Protect Yourself This Winter: Book Your Vaccinations Now

As we move into the winter months, respiratory infections become more common, and for some people they can lead to serious illness. Vaccination is one of the best ways to protect yourself, your family, and our wider community.

Flu Vaccination

Flu is much more than a heavy cold. It can cause high fever, chest infections, hospital admission, and can worsen existing health conditions. Older adults, pregnant women, young children, carers, and people with long-term health conditions are at greater risk of becoming seriously unwell from flu.

The flu virus changes every year, which is why a new flu vaccine is offered each autumn to provide protection against the strains most likely to circulate that season.

Pneumococcal Vaccination

Many patients are unaware of the pneumococcal vaccine, which helps protect against serious infections such as pneumonia, meningitis and sepsis. It is recommended for everyone aged 65 and over, as well as younger people with certain long-term health conditions or weakened immune systems.

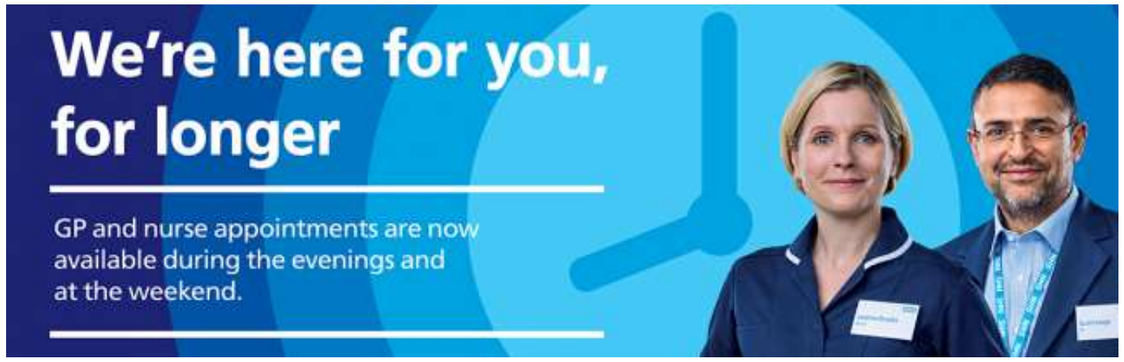
Pneumonia can be particularly dangerous during winter, so if you are eligible but have not yet had your pneumococcal vaccination, please contact the practice.

Shingles Vaccination

Shingles causes a painful rash and can sometimes lead to long-lasting nerve pain, hearing loss, or sight problems. The risk increases as we get older. The shingles vaccine helps reduce both the chance of developing shingles and the risk of serious complications.

The vaccine is available to eligible older adults and certain people with severely weakened immune systems.

If you receive an invitation for your flu, pneumococcal or shingles vaccination, please book as soon as possible. Being vaccinated before winter is the best way to ensure you are protected when infections are circulating most widelv.



We know that finding time to see a healthcare professional during the working day can sometimes be difficult. That's why our practice is working together with other local GP practices to offer Enhanced Access appointments during evenings and weekends.

Appointments are available Monday to Friday from 6:30pm to 8:00pm and Saturdays from 9:00am to 5:00pm, giving patients greater flexibility to access healthcare at a time that suits them.

From 1 September 2026, all Enhanced Access appointments will take place at:
Richmond Medical Centre, Acorn Primary Health Care Centre, Accrington, BB5 1RT
For your convenience, car parking is available at the rear of the building, with the main entrance located at the front of the centre on the main road.

Enhanced Access appointments can help you receive the care you need without taking time away from work, school, or other commitments. Whether you need a routine consultation, follow-up appointment, or other healthcare support, these additional appointments provide greater choice and improved access to local services.

If evening or Saturday appointments would be more convenient for you, please speak to the reception team at your usual GP practice when booking an appointment, and they will be happy to discuss the options available.

Exciting Update for our Oswaldtwistle Surgery

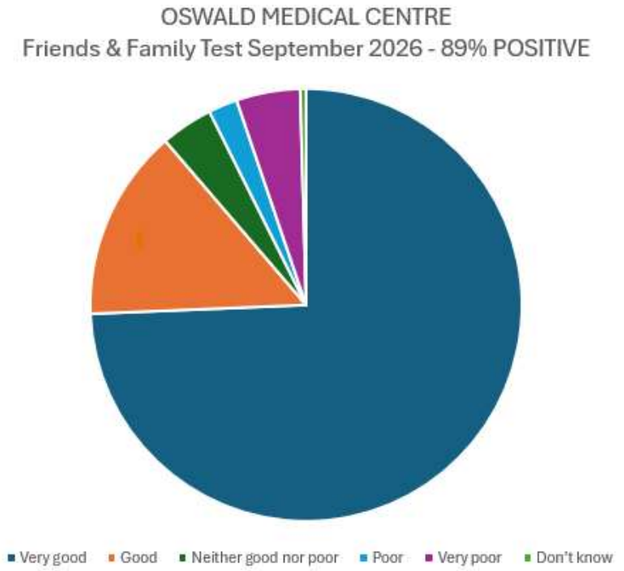
We are delighted to share some exciting news about our Oswaldtwistle surgery.

NHS England has announced funding to support improvements to GP premises and primary care facilities across the country. We are pleased to confirm that Oswald Medical Centre has successfully secured funding to enhance our Oswaldtwistle site.

The project will involve the construction of a second floor on the existing building, creating three additional clinical rooms to support our growing services. The new floor will be fully accessible via an external lift, and a small patient waiting area will also be provided.

We anticipate work starting before Christmas and are excited about the opportunities this development will bring. The additional space will help us expand our team of healthcare professionals, increase appointment capacity, and continue to improve the care and services we provide to our patients.

We look forward to sharing further updates as the project progresses.



Your Voice Matters!

We are recruiting for our 'Friends of Oswald Medical Centre' patient participation group.

Purpose of the Group

- To give patients and practice staff the opportunity to meet and discuss topics of mutual interest.
- To provide a means for patients to become more involved and make suggestions about the healthcare services they receive.
- To explore (anonymised) issues from patient complaints and patient surveys, contribute to actions plans and help monitor improvements.
- To contribute feedback to the practice on National Patient Survey results and Friends and Family Test feedback to propose developments or change.
- To support health awareness and patient education and promote responsible and appropriate use of Primary Care Services.
- If you would like to join our group, please call us on 01254 369123 (we need to know numbers!)

We will send you a pack of information to read before you join your first meeting. Some meetings may take place

Please Note

All practices in East Lancashire will be closing on **Wednesday 4th November 2026**, from 1.00pm-6.30pm for a staff training event.

If you require medical assistance, please use the following services:

Pharmacies for minor illness

111 if you are unwell

999 for medical emergencies

We will re-open as usual on Wednesday 9th September 2026 at 8.00am

Visit our Website: www.oswaldmedicalcentre.co.uk

Follow us on Facebook: facebook.com/oswaldmedicalcentre

Practice News

AUTUMN 2026

Dr Sharma's Advice Column

As GPs, we often see patients when they are feeling unwell, but some of the most important healthcare happens before illness develops. Preventive care plays a vital role in helping people stay healthy and maintain their quality of life.

Many long-term conditions such as high blood pressure, diabetes, and some heart conditions can develop gradually without causing obvious symptoms. Regular health checks, attending screening appointments, and seeking advice when you notice a change in your health can help identify problems early, when treatment is often most effective.

Prevention is not just about tests and appointments. Small, positive lifestyle changes can have a big impact on overall wellbeing. Staying active, a balanced diet, getting enough sleep, and looking after your mental health all contribute to better long-term health.

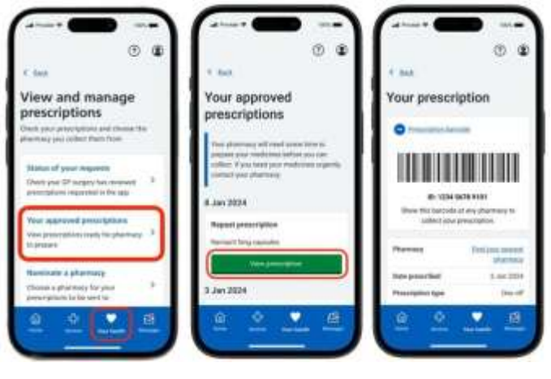
We understand that life is busy, and it can be easy to put your own health at the bottom of the list. However, taking a few moments to attend appointments, review medications, or discuss any concerns with your healthcare team is an investment in your future wellbeing.

NHS rolls out 'prescription ready' alerts on smartwatches and mobiles

Millions of people across England can now get an alert on their smartwatch or mobile when their prescription is ready to be collected.

The new alerts are being introduced following the success of the 'Amazon-style' prescription tracking feature in the NHS App, which has been used by nearly 2.9 million people since its launch last year.

The app's users can now get an instant smartwatch or mobile notification when their prescription is ready at nearly 2,500 chemists across England – including every ASDA and Boots pharmacy store.

They will need to enable push alerts in the NHS App to receive the notifications, and will be able to find out more details on the status of their prescription order within the NHS App.

Around one in three pharmacies in England – over 3,200 stores – are now offering the prescription tracking feature in the app, which has been used over 9 million times since it went live last year.