



Eversley Medical Centre Newsletter March 2025

Dear Patients,

We hope this newsletter finds you well! As part of our ongoing efforts to improve patient care and communication, we are excited to share some important updates and information regarding our services.

AccuRx Triage Online Service

Last year we have launched our **Accurx Triage Online**. **Accurx Triage** is an easy and secure online platform that allows you to get in touch with our Practice without needing to visit in person.

Through AccuRx, you can submit your medical concerns, symptoms, or questions at your convenience, and our team will get back to you with advice, next steps, or even an appointment if necessary.

The AccuRx Triage service is especially useful for non-urgent health queries, routine check-ins, and medication requests. It's a quick and effective way to receive the care you need while saving time!

You can access the service directly via our Practice Website:

www.eversleymedicalcentre.co.uk

The NHS App – Your Health at Your Fingertips



The NHS App enables patients to view their medical records, test results, and prescriptions, and cancel their appointments. By using the NHS App, you'll have everything you need for your healthcare in one place. If you haven't already, we encourage you to download it today to start taking full advantage of its features.

Importance of Vaccinations – What you need to Know

- It's important to stay up to date with your immunisation including seasonal vaccines like the **flu vaccine**
- Vaccinations are a vital part of keeping both you and our community safe including those who may be more vulnerable due to age or underlying health conditions
- Immunizations are also essential for children to help protect them against serious illnesses

If you have any questions or need to book an appointment, please don't hesitate to contact us. Our team is here to help keep you and your child safe and healthy!

Meet Our New Practice Manager

We are excited to introduce our new Practice Manager who joined our team recently. Check out her personal introduction below.

Greetings!

I am delighted to introduce myself as the new Practice Manager here at Eversley Medical Centre. My name is Mamta Ahuja, and I am truly excited to be part of this incredible team. With over 20 years of experience in IT and healthcare management, I am most passionate about working in the NHS. It is the sense of service that inspires me to keep improving myself and make positive impact through the work that I do.

Working alongside our dedicated clinicians and admin staff, my aim is to ensure that we continue to provide quality services for the betterment of our patient population. You are at the forefront of everything we do, and we are here to help in any way we can. I want you to know that your input is invaluable to us. If you have any suggestions, ideas, or just want to say hello, please don't hesitate to reach out. I look forward to getting to know you better and working together to make this practice a place where everyone feels valued and cared for.

Regards, Mamta Ahuja

Exercise Tips from Our Physiotherapist Lateef Syed

“Exercises is not just about healing the body; it's about improving quality of life. The best kind of art for living is exercise, which not only helps to enhance physical health but also has a significant impact on Mental and Psychological well-being.

Pain is not a sign of weakness; rather, it is an indication that something needs to change. Let's take the initiative to take care of our physical and mental health by incorporating tiny, easy changes into our daily routine.

“Few Exercises a day keep the Physio away 😊 So why don't we start it today!”

To seek advice on the exercises, let's visit with the Eversley practice's physiotherapist, Please see my leaflet on General Body Exercise.

As always, if you have any questions or need assistance, our team is here to help. You can reach us through AccuRx Triage, the NHS App, or by calling the practice directly.

Thank you for choosing **Eversley Medical Centre**.

We look forward to continuing to provide you with high-quality healthcare.

Best wishes,

The Eversley Medical Centre Team

