



MILL ROAD SURGERY 47 MILL ROAD COLCHESTER ESSEX CO4 SLE  
Telephone 01206 845900 [www.millroad-surgery.co.uk](http://www.millroad-surgery.co.uk)

# MILL ROAD SURGERY NEWSLETTER

AUTUMN 2025 ISSUE 35

Compiled by the Patients Participation group (PPG)

## GP Patient Survey Results

We are very proud to have scored the most overall positive patient experience in the 2025 GP Patient Survey for Colchester, and second in amongst Colchester and Tendring. We thank all staff and PPG members for their continued support and engagement with the aim of increasing patient care at Mill Road Surgery.

## Staffing

In June we said goodbye to Shelley our Practice Nurse who is now enjoying retirement, and we welcome Lindsey who has joined us from Rowhedge surgery. Lindsey has already found her feet at the surgery and has been supporting patients with chronic condition management and diabetic care.

We are also saying goodbye to our three GP registrars who are progressing to their next stage in their training rotation. Dr Qutaiba Assaf, Dr Lea James and Dr Onyema Nnadozi have all supported our patients with great care and we are grateful for the support they have given. We now welcome three new GP registrars, Dr Sunny Ardeshta, Dr Gregory Hayman, and Dr Olawumi Ogunrinde who will be with us for the next year and will be supervised by Dr Chopra and Dr Senthilnathan.

## COVID & Flu Vaccination

We will be sending out invitations for the Autumn COVID and flu vaccinations shortly and will be offering a mixture of weekday and weekend clinics. It is worth noting that this

year's COVID programme is now from 75+ years old and those who are immunosuppressed from 6 months and over, as opposed to the previous eligibility age of 65+ and those immunosuppressed. Flu vaccination eligibility remains at 65 years old and above and those who are immunosuppressed, the same as Autumn 2024

We always have our 'Friends and Family Test' leaflets outside in the foyer of the surgery which encourages any feedback from patients about their experience with the surgery, this is a chance to offer anonymous feedback to us and we read them once per month and have around 100 per month completed which we use to shape the surgery.

## APPOINTMENTS

DNA's (Did not Attend)  
Last Quarter  
(MAY – JUNE – JULY)

# 756

If you are unable to keep your appointment Please cancel by phone, as this leaves a space for other patients, **IN TURN**, if other patients cancel their appointment, this will leave a space for **YOU**.



## England Measles Epidemiology 2025

This report describes measles epidemiology in England from 1 January 2025.

In 2024 there were 2,911 laboratory confirmed measles cases in England, the highest number of cases recorded annually, since 2012. This was initially driven by an outbreak in Birmingham but was soon overtaken by a large outbreak in London, with small clusters in other regions. Case counts followed a downward trajectory from mid-July with small, localised outbreaks continuing in some regions. Here we present the epidemiology for measles from 1 January 2025. Data for 2023 and 2024 and historical data is available.

Since 1 January 2025, there have been 529 laboratory confirmed measles cases reported in England, an increase of 109 cases since the last report on 5 June 2025 (Figures 1 and 2).

### Summary

The number of laboratory confirmed measles cases by month of symptom onset in 2025 to date are:

January: 88

February: 68

March: 68

April: 108

May: 128

June: 69 (to date)

The majority (357 of 529, 68%) of these cases were in children aged 10 years and under, and 27% (142 of 529) were in young people and adults aged 15 years and over (Table 1). 44% (233 of 529) of these cases have been in London, 12% (64 of 529) in the East of England, and 12% (64 of 529) in the

The vaccination status of all confirmed cases is published quarterly in the health protection reports.

No acute measles-related deaths have been reported so far in 2025. Information on historical measles-related deaths is available on the notifications and deaths webpage.

### Recent activity

There have been 68 laboratory confirmed measles cases with symptom onset date in the 4 weeks since 2 June 2025. Data reporting lags have had the greatest impact on the most recent 4 weeks and therefore the reported figures are likely to underestimate activity.

**DON'T WAIT  
VACCINATE**

### **PPC** PRESCRIPTION PREPAYMENT CERTIFICATE (PPC)

If you have more than one chargeable prescription per month then you may wish to consider a PPC. With single items charged at £9.90 it could make your prescriptions cheaper.

Charges for a PPC are as per below, with prices often not going up as quickly as for individual items.

**£32.05 for three months**

**£114.50 for twelve months**

You can buy in 10 monthly instalments if buying 12 months.

For more information, please use contacts below or speak to the dispensary in the surgery who can guide you. **0300 330 1341**

<https://www.gov.uk/get-a-ppc>

If you have been prescribed an eligible hormone replacement therapy (HRT) you can buy a HRT PPC for £19.80 for 12 months. There is no limit to the number of items you can have in the 12 months. You will save money if you buy more than two items in a year.

If your HRT medicine is not covered, or you also get prescriptions for items other than HRT medicine, you may save more with a 3 or 12 month PPC that covers all NHS prescriptions.

# HEALTH TIPS FOR AUTUMN

## Boosting Immunity: Eat seasonal foods:

Incorporate fruits and vegetables like pumpkins, apples, and sweet potatoes into your diet, as they are rich in vitamins and antioxidants.

## Stay hydrated:

Drink plenty of water, even as the weather cools down, to help flush out toxins and support overall health.

## Consider supplements:

Vitamin D, vitamin C, and zinc can be beneficial for immune support, especially with the decrease in sunlight during autumn.

## Staying Active:

Embrace the cooler weather: Go for walks, enjoy outdoor activities, or try indoor workouts to stay active and maintain energy levels.

Exercise regularly: Physical activity helps boost your immune system and improve your mood.

## Prioritizing Rest and Hydration:

### Get enough sleep:

Aim for 7-9 hours of sleep per night to allow your body to repair itself and maintain a strong immune system.

### Additional Tips:

#### Manage stress:

Find healthy ways to manage stress, such as mindfulness, spending time in nature, or engaging in hobbies.

#### Dress warmly:

Layer your clothing to adjust to fluctuating temperatures and protect yourself from cold and chills.

#### Practice good hygiene:

Wash your hands frequently to prevent the spread of germs.

## Consider flu vaccinations:

Consult with your healthcare provider about getting a flu shot.

## COLCHESTER & TENDRING SURGERY PATIENT SURVEY 2025

COLCHESTER and TENDRING'S doctor's surgeries survey, rated by patients, showing firstly positive and secondly negative replies.

Across the country, 53 per cent said it was easy to get through by phone, with 51 per cent saying it was easy to get in contact via the website and 49 per cent Nationally, 75 per cent of the respondents said they have a good overall experience at their GP via the NHS app.

GREAT BENTLEY SURGERY	90.61 - 2.52
<b>MILL ROAD SURGERY</b>	<b>88.59 - 1.09</b>
COLNE MEDICAL CENTRE	86.40 - 6.15
COLCHESTER MEDICAL PRACTICE	85.68 - 8.61
LAWFORD SURGERY	85.65 - 5.40
HAREWOOD SURGERY	83.95 - 3.76
ST. JAMES SURGERY	830.5 - 2.17
THE ARDLEIGH SURGERY	82.18 -11.27
ABBEY FIELD MEDICAL CENTRE	81.60 - 6.66
BLUEBELL SURGERY	81.51 - 7.83
RANWORTH SURGERY	81.38 - 4.69
HIGHWOODS SURGERY	80.38 - 6.42
WALTON MEDICAL CENTRE	80.08 - 8.08
THE EAST HILL SURGERY	80.01 - 8.89
ROWHEDGE SURGERY	79.42 - 4.82
EAST LYNNE MEDICAL CENTRE	79.20 - 9.02
THE RIVERSIDE HEALTH CTR	76.20 -12.43
WINSTREE MEDICAL	75.69 -15.53
CARADOC SURGERY	74.35 - 6.38
WEST MERSEA SURGERY	73.91 -12.30
THORPE-LE-SOKEN SURGERY	73.77 -20.03
TIPTREE MEDICAL CENTRE	73.28 14.26
WIVENHOE SURGERY	70.54 - 7.02
OLD ROAD SURGERY CLACTON	67.99 - 9.55
TURNER ROAD SURGERY	67.36 -10.81
MAYFLOWER CENTRE DOVERCOURT	66.98 - 9.00
TOLLGATE HEALTH CENTRE	66.09 - 27.15
CREFFIELD MEDICAL GROUP	64.58 - 15.55
NORTH CLACTON PRACTICE	58.73 - 16.00
AMBROSE AVENUE GROUP	54.60 - 36.39
FRONKS RD SURGERY DOVERCOURT	52.89 -23.58



Stoptober is an annual campaign in the UK that encourages smokers to quit for the month of October. It's a 28-day mass quit attempt, with evidence showing that if someone can stay smoke-free for that period, they are five times more likely to quit for good. The campaign provides support and resources to help smokers quit, and highlights the health, financial, and social benefits of stopping smoking.

#### **Here's a more detailed breakdown:**

##### **What it is:**

Stoptober is a public health campaign that takes place every October in the UK to encourage smokers to quit for the 28 days of the month.

##### **Why 28 days?**

Research shows that if a smoker can quit for 28 days, they are significantly more likely to quit for good.

##### **What it offers:**

The campaign provides a range of resources and support to help smokers quit, including the NHS Stop Smoking app, text support, and advice.

##### **Benefits of quitting:**

Stopping smoking has numerous health benefits, including improved lung health, better circulation, and reduced risk of smoking-related diseases. It also has financial benefits (saving money) and social benefits (avoiding second-hand smoke).

##### **Who it targets:**

While aimed at all smokers, Stoptober often focuses on specific demographics like those in routine and manual jobs and those aged 25-50, who may be more likely to be smokers.

#### **How to get involved:**

Individuals can sign up for the campaign, download the Stoptober app, and access support resources on the Better Health website, [www.nhs.uk](http://www.nhs.uk). Employers can also get involved by supporting their employees in their quit attempts.



The graphic features a group of diverse silhouettes of people at the top. Below them is a red banner with the text 'Patient Participation Group'. Underneath the banner, the text reads: 'ARE YOU INTERESTED IN JOINING THE PATIENT PARTICIPATION GROUP (PPG)'. This is followed by the instruction: 'Please see our PPG noticeboard in the waiting room or contact us via the online form on our website'. At the bottom, there is a blue hyperlink: <https://www.millroad-surgery.co.uk>.

**Any comments or queries or wish to receive future copies by email, send to**  
**Mill Road Surgery Patient Participation Group at**  
**[mrsppgc@gmail.com](mailto:mrsppgc@gmail.com)**