

Arden House Medical Practice Spring Newsletter 2026

Welcome to Arden House Medical Practice Spring newsletter. As we head into the lighter months, we want to keep you updated on how to make the best use of our services, important health campaigns, and ways you can support your own wellbeing and that of your family.



Welcome to our new trainee doctors, **Dr Harriet Wright** and **Dr Ahmed Jahangir**. Trainee GPs (GP registrars) are fully qualified doctors who are completing specialist training in general practice, working under the supervision of experienced GPs to provide safe, high-quality care while developing the skills they need to become independent family doctors. We also have a new healthcare assistant; **Fiona** has previously worked at Stepping Hill.

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NHS App Promotion – Last month we worked alongside Set Valley Medical Practice and The Bureau Glossop to hold NHS digital health workshops to help patients of all ages to improve digital access to their healthcare. To download the NHS App scan the QR code below or if you would like help with accessing the NHS App just ask at reception.

To download the
NHS App, scan here

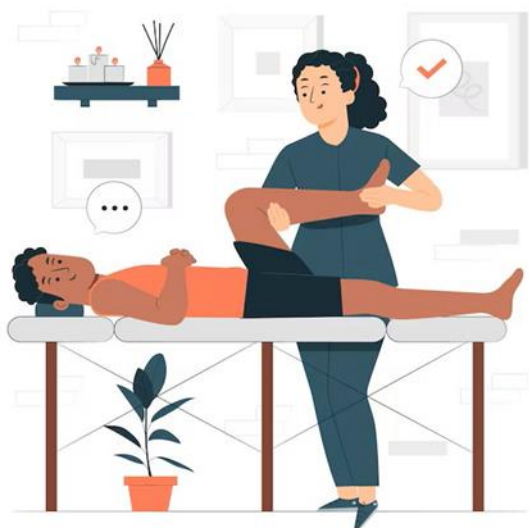


Childhood immunisations - Childhood immunisations are a vital way to protect your child from serious, potentially life-threatening infections such as measles, meningitis and whooping cough. Vaccines help a child's immune system learn to fight these diseases safely, without your child having to become seriously unwell. High vaccination rates also protect vulnerable children who cannot be vaccinated themselves, by reducing the

spread of infection in the community. The NHS childhood vaccination schedule is carefully tested, monitored and updated to keep it safe and effective. If your child is invited for a vaccine, attending on time gives them the best possible protection as early as possible.

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Advanced Musculoskeletal Practitioner - If you call the practice regarding muscle/joint aches and pains, the reception team will explain why it is appropriate in the first instance to book an appointment with one of the musculoskeletal team, the MSK practitioner may refer patients back to a GP if required.

Cancer Screening Reminder – Attending for NHS screening when you are invited is one of the simplest and most effective ways to protect your health. Screening is offered to people who feel well, to help find potential problems like cancer at an early stage, when treatment is more likely to be successful and often less intensive. Programmes such as breast, cervical and bowel screening have been shown to save lives every year. If you receive an invitation, please don't ignore it – make the appointment if you can, or contact the service to rearrange. It's a short visit that could make a very big difference to your future health.

For more information, you can read NHS England's guidance on cancer screening here: <https://www.england.nhs.uk/cancer/early-diagnosis/>

Covid Vaccine clinics – Covid Spring booster clinics start on Monday April 20th for all patients aged 75 years and over, if you or a loved one are eligible and have not received a text invite, please speak with reception team to book an appointment.

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Reminder to all patients over **16 years old** you can contact the surgery to update your contact details to your own, you will then receive any messages from the practice team.

You can also scan the QR code below to download the NHS App.

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Friends and Family Feedback - Our practice really values Friends and Family feedback and we regularly review comments to look for trends and make improvements. One theme patients have mentioned is the radio being on in the waiting room. We'd like to explain that this is a deliberate measure to help muffle conversations at the reception desk and protect your confidentiality, so that personal information cannot easily be overheard. We will continue to balance privacy with a comfortable environment, and your ongoing feedback helps us to do this.

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For more about how the Friends and Family Test is used in the NHS, you can see NHS England's guidance:

<https://www.england.nhs.uk/fft/fft-guidance/>

Attitudes and behaviour towards all practice staff – And finally, we understand that patients can sometimes feel frustrated, but we must be clear that abuse, rude or aggressive behaviour towards our reception and practice staff will **not be tolerated under any circumstances**. Our team is here to help you and is working within the policies and capacity of the NHS. If you are unhappy with any aspect of our service, there are proper channels to raise concerns or make a complaint, and we will always take these seriously and respond in line with our complaints procedure. Respectful communication helps us to support you and all our patients safely and fairly. Please use the website feedback form to make us aware of any complaint or grumbles. [Feedback – Arden House Medical Practice](#)