

# Patient Newsletter September 2025

We are booking flu jabs .....

## From 1 September 2025

**Flu vaccinations begin for:**

Pregnant women

Children aged 2 or 3 years on 31 August 2025

Children aged 6 months to under 18 in clinical risk group

## From 1 October 2025

**All other eligible adults can have a flu vac, including:**

Aged 65 years and over

18 to 64 in clinical risk groups

Care-home residents

Carers

Close contacts of immunocompromised individuals

Frontline health and social care staff

## Covid Vaccination Clinic

Opposite Iceland, Billingham Town Centre

Walk-in **Covid-19 Vaccination Clinics** are coming to:

### COVID-19 Vaccine Clinic

Monday 13<sup>th</sup> October 10.00 – 16.00

All eligible groups can be vaccinated

Eligibility includes adults aged 75 and over and those who are immunosuppressed aged 6 months and over

Opposite Iceland, Billingham Town Centre, TS23 2NB



**No appointment  
needed – just walk in!**



**PLEASE NOTE THE COVID ELIGIBILITY AGE HAS CHANGED.**

**ONLY PATIENTS 75 AND OVER & IMMUNOSUPPRESSED ARE ELIGIBLE FOR A COVID VACCINE.**

 **COVID-19 Vaccine Eligibility**

You can receive a COVID-19 vaccine if you are:

- Aged 75 years and over
- Immunosuppressed



Dr. Wilson writes .....

Sepsis is a life-threatening reaction to an infection. It happens when your immune system overreacts to an infection and starts to damage your body's own tissues and organs. Anyone with an infection can get sepsis. Some people are more likely to get an infection that could lead to sepsis, including:

- Babies
- Elderly people
- Weakened immunity through conditions such as diabetes, chemotherapy, organ transplant or genetic disorders
- People who have recently had a serious illness
- Women who have recently given birth

You cannot catch sepsis from another person. It happens when your body overreacts to an infection. These are the things you can do to help prevent infections that can lead to sepsis:

- Attend for vaccines
- Clean and care for wounds
- Take prescribed antibiotics correctly
- Wash hands well and teach children to do this

Sepsis needs prompt hospital admission for antibiotics so seek urgent advice if you have the signs of sepsis. Signs of sepsis:

- Temperature that is abnormal
- Signs of an infection
- Mental decline
- Feeling extremely ill

Most people make a full recovery from sepsis, but this can take time.

To find out more look at: <https://www.nhs.uk/conditions/sepsis/>

## Many thanks for all your support with training the doctors of the future .....

**Patients at Kingsway Medical Centre had 649 appointments with medical students over the last year!**

A poster from Newcastle University with a dark blue background. At the top left is the Newcastle University crest and name. The main text is in white and light blue. At the bottom is an illustration of a male doctor and a female student in a hijab. A speech bubble from the student says 'Thank you for supporting our training as future doctors!'.

**Newcastle University**

**This GP practice is a teaching practice for Newcastle University medical students.**

This may mean that we offer you a student-led consultation (with GP supervision). This is an integral part of medical student training.

Please speak to a member of staff if you have any questions or concerns.

**Thank you for supporting our training as future doctors!**

### **This year we welcome to the practice...**

Rosie, Darcie and Lotty (year 3) every Tuesday

Dan, Hattie, India and Zak (year 4) most Friday mornings

Dan and Solomon (year 5) for a 7-week placement over the year

And up to eight year 1 and 2 students who come for a couple of days each.

You will be pleased to know that all the students hosted by Kingsway last year passed their exams and progressed with their training. Claudia, Harry and Isaac have become foundation year doctors.

It takes 4-6 years to become a doctor. Our students are trained at Newcastle University and come to us once a week or for a placement. During that time, it is essential that students meet with real patients.

You at Kingsway have played a vital role in teaching them how to be good doctors. At the end of their 4-6 years, they become foundation doctors for two years and then decide on the speciality they wish to progress with.

If you are asked to see a medical student, you can always opt out at the time of booking or on the day. If you do decide to see a student doctor it is often a very positive experience for everyone.

**Year 5 students** (Dan, Solomon & Ola) – Are here every day for 3 weeks in autumn and then return in the summer for another 4 weeks. They are months away from completing their training and will soon be doctors. They will often see you alone and discuss their plans with a doctor.

**Year 4 students** (Dan, Zak, Hattie and India) – They are here most Friday mornings. They see you in pairs. They usually see you alone, but a doctor may come in to review and all patients will be discussed with a doctor before leaving the practice.

**Year 3 students** (Rosie, Darci and Lotty) – They are here every Tuesday. They are usually in a pair or a three. They may see you alone or with the doctor observing. A doctor will always come in to review you before you leave the practice.

**Year 1 and 2 students** – They will only be observing how general practice works. A healthcare professional will always be in the room with them.

**TRAINING TOMORROWS DOCTORS, TODAY**

This practice supports medical student training in partnership with Newcastle University

**Why Your Story Matters**  
Learning from real life consultations helps to make safe, competent doctors – this is an integral part of medical student training.

**What to Expect**  
Our students may get involved by observing, asking questions or even leading consultations – always with a qualified GP supervising

**Your Appointment, Your Choice**  
Student involvement is entirely optional – we will always ask for your consent first

**What does this mean for me?**

**Thank You for Your Support**  
Your involvement in student training makes a real difference. By sharing your experiences, you're helping to shape the doctors of tomorrow.

Newcastle University

Once again thank you so much for spending the time with the students.

Dr Wilson