



Give your children a Bright Start in Life

Why are vaccines important?

Vaccines have been around for a long time and have been saving lives in the UK for decades. They undergo rigorous research, safety testing and monitoring to make sure they are safe for you and your family. As a parent or carer, you'll know how easily germs can spread among children and how difficult it can be to avoid this from happening. Vaccination helps provide peace of mind that your child is protected from many serious and potentially deadly diseases. When you take your child for their vaccines, you're not only protecting them but you're also helping to keep other people you care about safe too. They help stop dangerous diseases from spreading in local communities. So, by keeping up to date with your child's vaccines, you can also help keep those who are most vulnerable safe, including babies, people living with certain health conditions and older people.



What vaccinations does my child need?

8 Weeks	12 Weeks	16 Weeks	1 Year	2-10 Years	3 Years & 4 MONTHS
6-in-1 vaccine	6-in-1 vaccine (2nd dose)	6-in-1 vaccine (3rd dose)	Hib/MenC MMR	Flu vaccine (every year)	MMR (2nd dose)
Rotovirus vaccine	Pneumococcal (PCV) vaccine	MenB (2nd dose)	Pneumococcal (PCV) vaccine (2nd dose)		4-in-1 pre-school booster
MenB	Rotovirus vaccine (2nd dose)		MenB (3rd dose)		

Has your child had their pre-school immunisations?

If your child is aged between three and five years old, they should be up to date with their immunisations before starting school. These pre-school immunisations (also known as vaccinations) will help protect your child against many serious infections, for example, there is currently a large measles outbreak in London. Now is a good time to catch up with any of the usual immunisations your child may have missed as a baby or toddler. Just ask reception about catch-up doses.

It is never too late to have your child immunised.



How to take care of your baby or toddler's teeth

Once your baby's first milk tooth breaks through, it's time to start showing them good dental hygiene. It's important for your child to have healthy teeth. They help them eat, speak, and smile confidently. Milk teeth also help to align and space their permanent teeth.

You can help your little one maintain a lifetime of healthy smiles by teaching them good dental habits, such as regular brushing and not eating or drinking too much sugar

For more information got o

<https://www.nhs.uk/start-for-life/>

Confirm and cancel appointments- made easy!

You now have the option to confirm or cancel your upcoming appointments whether we are open or closed! You no longer need to speak to a member of staff! Simply phone the surgery on 0208 530 4108, press Option 1 and follow the instructions.

Faster and more accurate X-rays at Whipps Cross

We are delighted to hear about the completion of the GP X-ray refurbishment at Whipps Cross Hospital. The newly upgraded X-ray facility features state-of-the-art technology, enhancing their ability to provide high-quality diagnostic imaging. This improvement will lead to faster, more accurate results and a better overall patient experience.

Key features of the refurbishment include:

- Advanced imaging technology enabling precise diagnostics.
- A second X-ray room to facilitate a walk-in service, specifically for community patients referred for an X-ray by their GP.

Walk-In Service

Operating times: 09:00 to 16:00, Monday to Friday.

This service is for all X-ray referrals.

You no longer need to book an appointment. This will improve your access to the X-ray service and reduce delays to your care.

Please be aware that you still need your GP to refer you for an x-ray and the requests are only valid for 3 weeks from the time of requesting.

Redbridge Quits Smoking

Want help to quit smoking? Our specialist advisors can help.

Redbridge Quits Smoking provides advice and support to anyone aged 12+ who is connected to Redbridge – whether they live, work, study or are experiencing homelessness in the local area.

How we can help

- One-to-one sessions with a trained specialist advisor.
- Free nicotine replacement therapies for up to 12 weeks.
- Free vape kits and refills for up to 12 weeks.
- Specialist support for:
 - People who are pregnant or breastfeeding, and their partners.
 - People with a mental health diagnosis who are dependent on tobacco.
- We provide workshops and advice to young people and those who care for them or work with them about vaping.
- We provide training to professionals about smoking cessation and how to encourage people to accept a referral to us.



Register with us

However long you have smoked for, stopping will immediately help your physical and mental health. You can refer yourself to our service in any of the following ways:

Complete our simple contact form on our website

www.viaorg.uk/services/redbridge-quits-smoking

Call us on: 0300 303 2715

Text: BREATHE to 82228

Email: rqs@viaorg.uk



We value constructive feedback that helps to drive improved services, so don't hesitate to share your thoughts.

If your feedback relates:-

1) **THE SHRUBBERIES MEDICAL CENTRE MON – FRI 8.00 – 18.30** please ask for a feedback form at reception or go to our website

[Feedback - The Shrubberies Medical Centre](#)

2) **HEALTHBRIDGE DIRECT EVENING & WEEKEND CLINICS**

Go to their website [Contact – HealthBridge Direct](#)

Or phone **020 3981 3500**



We have an active Patient Participation Group which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested? Please contact **Michelle Greene 07941 077350**

Did not attend Appointment

Between **1 June and 31 July** we booked

5357 appointments.

189 patients did not attend (DNA)

Each missed GP appointment costs the NHS an average of **£30** per person (Source: [NHS](#)).

If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.

Who's who!



Dr Alexandra Chesworth

MBBS MRCGP DRCOG DFFP

Dr Chesworth graduated from Charing Cross and Westminster Medical School in 1991.

She completed her GP training in London .

She also worked for some years in Sexual Health at Kingston Hospital.

Dr Chesworth continues to be particularly interested in sexual health and women's health care .