



Newsletter May 2025

Covid Vaccine Programme

The NHS national booking system is open for spring Covid-19 vaccination bookings, for those eligible, who can book appointments until 17 June 2025. Eligibility for a spring vaccination is similar to previous years but those with a weakened immune system are now eligible from 6 months instead of 5 years.

Following JCVI (Joint Council on Vaccination and Immunisation) advice, this spring's eligible cohorts include:

- Adults aged 75 years and over by 30 June 2024
- Residents in care homes for older adults
- Individuals aged 6 months and over who are immunosuppressed

Anyone eligible can book a vaccine appointment via the NHS.UK website or by calling 119 for free, with parents or carers able to book a Covid-19 vaccination for children under 16 on their behalf. Eligible people aged 16 and over can also use the NHS App to book an appointment.

This year there are thousands of appointments available every day across the country including at pharmacies and GP practices. Some areas also offer convenient walk-in options, with a list of available walk-in sites online. www.nhs.uk/nhs-services/vaccination-and-booking-services/find-a-walk-in-covid-19-vaccination-site

We often get asked why we invite patients who have previously declined. The NHS England 'rules' do not allow us to permanently decline a patient from a vaccination programme as patients may change their minds at a future point. When we can we do allow patients to decline from the invitation sent.

Health Kiosk at Kingsclere

Following the successful trial of a Health Kiosk at Overton Surgery, we have been successful in getting funding for a second at Kingsclere. All patients with a current registration at Watership Down Health are welcome to use either of our Health Kiosks.

The Health Kiosk is available from 08.00 a.m. in the morning to 6.20 p.m. at night (to allow the checks and information to be transferred into the clinic system) and is situated in the Waiting Rooms at Kingsclere and Overton. The Health Kiosk will record a range of information including Height, Weight, Blood Pressure as well as a number of Health Questionnaires being included.

The Health Kiosk transfers any data directly into our clinical system so there is no need to hand in print outs of BPs etc as the data securely comes into our clinical system. Full information and a short and long video are available on our Web Site at: <https://watershipdownhealth.com/wellbeing/health-kiosk/>

If any queries, please message us via our Web Site. We are grateful to our Commissioners for their support with the funding of the second Health Kiosk.

Hay Fever

Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest. Community Pharmacies will be able to supply a range of Over the Counter medicines to help manage symptoms. The NHS has helpful information at:

<https://www.nhs.uk/conditions/hay-fever/>