

Keith Marshall

From: Barnabas Patient Voices <keith@barnabasvoices.org.uk>
Sent: 04 December 2025 17:34
To: Barnabas Patient Voices
Subject: Barnabas Patient Voices Monthly Update, December
Attachments: BPV_Minutes_20251126.pdf; PA_November.pdf; PPGukNews - 29 November 2025.pdf; PPGukNews - 15 November 2025.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 December update for **Barnabas Patient Voices** members.

Infectious Disease Update

Covid

The good news is that the rate of Covid infections has fallen dramatically over the last few weeks from a high of 13% of tests being positive down to 2% last week. (And 2% is as low as we've seen in the last three years.) It seems that the peak we experienced in late September/October was the peak resulting from back to work and school following the holidays. However some of the experts are predicting another peak in January time, following on from Christmas/New Year socialising; let's hope they're wrong.

The not so good news comes from a report on Long Covid which I overlooked in early September (those who like lots of analysis, see <https://substack.com/home/post/p-172826189>). A survey by the Office of National Statistics revealed that 4.2% of respondents reported having Long Covid, with another 9.5% being unsure if they did or not – take together that's one in seven people! The rate is highest amongst those aged 45 to 64, and for those who are most deprived. This is a massive drain on the workforce and the health system; and we do not (yet?) have any generally agreed treatment(s).

Flu

If you are eligible, or can afford to pay for it, please get your flu jab!

We know that flu strikes every winter, but it has changed this year. One of the flu viruses suddenly mutated during the summer, too late for this year's vaccine to be updated. The new variant appears to evade some of our immunity, which is why this year's flu season kicked-off at least four weeks early; moreover history suggests that this variant produces more severe illness. As of last week the rate of positive tests was around 12% and rising fast, with the 5-14 and 15-24 age groups worst affected. It is still worth getting your flu jab if you can, because (if you do still get flu) it is your best protection against serious illness – and of course helps to reduce onward spread. BBC report at <https://www.bbc.co.uk/news/articles/c2dr8gzdz1wo>

Basic Advice from UKHSA

Some simple actions you can take to reduce the spread of respiratory infections (and norovirus):

1. Get vaccinated if you are eligible
2. If you are feeling unwell, stay at home
3. Let fresh air in if meeting others indoors
4. Practise good hygiene:
 - Cough and sneeze into your bent elbow, or use a tissue and dispose of it afterwards in the nearest bin
 - Wash your hands frequently with warm, soapy water for 20 seconds
 - Clean your surroundings often, especially areas that are touched frequently such as door handles

5. If hand washing is difficult, use anti-bacterial & anti-viral hand gel (but remember that this does not kill norovirus!)
 6. Wear a mask when you are unwell and need to go out
-

Barnabas Patient Voices News

November Open Meeting – Minutes

The minutes of our recent Open Meeting are attached.

2026 Open Meetings

The recent meeting agreed the following dates for Open Meetings in 2026:

- 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 18 July; 10:30; at the Medical Centre
- Saturday 19 September; 10:30; at the Medical Centre
- Wednesday 18 November; 13:00; on Zoom

As this year the meetings in the two colder months will be over Zoom.

Note that dates/times may change, particularly depending on the availability of the Practice; please watch here for changes.

Please put the dates in your new diary!

So our **next Open Meeting** is on **Wednesday 21 January; 13:00; over Zoom**. See the next Monthly Update for the Zoom link.

Meet the Patients

Very few members have volunteered to help with our “Meet the Patients” sessions next year, and there’s no consensus amongst those who have volunteered. This means that at present we cannot support these sessions and no dates are being scheduled for 2026. However we may be possible to run some Wednesday afternoon sessions starting in the Spring. Nevertheless Noreen and/or I will be dropping into the waiting area every couple of weeks to check over the Book Exchange and the noticeboards, and will use this as an opportunity to engage with willing patients (although probably not for a full 2½ hour session).

Governance Review

The minutes of the recent Open Meeting say that our Governance Document is due for review early in 2026. My apologies; this was an error on my part. The document was in fact revised early this year and is not due for review until 2028.

Barnabas Practice News

Practice Staff

The good news is that the Practice is now fully staffed with both GPs and receptionists.

The less good news is that the Practice are still looking to recruit a Clinical Pharmacists to replace Paresh who retired a few months back.

Training Practice

The Practice is now a qualified and registered Training Practice, with Dr Bhattoa and Dr Talwar being accredited trainers. Consequently from early next year there are likely to be trainee GPs in the Practice, which may help ease the availability of appointments.

Local Healthcare News

New Hospital Boss

London North West University Healthcare NHS Trust (LNWH) – which runs Ealing, Central Middlesex and Northwick Park hospitals – has appointed Professor Tim Orchard, currently head of Imperial College Healthcare NHS Trust, as the first group chief executive of the newly created North West London Acute Provider Group (LNWAPG), which will formally launch on 1 April 2026. LNWAPG will bring together our four major hospital trusts – London North West, Imperial College Healthcare, Chelsea and Westminster, and The Hillingdon Hospitals – under a single leadership framework. Local media report at <https://ealing.news/news/new-nhs-group-chief-to-oversee-london-north-west-trust/>

LNWH Hospitals' CQC Assessments

Emergency and urgent care services at Central Middlesex, Ealing, Northwick Park Hospitals, have received mixed ratings in new inspections by the Care Quality Commission. Central Middlesex Hospital has been rated good overall, while urgent and emergency services at Northwick Park and Ealing continue to require improvement. Local media report at <https://ealing.news/news/lnwh-hospitals-receive-mixed-cqc-assessments/>.

General NHS & Healthcare News

Urgent NHS Dental Treatment

If you need urgent dental treatment, you can now get help by calling NHS 111. These appointments are there to help people with serious dental problems, such as dental abscesses, broken or knocked out teeth and bleeding in the mouth from an injury. The full guidance on what is covered is at <https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist-in-an-emergency/>.

Chickenpox Vaccination

From January 2026 GP practices will offer eligible children a combined vaccine for measles, mumps, rubella and varicella (MMRV) as part of the routine infant vaccination schedule. This replaces the current MMR vaccination. (Varicella is the medical name for chickenpox.) Details at <https://www.gov.uk/government/news/free-chickenpox-vaccination-offered-for-first-time-to-children>.

RSV Vaccination

The RSV vaccine helps protect against infection with respiratory syncytial virus (RSV), a common virus that can make babies and older adults seriously ill. It's offered on the NHS if you're pregnant, aged 75 to 79, or turned 80 after 1 September 2024. Details at <https://www.nhs.uk/conditions/respiratory-syncytial-virus-rsv/>.

Online Requests in October

Over 8 million people made an online request of their GP in October. That is up 21% (over a fifth) on the previous month, and up over two-thirds (68%) on the same period last year. Around a third of online requests are for non-clinical help like admin requests and repeat prescriptions. Press release at <https://www.england.nhs.uk/2025/11/gps-managed-record-number-online-requests-october/>.

NHS App Messaging

In support of the NHS 10-Year Plan, NHS England is prioritising digital communications. Over the next three years, patients in England will receive all appropriate NHS messages through the NHS App first; only where this fails will the message be sent by SMS text or email – although letters will still be sent to patients who need them. Text messages sent via the NHS App are not charged to GP practices, whereas GPs are charged for all other text messages. So if you don't already use the NHS App, now is a good time to start, and help the Practice. Lots of information and help on the NHS App at <https://www.nhs.uk/nhs-app/nhs-app-help-and-support/>.

Changing Your Address

NHS England are currently testing, prior to launching, a new digital service which will allow patients to confirm or change their home address directly with the NHS. This means patients will no longer need to ask their GP surgery to do this for them. More details at <https://digital.nhs.uk/about-nhs-digital/confirm-your-home-address>.

Newsletters

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

- **Patients Association Weekly News** for 07/11, 14/11, 21/11, 28/11 – attached, but as usual no printed copies

- **PPGukNews** for 15/11 and 29/11 – both attached.
-

Please share healthcare news! (But not anything about your personal care.) Please be brief – just a link to a news item is fine. Email to me at keith@barnabasvoices.org.uk, or leave me a note with reception at the medical centre.

It just remains for me to thank everyone at the Practice for another year of excellent care, and all members for your interest and support. And, of course, wishing everyone a peaceful and relaxing Christmas (however you choose to celebrate) and a healthy and happy 2026.

Keith



Keith Marshall, Chairman, **Barnabas Patient Voices**

Phone: 020 8864 7993 – Mobile: 07847 149 417

Email: keith@barnabasvoices.org.uk

Web: <https://barnabasvoices.org.uk>

You have received this email as a member or friend of **Barnabas Patient Voices**.
If you no longer wish to receive these emails, or remain a member of this group,
please reply to this email with UNSUBSCRIBE in the Subject line.
[Please do NOT use “Reply All”.]
