

Keith Marshall

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From: Barnabas Patient Voices <keith@barnabasvoices.org.uk>  
Sent: 05 November 2025 10:55  
To: Barnabas Patient Voices  
Subject: Barnabas Patient Voices Monthly Update, November (RESPONSE REQUIRED)  
Attachments: PA\_News\_10.pdf; PPGukNews - 18 October 2025.pdf; BPV\_Minutes\_20250719.pdf

Email to All **Barnabas Patient Voices** Members ...

Printed copies to members without email

A copy will also be posted on our Facebook group, <https://www.facebook.com/groups/barnabas.ppg>, and website, <https://barnabasvoices.org.uk/>.

If you can't read any of the attached documents, or want printed copies of anything mentioned, please contact me and I'll try to send you a copy.

Welcome to the November update for **Barnabas Patient Voices** members.

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**\*\*\* IMPORTANT #1 – OPEN MEETING DATE CHANGED \*\*\***

**Note that this month's Open Meeting has been moved to 26 November at 12:00 noon on Zoom.**

This is at the request of the Practice. Details below.

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**\*\*\* IMPORTANT #2 – YOUR RESPONSE NEEDED AGAIN PLEASE \*\*\***

### **2026 “Meet the Patients”**

As you will know we try to run regular “Meet the Patients” sessions – but this depends heavily on there being enough volunteers, and we've fallen short a number of times this year (yes, life happens!). The sessions are designed that a couple of times a month we sit around the waiting area chatting to other (willing) patients; to listen to (and where appropriate feed back on) their gripes; where we can explain the workings of the NHS and the Practice; and if you have the knowledge help them with the NHS App etc.

I'm now beginning to think about scheduling sessions for next year, so **I need input from you** (yes, including you!) to tell me if, and when, you will volunteer to help with these sessions – the only skill required is a listening ear. **Please click this link <https://forms.gle/hveaeYgFdKKBeLeg7> to complete a very quick questionnaire** (it should take no more than 2-3 minutes). **Alternatively drop me an email.** The questionnaire will be open until the end of the month.

I will use the results to gauge if we have sufficient volunteers to run these sessions next year, and if so build a schedule.

PS. The number of responses will also tell me how many of you actually read these updates!

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## **Infectious Disease Update**

### **Covid & Flu**

The most recent data analysis I've seen suggests that the Covid wave of the last month has now peaked and infection rates have fallen dramatically. However Covid has been replaced by flu, which is on the increase a month or more earlier than is normal for the winter wave. This suggests that we may be in for a bad and/or extended flu season. More details at <https://christinapagel.substack.com/p/englands-covid-wave-recedes-but-is>. So if you are eligible, please get your Covid and flu boosters ...

### **Covid & Flu Vaccination**

A reminder that the autumn booster Covid vaccinations are now available, although eligibility has been reduced again. Please check the eligibility rules and find booking links at

<https://www.nhs.uk/vaccinations/covid-19-vaccine/>. Note that if, like me, you turn 75 before 31 January 2026, you are eligible.

This year's flu jabs are also now available. The Practice are inviting those eligible to come in, or you can go to a participating pharmacy (maybe when you get your Covid jab). Most children will probably be vaccinated at school. The eligibility is different from Covid vaccination; find the rules and booking information at <https://www.nhs.uk/vaccinations/flu-vaccine/>. And here's the obligatory reminder from Ealing Hospital <https://www.ealingtoday.co.uk/default.asp?section=info&page=eanhs110.htm>.

If you are eligible for Covid and/or flu vaccination we would strongly encourage you to take up the offer – it's in your interests, and those of everyone else.

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## Barnabas Patient Voices News

### Open Meeting – 26 November

**\*\*\* NOTE THE CHANGED DATE & TIME \*\*\***

Our next **Open Meeting is on Wednesday 26 November at 12:00 over Zoom.**

Zoom link: <https://us02web.zoom.us/j/7279594414?pwd=VmYwODdoWGg2eTFvTVJvVlZyRmhSQT09>

I know Zoom doesn't suit everyone, but we felt it better to have our two winter meetings on Zoom when the weather is likely to be less friendly. If you can join over Zoom please do; and if you need a hand to get started with Zoom then do ask. The agenda for this meeting is likely to be:

1. Introductions & Apologies
2. Approve Minutes of July Meeting [attached]
3. Life without Paresh; Sandip Sodha
4. 2026 Open Meeting Dates
5. 2026 "Meet the Patients"
4. Member Feedback
5. Practice Updates
6. PPG Updates
7. Matters Arising, AOB

### 2026 Open Meeting Dates

I received just six responses to last month's request for preferences for the 2026 Open Meeting schedule. The consensus was that Zoom is OK but in person meetings are better; and that the current mix of Saturday mornings and Wednesday lunchtimes continues to be good.

So pending the agreement of members at the November Open Meeting, and, of course, the Practice, I propose the following schedule for next year (very much mirroring this year's schedule):

- Wednesday 21 January; 13:00; on Zoom
- Saturday 21 March; 10:30; at the Medical Centre
- Saturday 16 May; 10:30; at the Medical Centre
- Saturday 19 September; 10:30; at the Medical Centre
- Saturday 21 March; 10:30; at the Medical Centre
- Wednesday 18 November; 13:00; on Zoom

The confirmed dates will be in the December Update.

### Reminder: *What's Where near Barnabas* Update

Also before the end of the year I plan to update *What's Where near Barnabas* – our list of nearby facilities which is designed to help both new and existing patients. You can always find the latest copy at [https://barnabasvoices.org.uk/docs/Whats\\_Where\\_near\\_Barnabas.pdf](https://barnabasvoices.org.uk/docs/Whats_Where_near_Barnabas.pdf). If anyone has changes, additions or deletions for *What's Where*, please drop me a note.

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## Barnabas Practice News

## Reception

The Practice is now fully staffed with nine receptionists, with Rebecca, the newest team member, learning the ropes.

## Clinical Pharmacist

The Practice's Clinical Pharmacist, Paresh Virji, retired a couple of months ago. The Practice is still hunting for a new Clinical Pharmacist. Meanwhile Sandip Sodha, our Pharmacy Technician, is holding the fort, aided and abetted by the doctors.

## Blood Pressure Machine

I have now seen the blood pressure machine in the waiting area, and when I get a chance I want to take a couple of photos. Using the machine is very simple: put your arm in and press the button; there are instructions on the machine. If you would like your blood pressure reading added to your medical records, please talk to reception.

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## Local Healthcare News

### Central Middlesex Hospital Urgent Treatment Centre

London North West University Healthcare NHS Trust (LNWH) is proposing to close the UTC at Central Middlesex Hospital earlier in the evening. The UTC is currently open between 08:00 and midnight, seven days per week. However attendance after 21:00 is very low and the proposal is to close the UTC at 21:00. Local press report at <https://neighbournet.com/server/common/eanhs019.htm>.

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## General NHS & Healthcare News

### Morning-After Pill Now Free from Pharmacies

The NHS has made the morning-after pill available at no cost from almost 10,000 pharmacies. The aim is to a "postcode lottery" around access to emergency contraception. It will also save those in need of free emergency contraception from the need for a GP or sexual health clinic appointment. *Guardian* report at <https://www.theguardian.com/society/2025/oct/29/nhs-makes-morning-after-pill-available-for-free-across-pharmacies-in-england>.

### Shingles Vaccination

Since September 2023, the Shingrix® vaccine has been available to severely immunosuppressed people aged 50 and over. Eligibility has now been extended to include all severely immunosuppressed people aged 18 and over (with no upper age limit). *Information from UK Health Security Agency*.

### Mpox Vaccination

The NHS and charities are encouraging all men who have sex with men to make sure they are vaccinated against mpox, as cases of a new strain (clade 1b) have been identified in Spain, Italy, Portugal, the Netherlands, and the USA. Consequently there is now a high risk of this strain being imported into the UK through travel. BBC report at <https://www.bbc.co.uk/news/articles/cp856rvv41eo>.

### Prostate Cancer Screening

There continues to be debate over whether the UK should introduce screening for prostate cancer. *The Conversation* present the cases for and against: <https://theconversation.com/should-the-uk-introduce-targeted-prostate-cancer-screening-the-case-for-and-against-267493>.

### Systems Affecting GP Access

Data reveals that the level of access provided by GP practices varies. A recent analysis looked at practices that are struggling with access, and revealed (as many GPs already realise) that the struggles are almost entirely down to the systems based around patient demographics, deprivation, funding and workforce. Article from *Pulse* at <https://www.pulsetoday.co.uk/analysis/special-investigations/access-all-areas/what-are-the-systemic-reasons-affecting-gp-access/>.

## Patient Safety

Another recent survey, this time by Royal College of General Practitioners (RCGP), shows that the majority of GPs are saying that patient safety is already compromised by their workload. RCGP press release at <https://www.rcgp.org.uk/news/workload-concerns-polling>.

## GP Funding Review

The Government has asked the National Institute for Health and Care Research (NIHR) to produce a recommendation for replacing the Carr-Hill formula which is currently used to set funding for individual GP practices. The Carr-Hill formula has long been criticised for incorrectly weighting a number of social factors. The review is expected to take around six months and could mean a new formulas for funding. Pulse report at <https://www.pulsetoday.co.uk/news/practice-personal-finance/further-details-of-gp-funding-review-remit-revealed/>.

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## Newsletters

A round-up of potentially interesting newsletters received since the last update.

- **Patients Association** weekly news for 10/10, 17/10, 24/10, 31/10 – attached as a single PDF (but due to size, no printed copies)
  - **PPGukNews** for 18/10 – attached
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**Please share healthcare news!** Please be brief – just a link to a news item is fine. Email to me at [keith@barnabasvoices.org.uk](mailto:keith@barnabasvoices.org.uk), or leave me a note with reception at the medical centre. (But nothing about your personal care, please.)

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More next month. Meanwhile, please stay safe.

Keith



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