



Minerva PCN

Autumn Edition 2026

NEWSLETTER

St Michael's & The Beehive surgeries



FLU SEASON

Flu vaccination is important because, while flu is unpleasant for most people, it can be dangerous and even life threatening for some people, particularly those with certain health conditions. The best time to have your flu vaccine is in the autumn or early winter before flu starts spreading.

Flu spreads more easily in the cold and some people are more vulnerable to the effects of cold weather. This includes:

- People under the age of 5
- People aged 65+
- People on a low income who cannot afford heating
- People with a long-term health condition
- People with a disability
- People who have a mental health condition
- People who are pregnant

Flu vaccines are very safe. All adult flu vaccines are given by injection into the muscle of the upper arm. They are refreshed each year as the flu strains in circulation will be different.

Most side effects are mild and only last for a day or so such as:

- A slightly raised temperature
- Muscle aches
- A sore arm where the needle went in

STAFF UPDATES

We sadly say farewell to Dr. Harvey who has completed her GP training with us... and we welcome Dr. Martin who is beginning his GP training.

We also welcome Advanced Clinical Paramedic Jim Burn to our team.

You can try these tips to help reduce discomfort:

- Continue to move your arm regularly
- Take a painkiller, such as paracetamol or ibuprofen (however some, including those who are pregnant, should not take ibuprofen unless a doctor recommends it.)

We will try to contact you by text message if you are eligible for the vaccine.

Clinics beginning in October across both sites. Please call reception to book your appointment.

More Info:

<https://www.nhs.uk/live-well/seasonal-health/>



- Secure access to medical records
- Manage your prescriptions
- Book or cancel appointments
- NHS 111 symptom checker
- Proxy access for children

[Read More](#)

HELP WITH THE NHS APP

We are running several sessions throughout the autumn and winter to help people set up and get the most out of the NHS App.

Sessions will be between 09:00 -12:00 on the following dates:

13th October @ The Beehive

10th November @ St Michael's

15th December @ The Beehive

12th January @ St Michael's

You can just drop in and there's no need to make an appointment.

These sessions will be run by Sheena from Curo Group.

STOP SMOKING SERVICE



Thinking about quitting smoking? We can offer support to help you all year round, led by our practice nurses. When you quit smoking you'll begin to see improvements to your health almost immediately.

If you need a push Stoptober is the perfect time to make a change. This October, thousands of people in the UK will stop smoking. Why not join them? Stoptober sets you the goal of making it 28 days smoke free. People who manage that are 5 times more likely to quit for good.

At your first appointment, you'll talk about why you smoke and why you want to quit, as well as any attempts you've made to quit in the past. You'll also discuss NHS-endorsed stop smoking treatments available including nicotine-free medicines and nicotine replacement products such as patches, gum, lozenges, inhalers, and mouth or nasal sprays.

It's never too late to quit and it's easier to stop smoking with the right support. Speak to someone today and book an appointment.

Appointment Activity

June - August Figures



DR APPTS
OFFERED

5432

DR APPTS -
DID NOT ATTEND

169

NURSE APPTS
OFFERED

3401

NURSE APPTS -
DID NOT ATTEND

324

PLEASE CALL TO
CANCEL YOUR
APPOINTMENT IF
YOU ARE UNABLE
TO ATTEND. THIS
ALLOWS US TO
OFFER IT TO
SOMEONE ELSE.



Search: St Michael's & The Beehive

PATIENT PARTICIPATION GROUP

Welcome to our newest members.

Next meeting: 26/11/2026 @ 1:00pm

Have your say. New members always welcome.

If you are interested in attending please contact the practice manager via:

bswicb.stmichaelssurgery@nhs.net



St Michael's Surgery, Walwyn Close, BA2 1ER
The Beehive Surgery, Mount Road, BA2 1NH

01225 428277
01225 445004

bswicb.stmichaelssurgery@nhs.net