



THE ADAM PRACTICE



Autumn NEWSLETTER

September - November 2026

Welcome to our Autumn 2026 Patient Newsletter

For the latest updates and information, visit our website www.adampractice.co.uk or follow @TheAdamPractice on Facebook & Instagram

Flu & Covid-19 Vaccinations - Bookings Open!

If you're eligible for a flu or COVID-19 vaccination, you'll receive an invite to book an appointment at one of our vaccination clinics.

This year we are offering both **Flu & Covid vaccinations** together at the same appointment. Appointments will be available at all of our surgeries and Poole Ferry port - see dates & times below.

Site	Date	Time
Ferry Port (Poole)	Friday 9th October	9am to 5pm
Poole, Longfleet Rd	Saturday 17th October	8am to 4.30pm
Hamworthy Surgery	Sunday 18th October	8am to 4.30pm
Ferry Port (Poole)	Friday 23rd October	9am to 5pm
Upton Surgery	Saturday 24th October	8am to 4.30pm
Lifeboat Quay	Sunday 25th October	8am to 4.30pm
Lytchett Surgery	Sunday 25th October	8am to 2pm

 We are also running **dedicated RSV vaccination clinics** at the Poole Ferry Port on 2nd & 9th October. This vaccine protects against the Respiratory Syncytial Virus, which causes common coughs and colds. However, it can cause severe disease, such as bronchiolitis and pneumonia in vulnerable people.

Who can have this? All adults over 75 yrs, adults aged 65-74 with Chronic Respiratory Disease (as per eligible criteria), people with immunosuppression either through disease or treatment, and pregnant women over 28 weeks.

 This is a **one-off vaccine** and is offered to patients **all year-round**. Patients will receive invitations to book.

Some patients will also be invited for Shingles and Pneumococcal vaccinations, depending on age eligibility.

For more information, including eligibility information, please visit our webpage:

<https://www.adampractice.co.uk/clinics-and-services/2026-autumn-winter-vaccinations-flu-and-covid-19/>



Don't become a Ghost Patient

NHS England is carrying out a national programme to ensure GP practice patient lists are accurate and up to date.

As part of this programme, NHS England may contact patients who:

- ✗ Have not had contact with their GP practice for some time.
- ✗ Have not responded to NHS screening invitations.
- ✗ Have not replied to previous requests to confirm their current address.

If you receive a letter from NHS England asking you to check or confirm your details, please **don't ignore it!**

→ Simply follow the instructions in the letter and respond within the time given.

If you don't respond within three months, and you are aged 18 or over, you may be removed from your GP practice's patient list.

If you know a family member, friend or neighbour who has received one of these letters, please encourage them to respond as soon as possible to make sure they remain registered with their GP practice.



NIHR | Commercial Research Delivery Centre in Primary Care

Our research delivery centre has a new name and updated branding as: **NIHR Commercial Research Delivery Centre in Primary Care: Dorset** (NIHR CRDC-PC: Dorset).

You may notice the new name and logo across our website, patient information and research communications.

While our name is changing, our commitment remains the same – supporting high-quality research that helps improve healthcare and brings new treatment opportunities to patients across Dorset.

Thank you for your continued support and interest in research at The Adam Practice.

Supporting Carers: July Event

Thank you to everyone who attended our carers event at St Michael's Church, Hamworthy in July. We were pleased to welcome local organisations offering support, advice and resources for carers, including BCP carers support & LiveWell Dorset.

A special thank you to our Adam Practice **volunteers** for their invaluable support on the day.

i The next carers event is on 21st October, 1pm to 3:30pm at Lytchett Matravers Village Hall.



Minor Surgery at The Adam Practice

Did you know that The Adam Practice offers a range of minor surgery services?

Following a clinical assessment, patients may be eligible for procedures including;

- toenail surgery,
- benign mole removal (where clinically appropriate),
- skin lesion removal (when clinically appropriate),
- vasectomy services.

To find out more or request an assessment, simply submit a health form enquiry through our website www.adampractice.co.uk



Dorset Home Habitats Campaign

Dorset Council has launched **Homewise**, a **free online tool** that helps people in Dorset find ways to make their homes more energy efficient.

Enter your postcode and answer a few questions to get a personalised action plan showing which upgrades, i.e. insulation, LED lighting, could make your home cheaper to heat. Start your plan today, visit www.dorsetcouncil.gov.uk/dorset-homewise.



⚠️ Longfleet Rd Closure

A reminder that Longfleet Road has been closed from Monday 31 August for 13 weeks, which may cause travel delays around the area.

If you have an appointment at Poole Surgery, please allow extra time for your journey and plan ahead.

! This may also impact travelling to our Flu & Covid-19 clinic, at the Poole surgery on 17th October.

Please also remember to cancel any appointments you cannot attend.

Whatsapp Channel

Did you know we have launched a practice WhatsApp Channel for patients, their families & carers of The Adam Practice?

Here we share practice updates and relevant health information.

We'd love for you to join us! 💜 To join, visit our dedicated Whatsapp webpage:

www.adampractice.co.uk/hub/admin-services/whatsapp-channel/



Compliments for Staff

Thank you to all our lovely patients that send in kind words about our staff.

I have often thought I must write to say how impressed I am with the Adam practice. And finally I've got round to it! I have found the care always timely, particularly the urgent stuff for my kids. The receptionist team is brilliant, polite and understanding, going above and beyond and always helpful. And the clinical care by the medical team exceptional. Thank you for all you do and for doing it with such care.

Patient E.J.