



NEWSLETTER May 2025

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Welcome to our new look Newsletter

We hope you enjoy reading our new look newsletter. In addition to an update on matters of interest, we plan to include an update from the Practice, information about local health services and hopefully a health-related subject in each issue.

Please do let us know what you think: how can we improve this? Are there particular subjects you would like to hear more about?

If you would like to join our newsletter editorial team, contact Maureen by email : MerseaPPG@hotmail.com

Practice News

The revised Practice Website is now completed and available for patients to view. Take a look and let us know what you think – <https://westmerseasurgery.co.uk/>.

Nurse Hilary Body will be retiring from the NHS at the end of May, having worked as Lead Nurse and Specialist Diabetes Nurse at the Practice for 24 years, she will be greatly missed by both the practice and all the patients who know her. We wish her a happy retirement.

There have been some changes to service provision at the practice. Notably, the local physiotherapy service is no longer available; patients can self-refer online <https://www.physioselfrefer.co.uk/snee>

University of Suffolk— New Dental Facility

A new facility has opened at the University of Suffolk to provide 18,000 hours worth of treatments per year for Suffolk and North East Essex Residents.

The Chief Dental Officer for England believes similar facilities should be replicated in other coastal and rural communities across the country.

EXPO 2025

The annual Suffolk and North East Essex Integrated Care System EXPO event will take place this year on Friday 4th July 2025 from 9.30am–3.30pm at Rowley Mile Racecourse in Newmarket. Information about this event can be found on the Integrated Care System Website

<https://sneeics.org.uk/expo-2025>

The page includes the link to register to attend with a call for ideas for workshops, performances and demonstrations.

NHS App Support

Two further support sessions will take place at Mersea Library on Thursday 29th May from 10.30am and Thursday 19th June from 2pm. Contact the PPG to book a slot.

MerseaPPG@hotmail.com

Spring COVID Vaccination Programme

The NHS national online booking system has opened for 7.5million eligible people to book their spring Covid-19 vaccination.

Those eligible for this year's spring Covid-19 vaccine include adults aged 75 years and over (or nearing their 75th birthday), residents in care homes for older adults, and people with a weakened immune system who are at a greater risk from severe illness.

Thousands of appointments are available every day across the country, most at pharmacies, and they will continue to run until Tuesday 17th June.

As well as pre-booked appointments, there are walk-in appointments available every day, with a full list of locations on the NHS walk-in finder.

For more information, go to www.nhs.uk/nhs-services/ and click on [Find a walk-in COVID-19 vaccination site](#)

Veteran Friendly GP Practices

All GP practices in Suffolk and North East Essex are now accredited by the Royal College of General Practitioners. Practices have training to identify and understand the specific needs of their veteran patients.

Accredited practices have the expertise to meet the principles of The Armed Forces Covenant for veterans, which requires that no veteran should face disadvantages in accessing health services and should receive priority care for conditions arising from their military service, subject to clinical need.

The training supports clinicians to introduce a simple process for identifying veteran patients and make prompt referrals into specialist veteran healthcare support.

Practices are also trained to understand the veteran community and the barriers ex-service personnel and their families can face when trying to access healthcare after leaving the armed forces.

Health News – Diabetes

Diabetes type 2 is a significant chronic disease that can cause multiple health problems including higher risk of heart attack or stroke. Looking after yourself by maintaining a healthy weight and lifestyle can reduce your risk of developing this condition.

If you are between 40-74 can help identify if you are at risk, or speak to your health professional for advice if you are concerned – see www.nhs.uk/conditions/nhs-health-check/

Symptoms of diabetes can include the following

Increased thirst	Blurred vision	Non-healing wounds
Tiredness	Weight loss	

For further tips and advice on preventing diabetes have a look at *Diabetes UK: How to prevent type 2 diabetes* – go to www.diabetes.org.uk/ and click on 'TYPE 2'

Prevention is always better than cure!

BREAST SCREENING

Breast Cancer is the most common cancer in the UK. It is important that patients see their GP if they have any concerns about changes to their breast or lumps or breast pain. The Breast Screening Programme is a three yearly programme of mammograms offered to all women aged between 50 and 70 years.

Women over 70 can self-refer to the breast screening service in Colchester Hospital.

For more information go to www.esneft.nhs.uk/ and search 'breast-services'

Mersea Surgery Development

The Surgery Development continues to interest patients and the PPG. The Integrated Care Board and the GP Practice have some more discussions planned to finalise a few issues before work can commence at the Barfield Road site. The planning application made by the new owners of the Kingsland Road Surgery has been agreed by Mersea Town Council and awaits discussion at the Colchester Planning Committee.

PPG AWARENESS WEEK

31st May to 6th June

Aim is to promote PPGs

The PPG is open to patients (and their carers) who are registered with the Mersea Island Medical Practice. Information about the PPG is available on the Practice Website at

**www.westmerseasurgery.co.uk
To find out more or join the PPG contact Maureen at MerseaPPG@hotmail.com.**