

# The Humbleyard Practice Newsletter

Health Matters – Summer 2026 Edition



## Stay Well This Summer

During the warmer months, it's important to take a few simple steps to keep yourself well. If you suffer from hay fever, your local pharmacy can offer quick advice and treatments such as antihistamines, nasal sprays and eye drops - often without the need for a GP appointment.

Staying hydrated is key in hot weather, so aim to drink plenty of water throughout the day, even if you don't feel thirsty. Protecting your skin is also important - use SPF 30 or higher, wear a hat where possible, and try to avoid being in direct sunlight during peak hours between 11am and 3pm.

Be mindful of heat-related illness. Symptoms such as dizziness, headaches or nausea can be signs of heat exhaustion - if this happens, move to a cool place, rest, and drink fluids.

Finally, some medications can be affected by high temperatures (above 25°C) or can make your skin more sensitive to sunlight. If you are unsure whether this applies to any of your medications, please speak to your pharmacist for advice.

If you have any concerns, please contact the practice or your local pharmacy.

## Spring/Summer Vaccination Programme

Our Spring/Summer COVID-19 vaccination programme concluded on 30 June, with 1,536 patients vaccinated and 553 RSV vaccines delivered.

This achievement reflects a huge team effort across the practice, from planning and stock management to booking and running clinics.

Planning is already underway for our Autumn/Winter campaign starting on Saturday 3<sup>rd</sup> October 2026.

Thank you to all patients who attended and shared positive feedback.

If you have suggestions, please contact Sarah Ambrose, Nurse Manager at [humbleyard.d82064@nhs.net](mailto:humbleyard.d82064@nhs.net)

## Changes to Consent and Access Forms

Our Consent to Share, Online Access, and Proxy Access forms are now being completed using paper forms. This allows others to talk to us on your behalf.

If you need to complete one of these forms, please speak to a member of our reception team. You will need to bring a form of identification, which will be checked to verify your identity.

Please read the form carefully before signing to ensure you understand what you are consenting to. Once completed, your form will be reviewed and processed by the practice.

## Why can it sometimes be difficult to get an appointment?

Demand for GP appointments continues to rise, while availability remains limited by staffing and space.

To meet this, we've expanded our team to include a range of healthcare professionals, so you may see the clinician best suited to your needs. All requests - by phone or online - are triaged with GP oversight to ensure the right care at the right time.

### Since January 2026:

- 22,211 calls answered
- 19,438 online requests reviewed
- 87,846 appointments delivered
- 22,606 patients supported

Thank you for your patience as we continue to provide safe, high-quality care.

## RSV Vaccinations

Eligible patients can still book for RSV vaccination clinics this summer. You are eligible if you:

- Are 28 weeks pregnant or more
- Are aged 75+
- Live in a care home for older adults

## What is RSV?

RSV is a common virus causing coughs and colds, but it can lead to serious illness in babies and older adults which is why vaccination is recommended for those at higher risk.

## Introducing Dr C Emeka...

We are pleased to welcome Dr C Emeka to the practice, who joined us in October 2025 after completing GP training with the Great Yarmouth GP Training Scheme in August 2025.

Before becoming a GP, Dr C Emeka worked as a Paediatrician and Neonatologist, caring for very premature babies - including one weighing just 430g (around the size of two blocks of butter!).

Outside of work, Dr C Emeka continues his passion for working with children. He has recently published a children's book, Joshua and the Rainbow's End, and volunteers as a reader in a local primary school.

## Introducing Tabitha Taylor...

Hi! I'm Tabby, the new Enhanced Recovery Worker for the South Norfolk area with Norfolk and Waveney Mind. My role is to offer a listening ear to people who may be going through a difficult time and work with them to explore coping strategies and signpost or refer them to other sources of support where needed. We all have mental health and looking after it is an important part of living a healthy, happy life. I'm really excited to be part of the Humbleyard team and look forward to meeting and supporting members of the local community.

