



Hopwood Medical Centre Winter Newsletter - November 2025

Welcome to our Winter Newsletter. Below you will find some helpful information to help you keep well over the winter months:

Vaccination Matters

Winter brings a higher risk of infections, especially for vulnerable groups. Vaccination remains one of the most effective ways to protect yourself and those around you. This year, we strongly encourage all eligible patients to consider the following vaccines:

Influenza (Flu) Vaccine: The flu virus changes every year, making annual vaccination essential. The flu jab helps reduce severe illness, hospitalisation, and the spread of infection, particularly important for people with long term conditions, older adults, and pregnant women.

RSV (Respiratory Syncytial Virus) Vaccine: RSV can cause serious respiratory illness, especially in adults aged 75+ and those with underlying health conditions. New vaccines offer strong protection against severe disease. If you are eligible, booking your RSV vaccine can help keep you well this winter.

Shingles Vaccine: Shingles can cause long lasting nerve pain and serious complications. The shingles vaccine is offered to adults over a certain age or those with specific health conditions. Protect yourself by ensuring you receive your vaccine when invited.

Pneumonia (Pneumococcal) Vaccine:

Pneumonia can be life threatening for older adults and people with chronic illnesses. The pneumococcal vaccine helps protect against the most common types of bacterial pneumonia. If you are over 65 or clinically vulnerable, you may be eligible.

If you are unsure which vaccines apply to you, please contact the practice and our team will be happy to guide you.

Your Screening Saves Lives: Be Proactive

Screening programmes are designed to detect early signs of disease often before symptoms are noticeable. Early detection makes treatment more effective and improves long term outcomes.

Bowel Cancer Screening: Offered to adults aged 50–74. The home test kit is quick, simple, and can detect early changes. Completing your test could save your life.

Breast Cancer Screening: Women and people assigned female at birth aged 50–70 are invited for mammograms every three years. Early detection greatly increases treatment success.

Cervical Screening: Cervical screening is offered to individuals with a cervix aged 25–64. This test detects HPV and early cell changes. Please attend when invited. Cervical cancer is one of the most preventable cancers.

If you've missed your screening or think you are overdue, please contact us to arrange an appointment.

Antimicrobial Resistance Awareness Week (18th–21st November)

Hopwood Medical Centre is supporting Antimicrobial Stewardship. Antiviral Prescribing Week highlights the responsible use of antiviral medicines and reinforces the importance of antimicrobial stewardship. As viruses evolve, using antivirals appropriately is essential to ensure they remain effective.

During this week, Hopwood Medical Centre focused on:

- Promoting evidence based antiviral prescribing
- Educating patients on the differences between viral and bacterial infections
- Reducing unnecessary use of medications
- Encouraging vaccinations as a first line of defence against viral illness

Ordering Your Prescriptions Before the Festive Period

The Christmas and New Year period can be a busy time, and pharmacy opening hours are reduced. To ensure you have enough medication to last through the holidays:

- Please check your repeat prescriptions in early December
- Order your medications at least 7–10 days before you are due to run out
- Use online services or the NHS App where possible to avoid delays
- Only order what you need to help reduce medicine waste

If you are going away over the Christmas period, please let us know in good time so we can help ensure you have sufficient medication.

Christmas & New Year Opening Hours

Our opening hours over the festive period will be as follows:

- Monday 22nd December: Normal opening hours
- Tuesday 23rd December: Normal opening hours
- Wednesday 24th December: Normal opening hours
- Thursday 25th December (Christmas Day): Closed
- Friday 26th December (Boxing Day): Closed
- Monday 29th December: Normal opening hours
- Tuesday 30th December: Normal opening hours
- Wednesday 31st December: Normal opening hours
- Thursday 1st January (New Year's Day): Closed
- Friday 2nd January: Normal opening hours resume

Please ensure you plan ahead for any appointments or prescription needs.

Urgent Care Over Christmas

If you need medical help during the holiday period, please see the below services.

- NHS 111 – For urgent medical advice, 24/7
- Local Pharmacy – Many offers extended or rota hours over the holidays.
- 999 Emergency Services – For life threatening emergencies only
- GP Extended Access Hubs

Stay Warm, Stay Well

If you need support with heating, winter wellness, or managing long term conditions, please speak to one of our team. We're here to help throughout the colder months.

Wishing all our patients a warm, safe, and healthy winter.