extended our Friends & Family test and responses can now be submitted online.

Feedback is shared with our practice team each month.



PRACTICE TRAINING AFTERNOONS

Our team are committed to providing high quality patient care and staying up to date with the latest clinical guidance.

All clinical and non-clinical staff are required to complete regular mandatory training.

GP Practices across Coventry are closed for staff training on the following dates:

- Weds 16th September 2026
- Weds 7th October 2026
- Weds 18th November 2026



NEXT PPG MEETING



Our next patient participation group meeting is scheduled for **Monday 12th October at 6pm**. If you would like to join our patient participation group please email the practice: forum.health@nhs.net. The group meets bi-monthly to discuss practice matters, updates to our local healthcare services and our local Primary Care Network.

Think pharmacy first

Subject to age eligibility, including 5 years and over for sore throat prescription medicine. Service available at majority of pharmacies.

See your pharmacist
Help us help you

TELL US HOW WE'RE DOING!

The team at Forum Health Centre work very hard to provide a high quality and responsive service to our patients but we are always looking for ways to improve our service and listen to what our patients have to say.

There are lots of ways for patients to have their say and we would love to hear from you with any comments you may have as to how we can improve our service to you.

 Forum.Health@nhs.net

 @ForumGPs

 @ForumGPs

 024 76 266370



Comments cards are available in reception and we have a patient participation group who meet regularly.