

# **CASTLE DONINGTON SURGERY**

## **Patient Participation Group:**

### **NEWSLETTER FEBRUARY 2026**

#### **We are always looking for new members to join us at the PPG.**

A Patient Participation Group (PPG) is a group of patients, carers and GP practice staff who meet to discuss practice issues and patient experience to improve the service. The purpose of a PPG: To give patients and practice staff the opportunity to meet and discuss topics of mutual interest.

Here in Castle Donington, we are a small group of people who meet bi-monthly and utilise social media with up-to-date information.

Welcome to our Newsletter. We hope you find it informative. You can also find us on Facebook. Please call Pauline Johnston (Chair) 01332 810366

#### **It's still Winter so be careful out there!**

Snow, ice and rain can make walking and driving treacherous. It's so easy to fall and end up in an already overcrowded A & E.

Make sure you clear your driveway to prevent slips and falls and make sure your car is Winter ready.

#### **Influenza and Vaccinations**

If you are eligible, you can still book your flu vaccination & Covid from Evans Pharmacy - contact details 01332 810213 or via the national booking system, just search "book a vaccination NHS" or visit <https://www.nhs.uk/nhs-services/vaccination-and-booking-services/>

The children's flu vaccine is offered on the NHS every year in autumn or early winter. It's recommended for: children aged 2 or 3 years on 31 August 2025 (born between 1 September 2021 and 31 August 2023) and children aged 4 years who have not started school yet. – contact the surgery for an appointment

School-aged children (Reception to Year 11) - get their flu vaccine at school. Children aged 6 months to 17 years with certain long-term health conditions – contact the surgery.

If your child is 17 years old and over, and does not have a long-term health condition, they are not eligible for the flu vaccine.

If you do become ill with either virus keep warm, drink plenty of fluid, stay indoors or bed so you do not spread the infection further. Take paracetamol.

If you are very unwell phone 111

#### **How to access services Right Care Right Place**

Information from <https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/find-the-right-service/need-help-fast/>

Pharmacies, NHS 111, Walk in centres (Loughborough, Derby)

## Castle Donington Surgery

The Surgery are experiencing very high call levels at the moment and ask for understanding and patience, the new telephone system is so much better but still under pressure at this time of the year.

They ask you to be mindful of other services available such as the Pharmacy or 111

[www.castledoningtonsurgery.co.uk](http://www.castledoningtonsurgery.co.uk) – 01332 856050

### **Practice Opening Hours**

**Monday – Friday 8am – 6.30pm**

### **New “ARRS” GP**

We have a new GP to help with winter pressures. Dr S Makwana. Started 15th December providing 4 sessions a week until the end of March 2026. He has been employed via the PCN under the ARRS (Additional Roles Reimbursement Scheme).

### **Friends and Family Test**

The practice results of the friends and family test, rating either “good” or “very good”

<b>November 25</b>	<b>December 25</b>	<b>January 25</b>
96.1%	95.7%	96.5%

We thank everyone who continues to provide feedback.

### **Appointments**

We want to thank everyone who manages to attend their appointments. We know life can sometimes get in the way, that’s why we try to make it as easy as possible to cancel your appointments, should you need to. Use the link in your reminder texts, use the “contact us online” options or cancel directly via your NHS App. Attendance rate for January 26 was 97.3%

Unfortunately, this does leave a small minority who fail to let us know when they can not attend their appointments. In January 26, this accounted for 14 hours in GP time and 19 hours for other clinicians in the practice.

### **How to book an appointment – since the national imposed changes**

If you feel your request can not wait, we ask patients to call reception.

Otherwise, we ask patients to send us their request for an appointment using the “Contact us online” option on our website. This feature should also be available within your NHS App.

For those who are not tech-savvy, or do not have access to the internet, please call the practice as usual. A member of the team will fill the request in for you and discuss how you wish to be contacted back.

Here are some interesting numbers regarding the number of requests we receive online.

<b>November 25</b>	<b>December 25</b>	<b>January 25</b>
1,200	1,100	1,500

## Pharmacy First

The Pharmacy is an excellent place for advice and help for minor ailments and treatments. Patients can self-present to any local pharmacy, or you may be referred by the practice.

The following table shows the 7 conditions pharmacists can manage as part of “pharmacy first”.

Acute otitis media (earache symptoms)	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infections	Women 16-64 years

**Most local pharmacies, also offer a wider range of services such as Contraception Pill Checks/Reviews and Blood Pressure Monitoring.**

For more information about the Pharmacy First Scheme visit;

<https://www.england.nhs.uk/primary-care/pharmacy/pharmacy-services/pharmacy-first/>

## Warm Spaces & Community Support

Several local venues in and around Castle Donington offer **warm, welcoming spaces** where residents can spend time during the day, enjoy a hot drink, and meet others:

### **Castle Donington Community Hub**

A warm and friendly space in the heart of the village offering social activities, company, and support throughout winter. It's a great place to meet neighbours, enjoy a hot drink, and find out about local services.

**Address:** 101 Bondgate, Castle Donington, DE74 2NR

**Contact:** 01332 810432 (Castle Donington Parish Council)

The Hub often hosts community events, information sessions, and support services, check local noticeboards or call ahead for current activities.

### **Warm Welcome Space at St Edward's Church Hall**

**Every Friday, 10:00 am – 3:00 pm**

**Address:** St Edward's Church Hall, St Anne's Lane, Castle Donington, DE74 2JH.

A warm, relaxed space open to **everyone** in the community.

Enjoy free hot and cold drinks and refreshments.

A chance to **chat**, do a jigsaw, colouring, games, or just sit quietly with others.

Friendly volunteers are there to welcome you — no need to sign up, just drop in.

**North West Leicestershire District Council** can offer advice on heating support, benefits, and cost-of-living help.

<https://www.nwleics.gov.uk/pages/costofliving>

<https://www.castledonington-pc.gov.uk/community-warm-hub>

<https://www.warmwelcome.uk/#find-a-space>

### **Winter Events in the Village**

Castle Donington has a strong community spirit. Look out for village events advertised.

## **Mental Wellbeing Support**

Winter can affect mood and wellbeing. Support is available, you can access without the need for an appointment.

NHS mental health support is available without needing to struggle alone.

Mental Health Central Access Point; <https://www.leicspart.nhs.uk/service/central-access-point/>

Self-refer for support, - <https://vitahealthgroup.co.uk/nhs-talking-therapies/leicester-leicestershire-rutland/>

Local Mental Health Support - <https://www.leicspart.nhs.uk/mental-health/i-need-help-now/>

There is also information for carers available here.

Local community groups....

## **Keeping Yourself Healthy by Testing**

### **NHS Cervical Test Screening**

The NHS cervical screening guidelines are designed to ensure the health of the cervix and prevent cervical cancer. Here are the key points of the guidelines.

All women aged 25 to 64 are invited for cervical screening every 5 years to check the health of their cervix. Cervical screening used to be called a smear test.

Everyone with a cervix should go for cervical screening.

If you're a trans man or non-binary and have a cervix, you can speak to your GP, sexual health clinic or transgender health clinic about getting invitations routinely.

It's not a test for cancer; it's a test to help prevent cancer.

During the screening appointment, a small sample of cells will be taken from your cervix.

The nurse or doctor will tell you when you can expect your results.

### **NHS Breast Screening**

You will automatically get your first invitation for breast screening between the ages of 50 and 53. You'll then be invited every 3 years until your 71st birthday.

If you're transgender or non-binary and you would like to be invited for breast screening, ask your GP surgery for advice.

You need to be registered with a GP surgery to be invited for breast screening.

If you have not been invited for breast screening by the age of 53 and think you should have, contact your local breast screening service.

### **NHS Prostate Testing**

The NHS does not provide a mass screening for Prostate Cancer, but it does provide guidelines for prostate testing, particularly for men without symptoms. Here are the key points regarding prostate testing under NHS guidelines:

1 in 8 men are likely to develop symptoms and, if you are Black then the risk is double.

PSA Testing: A PSA test measures the level of prostate-specific antigen (PSA) in the blood, which can indicate prostate conditions such as cancer or an enlarged prostate. It is recommended for men up to the age of 80..

Testing Process: The test is usually done at a hospital or GP surgery and involves a blood test. It is important to avoid certain activities and foods 48 hours before the test to ensure accurate results.

Results and Follow-up: Results are typically available within 1 to 2 weeks. If the PSA level is raised, further tests such as a biopsy or MRI scan may be recommended.

Support and Advice: Men can discuss the benefits and risks of the PSA test with their GP and can also use the NHS App or website to view their test results online.