



Newsletter July 2026

GP Triage

As we continue to work with our new GP Triage software, we would like to thank all the patients who have given us constructive feedback. Rest assured that information is being shared with the developers to enable us to tailor the system for Watership Down Health and, most importantly, our patients.

GP Triage is available from 07:00 am Monday to Friday. Our reception team will continue to be available between 08:00 – 18:30 hrs Monday to Friday, for queries and other appointments e.g. nurse appointments, but we encourage use of the online GP Triage service for those able to use it.

The GP Triage system can be accessed via our website by one patient at a time only at -

<http://watershipdownhealth.com>

Please see below for videos of the new system available via Youtube:

How to Use GP Triage - For Patients (Short Version): <https://www.youtube.com/watch?v=RlfpB47Xwx8>

How to Use GP Triage - For Patients (Full Version): <https://www.youtube.com/watch?v=6KuSKDoyETg>

Sun Safety

Whilst it has been really lovely to see the sun, please remember to use sunscreen. The heat can be too extreme for some people, so please look out for anyone vulnerable in your life or community.

The NHS website has further information at:

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Ticks and What to Look out for!

Ticks are small, spider-like parasites found across the UK, and NHS guidance emphasises preventing bites, removing ticks safely with fine-tipped tweezers, and watching for symptoms such as a circular rash that may indicate Lyme disease.

What ticks are

Ticks are tiny spider-like creatures (1 mm–1 cm) that feed on the blood of animals and humans. They live in grassy, wooded, and park areas across the UK.

Tick bites: symptoms

Usually painless but may cause a red lump, swelling, itching, blistering, or bruising.

Seek medical advice if you develop:

- A pink/red rash
- Fever (38 °C or above)
- Flu-like symptoms
- Swollen lymph nodes

Lyme disease risk

Caused by bacteria spread by infected ticks.

Early sign: circular or oval expanding rash (erythema migrans), appearing 1–4 weeks after a bite. Not all ticks carry Lyme disease, but risk is higher in southern England and the Scottish Highlands.

How to remove a tick (NHS method)

Use fine-tipped tweezers or a tick-removal tool.

Grip as close to the skin as possible.

Pull upwards steadily without twisting or crushing.

Clean the area with soap and water or antiseptic.

What NOT to do!

Do not use heat, alcohol, petroleum jelly, or attempt to smother the tick.

Prevention

Stay on paths; avoid long grass.

Wear long sleeves and trousers tucked into socks.

Use insect repellent on exposed skin.

Check skin, clothing, children, and pets after being outdoors.

Advanced Notice - National Seasonal Flu & Autumn Covid-19 booster vaccinations Autumn 2026

We are planning to advertise our seasonal flu and covid-19 vaccinations clinics in August 2026 with a view to being able to book an appointment by the middle to end of August 2026. Further information on how to do this will be in the August 2026 newsletter. Please make sure we have current contact details and we recommend that, if you use the NHS App, the notification feature is switched on.

NHS App help clinic

The next NHS App help clinic will be run by the PPG at Overton surgery (waiting room) on 28th July 2026 from 9 – 11am.