The Bosmere News – December Edition

Our Appointment System

As some patients may be aware, from 6th October 2025, the way we book our appointments with our GPs changed. This is due to new NHS requirements,
As well as offering on the day appointments with these GPs, patients can also book routine, non-urgent appointments for two weeks in advance.

This means that all same day appointments will be released at 8am daily. For this reason, please do not attend Reception at 1:30pm to book an appointment for the same day, as this may not be available.



Same day appointments can be booked by phoning the Practice on 02392 476 941 at 8am each day. In a life threatening emergency, please contact 999.

To book a non-urgent appointment for two weeks' time, please contact the Practice, either by telephone or in person, at any time during our opening hours: 08:00-18:30, Monday to Friday.
To make sure all of our patients get the best and most appropriate care, an alternative service may be recommended.



We continue to offer online booking and extended hours appointments with GPs and Practice Nurses throughout the week.

Our eConsult service is also available during our Practice opening hours. You can complete an eConsult by visiting www.bosmerepractice.co.uk and clicking the link on our homepage.

NHS App

The NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet. You can use the app if you are aged 13 or over and registered with a GP surgery in England.

With the NHS App you can:

- Order repeat prescriptions and choose your nominated pharmacy
- View your GP health record, including test results
- Book, view and cancel GP appointments
- Check your symptoms and get NHS 111 advice
- View and share your NHS COVID Pass (if available)
- Register your organ donation decision
- Access your NHS number and update personal details

To Get Started:

- Download the NHS App using the QR code below or visit www.nhs.uk/nhs-app.
- Create an NHS login with your email address and password.
- Prove your identity using photo ID or a code from your GP surgery.
- Once verified, you can use the app to access NHS services securely.

For more information and guidance, visit www.nhs.uk/nhs-app or speak to Reception for assistance.

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Stay Warm and Well This Winter

Winter conditions can be bad for our health, aggravating any existing health problems and making us more vulnerable to respiratory winter illnesses.

Get Vaccinated

The Practice will be offering free Flu Vaccinations to all eligible patients until the end of March 2026. Please contact the Practice on 02392 476 941 or use your Patient Access account to book an appointment online.

The Practice also offers the RSV (respiratory syncytial virus) to eligible patients who are aged 75 to 79, or turned 80 after 1 September 2024.
If you're pregnant, you should be offered the RSV vaccine around the time of your 28-week antenatal appointment. Speak to your maternity service if you're 28 weeks pregnant or more and have not been offered the vaccine.

Keep Active

There's strong evidence that people who are inactive have an increased risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia. Regular exercise can help improve your physical and mental health, reduce the risk of falling and can be beneficial for recovery if you do get ill.

Check Your Medicine Cabinet



Ask your pharmacist what medicines should be in your cabinet to help you and your family this winter. Many over-the-counter medicines (including paracetamol and ibuprofen) are available to relieve symptoms of common winter illnesses such as colds, sinusitis or earache. To manage winter illness symptoms at home, you should keep warm, rest, drink plenty of fluids, have at least one hot meal a day to keep your energy levels up and use over-the-counter medicines to help give relief. For more information, speak to your local pharmacist

Zero Tolerance Policy

We make every effort to give the best service possible to everyone who attends our practice.

The Bosmere Medical Practice, along with all NHS services, operates a zero tolerance policy with regard to violence and abuse. This includes actual or threatened physical violence or verbal abuse which leads to fear for a person's safety.

If a patient exhibits this behaviour, the practice has the right to remove the patient from the list with immediate effect in order to safeguard practice staff, patients and other persons.
In this situation we will notify the patient in writing of their removal from the list and record in the patient's medical records the fact of the removal and the circumstances leading to it.

Upcoming Practice Closures

Thursday 25th December – Christmas Day



Friday 26th December – Boxing Day



Thursday 1st January – New Years Day



We would like to take this opportunity to thank all of our patients and their families for their ongoing support and to wish you all a very Merry Christmas and a Happy New Year!