

Castle Medical Group
 Ascebi House
 118 Burton Road
 Ashby de la Zouch
 Leicestershire
 LE65 2LP

patient newsletter

SPRING 2026 EDITION

MEDICINES AMNESTY FROM 1ST MARCH

If you have unused and unwanted medicines from 1st March return these to any community pharmacy in Leicester, Leicestershire or Rutland for safe disposal.

Reasons you should return your unused medicines include:

- prevent overdoses from (for example) curious young people, confused older people, or those who are impulsive or distressed
- make sure you are using effective medicines, by removing ones which have passed their use-by dates
- ensure you are only ever using medicine which is currently prescribed.

MEDICINES WASTAGE

Over six million medicines are over ordered each year in Leicester, Leicestershire and Rutland. It's estimated £3 million worth of medicines are wasted unnecessarily each year. Check what medicines you have at home before ordering your repeat prescription. If you have enough, only request what you need.



RECENT STAFF CHANGES

Professor Nil Sanganee has now stepped down from his role as GP Partner, but has a weekly session as a Salaried GP. We would like to welcome **Dr Fabelurin**, **Dr Cosgriff** and **Dr Sisodiya** (Registrars), **Leon** and **Sarah** (Paramedics), **Zoe** (GP Assistant), **Mat**, **Talia** and **Ruby** (Patient Services Advisors), to the team.

EMERGENCY CARE PRACTITIONER, LOUISE

"Hi, I'm Louise! I joined Castle Medical Group back in February 2023 as an Emergency Care Practitioner. I have come from a senior role within A&E where I have gained an extensive knowledge and skill base, where I am able to transfer these into my primary care role. I also work as lead nurse for major events and festivals across the country as well as running my own small business."



ROLE OF AN EMERGENCY CARE PRACTITIONER

Emergency Care Practitioners are trained to provide acute non-urgent care. Their role includes assessing and managing patients with minor illnesses, minor injuries and other non-life-threatening conditions.

FUNDRAISING - CROHNS & COLITIS UK

Back in December we held a fundraising event, with a guest appearance from Tyler Smith from Series 3 of BBC The Traitors. Tyler suffers from ulcerative colitis and has signed up to take part in this years' TCS London Marathon on April 26th.

Tyler discussed his day-to-day struggles with his debilitating illness with our patients and staff. His aim to raise awareness, crucial funding and prove that anything is possible.

We are pleased to announce that a fantastic sum of £285 was raised in support of Crohns & Colitis UK. Thank you to all those who kindly supported the event, and good luck to Tyler!



CONTACT US: 01530 414131
www.castlemedicalgroup.co.uk
castlemedicalgroup.noreply@nhs.net

EASTER PRACTICE CLOSURE

- Thursday 2nd April - Close at 5.45pm
- Good Friday 3rd April - Closed
- Saturday 4th April - Closed
- Easter Sunday 5th April - Closed
- Easter Monday 6th April - Closed
- Tuesday 7th April - Open from 8.00am

MAY BANK HOLIDAY PRACTICE CLOSURES

- Friday 1st May - Close at 5.45pm
- Saturday 2nd May - Closed
- Sunday 3rd May - Closed
- May Day Monday 4th May - Closed
- Tuesday 5th May - Open from 8.00am
- Friday 22nd May - Close at 5.45pm
- Saturday 23rd May - Closed
- Sunday 24th - Closed
- Monday 25th May - Closed
- Tuesday 26th May - Open from 8.00am

For minor illnesses please seek advice from your local pharmacy, or by visiting our website: www.castlemedicalgroup.co.uk
 If you require urgent medical advice please call: **01530 414131** and follow the instructions. If you feel you have a genuine life-threatening emergency please call 999.



COVID SPRING BOOSTER

From 13th April we will be offering Spring Covid Vaccine Booster for patients aged 75+ and immunosuppressed.

RSV VACCINATION PROGRAMME

From 1st April, the NHS RSV vaccination programme will include those age 80 and over. This aims to protect our most vulnerable patients from serious RSV illness.

HOW TO BOOK COVID AND RSV VACCINATIONS

Eligible patients for both Covid and RSV where we have a mobile number for you, will be sent a text message with a link to book an appointment with us. We are also trialling the national booking system, so appointments are available on there too.



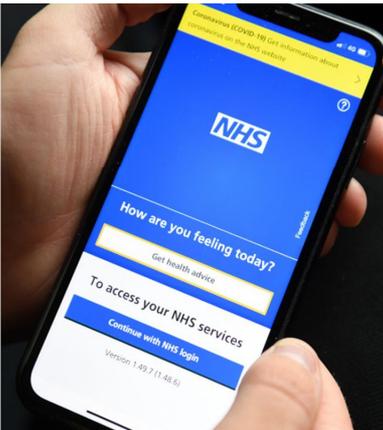
HOSPITAL REFERRALS

If we have referred you to a hospital or service, unfortunately we are unable to provide updates as we don't have access to their systems. As a practice we are unable to provide an expedite letter for the hospital unless there has been a significant change to your symptoms or condition.

For further information on waiting times or hospital details see our website: www.castlemedicalgroup.co.uk

NHS APP AND RAPID HEALTH

We are pleased to announce that the appointment booking link to access Rapid Health is now available in the NHS App.



This link can be used to book an appointment to see or speak to a Doctor, Advanced Nurse Practitioner (ANP) or First Contact Practitioner (FCP).

If you do not have a smartphone, access to a computer or tablet, please call: 01530 414131 and speak to a member of our Patient Services Team.

If you need an appointment with a Practice Nurse, please ring the practice and a member of the team will arrange this for you.

chaperone POLICY

All patients are entitled to have a chaperone present for any consultation, examination or procedure where they feel one is required. A chaperone is a trained member of staff, there to support the patient and act as their advocate, ensuring privacy and dignity are respected.

You may ask for a chaperone before or during your appointment.

feel free to ask

AIMS OF THE PPG

The PPG is a group of patients registered at Castle Medical Group.

We meet every six weeks with the Business Partner to discuss issues and ideas about the practice. Our role is to be a critical friend to the practice and to support it and other patients.

The Group tries to represent the views of all patients and welcomes new members. We volunteer to help during vaccination clinics.

If you can't attend meetings, why not join our "Virtual Group" - keep up with latest news and actions and give your views or help out when you want - it is up to you!! Get involved with as much or as little as you want!! Please email castlemedicalppg@gmail.com for more information or use the 'Join Our Patient Practice Group'.



FEEDBACK

We are continually looking to turn our patients' feedback into real improvements in the service we provide.

We use it to focus on the things that matter most to our patients, carers and their families. We would like to hear from you if you have a suggestion on how we can do things better to improve our patients' experiences.

We'd also like to hear from you if you are pleased with the service you've received. We'll let the staff involved know and share the good practice across our teams.

Please scan the QR code to fill in the feedback form.

