



Winter 2025

Bennfield Surgery Winter Newsletter



Practice News

Welcome to our Winter 2025 Newsletter and welcome to any new patients who have joined the practice since our last newsletter. As winter sets in we want you to stay healthy and warm so please read through the below advice.

We would like to take this opportunity to wish our patients a Merry Christmas and a Happy New Year.

The practice will be **closed on Christmas Day, Boxing Day and New Year's Day** but urgent help will be available through NHS 111.

We are continually looking to improve our services, so if you have any feedback on the newsletter, or for the surgery in general, please visit bennfieldsurgery.co.uk/contact-the-practice

Stay Well This Season

Cold weather can be tough on our health, especially for older adults. Make sure you keep warm indoors and get your flu vaccination to protect yourself and others. We have already given over 1000 vaccinations to eligible patients this flu season. Flu cases are on the rise, but there is still time for eligible patients to book a vaccination at the practice! Our friendly nurses will let you know if there are any other vaccinations you are eligible for, such as shingles or pneumococcal vaccination for our older patients.

Who's most at risk from cold weather?

People aged 65+, babies and children under 5 years, people on low income (so cannot afford heating), people with long term health conditions or disabilities, pregnant women, and people who have a mental health condition

If you feel unwell this winter seek pharmacy advice early. Most minor illnesses can be managed without a GP appointment. More info on this overleaf. www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/



**Protect your festive
season with a flu vaccine
Don't let flu ruin
your fun**

Rugby PCN Staff

Primary Care Networks (PCNs) are groups of practices that work together to enable greater provision of healthcare for people close to home. Bennfield Surgery is part of Rugby Health PCN along with all other practices in Rugby.

Rugby PCN deliver our Enhanced Access appointments for Rugby so you can see a GP outside of regular hours, these sessions are hosted at various alternative GP practices in Rugby.

In addition to providing out of hours GP appointments, the PCN employ several members of staff who we can refer you to, or in some instances, book you in with directly without needing to see the GP. A few of the clinicians you may meet are; Dietitian, First Contact Physio, Mental Health Workers, Podiatrist, Occupational Therapist, Pharmacist, Pharmacy Technician.

You may be directed to one of these clinicians when you submit an online consultation request, their waiting lists are usually not very long!

Treatment from a Pharmacist (Pharmacy First)

Pharmacists can suggest treatments that do not need a prescription for a range of conditions.

Most pharmacies can also offer prescription medicine for some conditions, without you needing to see a GP or make an appointment. This is called Pharmacy First. Conditions they can offer prescription medicine for are:

- impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
- earache (aged 1 to 17 years)
- sore throat (aged 5 years and over)
- sinusitis (aged 12 years and over)
- urinary tract infections (UTIs) (women aged 16 to 64 years)
- shingles (aged 18 years and over)

If you are not within these age ranges, a pharmacist can still offer advice and support decisions about self care treatment with over the counter medicines, but you may need to see a GP for treatment

www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/

Team Updates

This year we said farewell to our longstanding practice nurse Bev who has retired after 14 years in General Practice, as well as several years in secondary care. We wish her all the best.

We have also welcomed back Dr Shedu, who is a GP Registrar in his final year, you may remember Dr Shedu who had his first GP placement with us in 2023, and we welcome Dr Raj Nagarajan who is also completing his training and is with us until Aug 2026.

Rugby PCN have also provided us with an additional GP, Dr Radhika who has recently joined us for a Tuesday afternoon and all day on Wednesdays

NHS

Join your **Patient Participation Group**

PPGs represent patients and provide feedback on GP practices, helping to drive change




**#NotPart
oftheJob**

Now is a great time to decide on your New Years Resolution, and if you want to lose weight, get more active, quit smoking or stop alcohol, there is lots of support available to you.

Are you ready to improve your overall health and wellbeing, but not sure where to start? The free **NHS Healthy Choices Quiz** gives you guidance, based on your answers, to help you live a healthier life.

The quiz will take no more than 5 minutes to complete, and is intended for adults only

Visit www.nhs.uk/hcquiz



Better Health Let's do this

NHS

**No wrong answers,
just the right start.**

Search
**Healthy
Choices Quiz**

9:41
nhs.uk/better-health/healthy-choices-qu
NHS
Your Healthy Choices Score
6/10

National NHS Campaigns

January 2026	Dry January alcoholchange.org.uk/get-involved/campaigns/dry-january-for-workplaces
February 2026	Heart Month www.heartuk.org.uk/get-involved/Heart-Month-2025
4 February	World Cancer Day www.worldcancerday.org/
6 February	Time to Talk Day www.time-to-change.org.uk/get-involved/time-talk-day
March 2026	Brain Tumour Awareness Month braintumourresearch.org/pages/brain-tumour-awareness-month
March 2026	Ovarian Cancer Awareness Month ovarian.org.uk/get-involved/campaigns/
11 March	National No Smoking Day www.bhf.org.uk/information-support/risk-factors/smoking

How are we doing?

Your feedback is important to us. Please complete an NHS Family and Friends Test by visiting our website:

www.bennfieldsurgery.co.uk/friends-and-family-test/

Keeping Warm this Winter

Keeping warm inside during winter can help prevent illness. If you're struggling to heat your home due to the rising cost of living, Rugby Borough Council has information on their website below, including advice on who can access extra support. Please visit the below link for advice if you're struggling with the cost of living this winter.

www.rugby.gov.uk/w/help-for-households-and-businesses



 UK Government



For parents' questions,
BIG & small.

Can I get help with childcare costs?

How can I prepare my child to start school?

When should I wean my baby?



Advice and support for your child's development

From pregnancy to childcare right through to starting school.

Get advice and support at BestStartInLife.gov.uk



Need urgent help for a mental health crisis?

Call 111 and select the mental health option for 24-hour urgent advice and support.






111.nhs.uk

Useful contacts

Please click on contact title for more information.

Ambulance transport 01926 310312	Hospital of St Cross, Rugby Switchboard: 01788 572831	School Nursing team (COMPASS) 0330 024 5204—option 1
Blood tests (7-10am & 3-5pm) 02476 153546	Improving Access to Psychological Therapy (IAPT) 02476 671092	Sexual Health, Warwickshire 0300 123 6644, option 2
Booking Centre (for referrals) Phone: 0345 608 8888 Textphone: 0345 850 2250	Myton Hospice Support Hub, Rugby 01788 550085	University Hospital Coventry Switchboard: 02476 964000
Change Grow Live (CGL) 01926 353513	P3 Charity Freephone 0808 164 6220	Vasectomy Service 01788 559445
CHAT Health (text Service) Advice for parents of 0-5 year olds: 07520 615293 Advice for teens: 07507 331525 Parent line: 07520 619376	Physiotherapy 01926 600818 option 5	Voluntary Rugby Transport (small charge) 01788 561293
Cruse Bereavement Support 0808 808 1677	REFUGE Domestic Violence Service 0808 2000 247	Warwick Hospital Switchboard: 01926 495321
George Eliot Hospital, Nuneaton Switchboard: 02476 351351	Rugby Crisis and Home Treatment Team 0330 066 9645	Warwickshire Carer Wellbeing Service 02476 632972
Health Visiting 01788 555147	Rugby ROSA 01788 551151	Warwickshire Young Carers 01926 963940

Self referrals

Did you know you can self-refer to a number of services without needing to see a GP first.

- **Podiatrist**—please contact reception to book your Podiatry appointment
- **Physiotherapist**—Please contact reception to book your Physio appointment
- **IAPT**—Please contact 02476 671092
- **Stop Smoking**—visit: <https://fitterfutures.everyonehealth.co.uk/stop-smoking-service/>
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Bennfield Surgery

www.bennfieldsurgery.co.uk

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Rugby
CV21 2DN

01788 540860
✉ cwibc.bennfieldreception@nhs.net

Opening Hours:
Monday—Friday 08:00-18:30

Online Services

Avoid the phone queues!

You can use our website to submit a consultation request, order medications, request test results, sick notes and more!