

Welcome to the Autumn 2025 Edition of the Cadbury Heath Healthcare Newsletter.

Opening Times:

Monday: 07:30-18:30

Tuesday: 07:30 – 18:30/ 18:30-20:00 extended access

Wednesday: 07:30 – 18:30

Thursday: 07:30 – 18:30

Friday: 07:30 – 18:30

Autumn shows us how beautiful it is to let things go (unknown)

PRACTICE NEWS:

Since our last newsletter we have welcomed to Cadbury Heath Healthcare Dr Nazmus Sakiba Dr Robynne George, Cheree Herniman and Toni Gardener.

We have said goodbye Dr Cheryl Atter. Dr Florence Ingham is now on maternity leave.

Dr Caroline Nation is back from her sabbatical.

Cadbury Heath Healthcare Gardening Club

Wellbeing Garden

We have been lucky enough to secure funding to create a wellbeing garden to be enjoyed by our patients and staff.

Would you like to come and spend a couple of hours every other week to help keep the weeds down and be part of this amazing project.

Please just come along to the surgery every other Wednesday 1pm-3pm, bring your gardening gloves and get stuck in.

No experience needed, we are meeting again on Wednesday 15th of October 2025.

Bank Holidays:

Thursday 25th of December 2025

Friday 26th of December 2026

Thursday 1st of January 2026

Please note that the practice is closed over all UK Bank Holidays.

If you need medical advice when we are closed, please call NHS 111.

October is Breast Cancer Awareness Month

[Breast cancer information and support | Macmillan Cancer Support](#)

Each year, about 55,000 women are diagnosed with breast cancer in the UK. It is more common in women over 50, but it can also affect younger women.

Breast cancer can be invasive or non-invasive (in-situ). When people talk about breast cancer, they usually mean invasive breast cancer. This is when cancer cells have spread outside the [milk ducts or lobules in the breasts](#) where they started, into surrounding breast tissue.

People who have breasts include women, transgender (trans) men and people assigned female at birth.

We have information about non-invasive breast cancer called [ductal carcinoma in situ \(DCIS\)](#). It is the earliest possible form of breast cancer and is usually found during routine breast screening.

Breast cancer in men is rare. We have more information for [men with breast cancer](#).

If you are LGBTQ+ and living with cancer, we have [further information and support](#).

Friends and Family

We really appreciate every patient that takes the time to respond to our Friends and Family text request.

Here are a few examples of how our patients feel:

Always so efficient and I have nothing but praise. Best thing is notification when surgery struggling, and it feels like you're kept up to date with everything. Best surgery I've known.

In and out before appointment time

The staff are always helpful, but telephone lines are always very busy.

I would love to be able to get an appointment when needed. I fully understand the pressures on the NHS, and I hope the chemists being able to resolve issues will help with demand for doctors' appointments.

Satisfied with the service I received from nursing staff

Cadbury Heath Healthcare Patient Newsletter (Autumn 2025)

FLU VACCINATIONS:

The NHS recommends flu vaccination for several groups:

From 1 September 2025

- pregnant women
- all children aged 2 or 3 years on 31 August 2025
- children with certain long-term health conditions (aged 6 months to less than 18 years)
 - primary school aged children (from reception to Year 6)
 - secondary school aged children (from Year 7 to Year 11)
- all children in clinical risk groups aged from 6 months to under 18 years

From 1 October 2025

- everyone aged 65 years and over
- individuals aged 18 to under 65 with certain long-term health conditions
 - care home residents
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
 - those living with people who are immunocompromised
 - frontline health and social care workers

COVID VACCINATIONS:

For Autumn 2025, COVID-19 vaccination will be offered to:

- adults aged 75 years and over
- residents in care homes for older adults
- individuals who are immunosuppressed aged 6 months and over



Cadbury Heath Healthcare are proud to work in partnership with Operation Community Hamper.

OCH provides boxes of fruit on a Monday and Wednesday for the patients of Cadbury Healthcare, please come in and help yourself.

As a practice we will also be supporting this charity this Christmas with donations, if you would like to contribute, please see below for what is required:

Sweet Treats (chocolates/selection boxes/biscuits etc)

Toiletries (shower gel/deodorant/shampoo/conditioner etc)

Drinks (tea/coffee/hot chocolate/squash)

Savory (pickles/crisps/biscuits for cheese)

Misc (Xmas crackers/tinsel/cat & dog food)