Ringmead Medical Group

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March 2026 Patient Newsletter

Welcome to Our New GPs

We are delighted to welcome Dr Edmeades and Dr Muzaffar to Ringmead Medical Group.

Welcoming new patients

We are open to registering new patients from Bracknell and the surrounding areas, including Crowthorne, Sandhurst and Owlsmoor. We offer both remote (telephone or video) and face-to-face consultations, including same-day urgent appointments, routine appointments, and pre-booked late evening and Saturday appointments.

MMRV Vaccine – Protecting Your Child

A new combined MMRV vaccine is now available, protecting children against measles, mumps, rubella, and chickenpox in a single injection. These illnesses are highly contagious and can sometimes lead to serious complications.

The combined vaccine helps prevent pneumonia, meningitis, hearing loss, and complications during pregnancy. It also reduces the number of injections your child needs, making vaccination simpler and more convenient.

Stop Smoking – NHS Support

Quitting smoking is one of the best things you can do for your health, and the NHS offers free support to help you succeed.

What is on offer:

- One-to-one advice with trained stop-smoking advisors
- Nicotine replacement therapy (NRT) such as patches, gum, or lozenges
- Support for e-cigarette users who want to quit smoking.

How it works:

- Talk to your local pharmacy, GP practice, or stop-smoking service.
- Receive a personalised quit plan, including guidance and medication if needed.
- Benefit from regular follow-ups to stay on track and manage cravings.
- Call: 0800 622 6360 or 0118 449 2026.
- Text: "QUIT" to 66777.
- Website: Visit Stop Smoking Berkshire | Smokefreelife Berkshire to register for the service. – They can offer a free wellness support coach. It is also a self-referral service.
- Quit smoking - Better Health - NHS - The power to quit is in your hands with the NHS Quit Smoking app.

Kamsons Pharmacy

Offer a professional ear wax removal service at selected Berkshire branches for adults aged 18 and over.

Who is this service for?

- This service is suitable for patients who may be experiencing:
- Blocked ears
- Reduced hearing
- Discomfort caused by wax build-up

How to book

- A referral is required via your GP practice or pharmacy under “Hearing Health Review.”
- Once they receive your referral, Kamsons team will contact you to arrange an appointment.
- They do not offer walk-in appointments for ear wax removal.

NHS Health Checks

Spring is a great time to ‘spring clean’ your health. People aged 40–74 years old are eligible for a free NHS Health Check every five years, designed to spot early signs of conditions such as heart disease, stroke, diabetes, and kidney disease. This check is intended for individuals who do not already have diagnosed conditions like these. It is also a good time to catch up on screening programmes such as cervical, breast, and bowel screening.

New Pharmacy Contraceptive Pill Service

Pharmacists can now provide the contraceptive pill for both starting & repeat supplies through the NHS Pharmacy Contraception Service, eliminating the need for a GP. The service is free, confidential, and involves a private consultation to check health details, including blood pressure and BMI. You can access the service by visiting.

https://www.nhs.uk/nhs-services/pharmacies/find-a-pharmacy-offering-contraceptive-pill-without-prescription/

Please note: This service is for contraceptive purposes only and cannot be used for acne, heavy periods, PCOS, or other non-contraceptive reasons.

Practice Overview -

Rapid Health	Jan	Feb
Admin requests	1494	
Medical requests	5043	
Medical automated	2456	
Self-booked appointments	49%	
Appointments – F2F	7025	6831
Appointments - Telephone	8781	7886
Appointments – Flu & Covid	251	37
DNA	332	333
Total appointments	16455	15286
F2F Appointments by site		
Birch Hill	1957	1846
Great Hollands	1006	1058
Crowthorne	1407	1288
Yorktown	1291	1599
Total Bracknell	2963	2904
Total Sandhurst	3064	2965
Telephone calls		
Total incoming	19563	19058
Total calls answered	11273	10134
Outgoing	16968	15863
SMS sent	36321	27043
SMS sent	36321	27043
Referrals done	152	824
Prescriptions done	13044	12501
Results	7238	7083
Sick notes	581	586

Farewell to Dr Goel & Dr Sahota

After several years of dedicated service, Dr Goel is retiring from Ringmead Medical Group as a GP Partner.

Dr Goel has been a highly valued member of our team, providing compassionate care and support to countless patients. We are deeply grateful for his commitment, expertise, and the positive impact he has had on our community.

We wish Dr Goel a very happy and fulfilling retirement and thank him for everything he has done for our patients and the local community.

Dr Sahota has sadly left Ringmead Medical Group after 8 years of dedicated service. We are grateful for her compassion, commitment, and the many contributions she made to our patients and the local community. We wish her every success in the next chapter of her career.

This newsletter was produced by PSA Emma as part of her apprenticeship