

The Surgery Newsletter

Produced by the Prospect House Patient Participation Group



Hello Fellow Patients.

Your surgery is preparing for winter. This issue of our Newsletter focusses on:

Vaccinations for the whole family.

Men's Health

"Introduction to basic life support & First Aid at home"



VACCINATIONS

NHS VACCINATIONS AND WHEN TO HAVE THEM

To see the NHS vaccination schedule, follow this link to [NHS vaccinations](#)

The schedule includes the following headings:

Vaccines for babies under 1 year old

Vaccines for children aged 1 to 15 years

Vaccines for adults

Vaccines for pregnant women

Extra vaccines for at-risk people

It's important that vaccines are given on time for the best protection, but if you or your child missed a vaccine, contact your GP to catch up. Our surgery emphasises the following:

HPV vaccinations are available for 18-25 year old patients who did not have it at school.

The MMRV now includes protection against chicken pox as well as mumps, measles and rubella(German measles)"

The RSV (respiratory syncytial vaccine) is now being offered to all those aged over 75 years with no upper age limit.

MENINGITIS

Meningitis vaccine is routinely offered to babies (at the surgery) and to school children around the age of 13 years. **Men B Campaign (2026-27)** offers the vaccine to young people who have not previously had one. Two doses are required at least 4 weeks apart.

First dose is available until 21st December and the second until 31st March. Age criteria :- those born between 1st September 2007 and 31st August 2008. Registered GP patients can book appointments through the [NHS Book a Men B Vaccination Service](#). or call 119.

For those born after 21st July 2001 and starting university or residential education for the first time in Autumn 2026- available via participating pharmacies without needing a GP registration; please bring proof of your Course offer. Continued below ↓

Flu clinics at PH will commence on:-

1st September- Pregnant patients and children aged 2-3 years

1st October -18 - 64 age group who are vulnerable or eligible for other reasons eg. a Carer registered at the practice

Everyone 65 years and over. Please make an appointment. As the practice receives funding for flu vaccinations you are encouraged to use the service they provide if at all possible.

MEN'S HEALTH - MAKE THAT APPOINTMENT TODAY!!!

"Make that appointment" was the main takeaway from the highly successful evening on Men's Health organised by the Surgery and PPG on 16th July. Nearly 50 people attended the interesting and informative evening, led by Dr Moukli and Consultant Urologist Dr Neil Halder. We then heard from patient Neil Stephens who has suffered from Prostate Cancer and gave his own story of the journey he has travelled. Dr Moukli stressed that men are far less likely to "make that appointment" for delicate issues and often only attended the surgery when their wives or partners encouraged them to do so, which might then be too late for complete recovery.

The evening covered prostate cancer, bladder cancer, erectile dysfunction, and kidney stones with the message that a change in lifestyle, including quitting smoking, losing weight and becoming more active, can all have a hugely beneficial result on a difficult prognosis despite other factors like genes or ageing. Active surveillance is also key – 60 seconds per month to check for lumps and hard spots and any changes and then –make that appointment!!

Thank you to Tracey James in particular for masterminding such a successful event.

Dr Moukli emphasises the importance of recognising Prostate Cancer

Prostate cancer: know the signs, know your risk

Prostate cancer is the most common cancer in UK men, yet in its early stages it usually causes no symptoms. That's why knowing your risk matters as much as knowing the signs. When symptoms appear, they often affect your waterworks. You might need to pass urine more often, especially at night, or feel a sudden urge to go. You might have trouble starting, a weak flow, or a sense that your bladder hasn't fully emptied. A harmless enlarged prostate is the more common cause, but these symptoms are still worth checking. See your GP promptly if you notice blood in your urine or semen, unexplained back or bone pain, or weight loss. Your risk rises after 50. It is higher if you are Black or if a close relative has had prostate, breast or ovarian cancer.

The main test is the PSA blood test. It is useful but imperfect. It can miss some cancers and pick up others that would never cause harm, which sometimes leads to unnecessary biopsies and treatment.

In June 2026, the government accepted new expert advice to introduce targeted prostate screening in England, expected from 2027. Men aged 45 to 61 who carry a BRCA2 gene change and have a relevant family history of cancer will be offered a PSA test every two years. Routine screening for all men is not recommended.

If you are over 50, or over 45 and at higher risk, you can still ask your GP about a PSA test and talk through the pros and cons together.

Next Prospect House/PPG Educational evening on October 8th

An educational event on "Introduction to basic life support & First Aid at home" will be held at Oldham Hall. Numbers are limited. If you are interested, please contact the surgery on 01494 862325 or by email at 'prospect.house@nhs.net'

The aim is to provide you with the confidence to manage and support your loved ones whilst waiting for help to arrive.

Thursday 8th October 2026 7pm – 9pm, Oldham Hall, Great Missenden, HP16 0BA

Presenters:

1. Dr Ahmad Moukli, Prospect House Lead GP
2. Keir Ayling, First Aid Instructor



Topics:

1. Basic Life Support at home, including CPR and choking
2. Basic first aid at home
3. How to recognise signs of a stroke or heart attack, and what to do until help arrives



LUNG CANCER SCREENING

Lung cancer screening in Buckinghamshire is available through the NHS Lung Health Check programme, run locally by Buckinghamshire Healthcare NHS Trust via Stoke Mandeville Hospital.

Who is Eligible?

Age range: Individuals aged 55 to 74 years.

Smoking history: Current smokers or those with a history of smoking.

Invitations: Eligible patients registered with a local GP receive an invitation letter in the post with instructions on how to take part.

We strongly encourage you to watch this very powerful preventive care [Lung Cancer Screening video](#). It features Lynne Colley and Rimple Patel from our Primary Care Network and Dr Mallard Smith, a former GP, and now cancer lead for our PCN.

Please go to [NHS Lung Cancer Screening](#) for details, or to [The Roy Castle Lung Cancer Foundation](#) for further information.

Books are turned into toys!

Here are some new toys funded by the book exchange in the surgery.

Please donate books, and buy any that interest you or your family & friends.



MID CHILTERNS Primary Care Network

PCN's were set up to provide local health services in partnership with GP practices.

A PCN may work with a group of practices or with just one or two. The average total number of patients covered by one PCN is around 70,000.

Five local practices make up our PCN . It is run by several teams working with social care, voluntary and community groups and local people .These include the services of :-

Pharmacy ; Health & Wellbeing and Care Co-ordination.

For Health and Wellbeing services you can ask your GP to refer you or do it yourself.

Group and individual sessions are available for improving both your mental and physical health including life styles, managing your cholesterol, pre diabetes or the menopause.

Please [FOLLOW THIS LINK](#) to see a short video that shows how they work.

To find out more about the PCN, including two new sessions on Health and Wellbeing and Pre-diabetes, follow the link to [Mid Chiltern PCN](#)

NHS Pharmacy First Project

Thank you to those patients at PH who responded to the PPG questionnaire about knowledge of Pharmacy First and to the PPG committee member who designed and analysed the results. A summary is included below.

All results have been shared with other PCN practices in the area and a plan for the next step, based on the findings, is now being developed.

For comprehensive information about Pharmacy First and when to use it, please follow this link to [NHS Pharmacy First](#)

Summary of results:

- About three-quarters of respondents had heard of Pharmacy First
- There seems to be limited understanding of the detailed scope and eligibility criteria
- There is some evidence that pharmacies are already regarded as a potential first source of healthcare advice
- There appears to be a need to convert general awareness into understanding of what the service provides

OPENING HOURS AND TRAINING - Monday-Friday

08.00-18.30 Dr IQ powered by Evergreen is available for on-line consultations

08:00-18.30 Reception is open

08:30-18:00 Telephone lines are open

Urgent on the day telephone appointments are released at 8:30 and at 14:00.

Follow link to [PH web site](#) for more information and on Facebook for up to date surgery news at [Prospect House on Facebook](#)

Training days : Thursday 15/10, Tuesday 17/11, Wednesday 13/01