

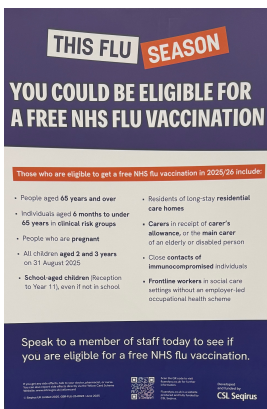
# Newsletter

## Winter/Spring 2025/26

As we get older the cold weather can leave us more vulnerable. Keeping warm this winter can help prevent illnesses such as cold and flu and also fights against more serious problems like strokes, heart attacks, pneumonia and depression. If possible, try and keep the room temperature to at least 18 degrees centigrade in the rooms you are in most of the time, such as the bedroom and living room.



The flu vaccine is recommended for people at higher risk of getting seriously ill from flu. You can get the free flu vaccine if you: Are aged 65 or over (including those who will be 65 by 31 March 2026), have certain long term health conditions, are pregnant, live in a care home, are the main carer for older or disabled person, or receive a carer's allowance or live with someone who has a weakened immune system.



The NHS 111 Service will be available 24/7 over the Christmas period, providing urgent medical advice and support for Non Life Threatening issues. You can access the service online at [111.nhs.uk](https://111.nhs.uk) or by calling 111 for assistance. For all Life Threatening emergencies, always ring **999** immediately or go directly to the nearest A&E.



Learn My Way is a free online platform that helps people gain basic digital skills and build confidence in using the internet and gain access to information and services such as, NHS online, local council services, work or just being able to stay in touch with friends and family. Visit <https://www.learnmyway.com/> for more information.



**Hartland Way Surgery**  
CQC overall rating  
**GOOD**  
15th July 2022

**Hartland Way Surgery**  
1 Hartland Way  
Croydon  
CR0 8RG  
020 8777 7215

**Practice Doctors**  
Dr Lydia Osei-Boateng  
Dr Anna Ingram  
Dr Helen Walker  
Dr Soraya Shirzad  
Dr Jenny Choi

**Out of Hours Service**  
If you need urgent access to a GP when the surgery is closed, ring the NHS non-emergency number: **111**. Calls are free from landlines and mobile phones.

### Patient Contact Details

Please let the surgery know as soon as possible if any of your contact details change, such as address, email, telephone or mobile number. It is important that we have up to date contact information in case we need to contact you.



## MyCare - Croydon Health Services

MyCare is a secure and confidential online portal for patients 16 years and over who are registered at either Croydon University Hospital or Purley War Memorial Hospital.

With MyCare you are able to view information about your hospital appointments, access a digital copy of your appointment letter, clinical outcome and discharge summary and view hospital test results.

When your first appointment has been scheduled at either Croydon University Hospital or Purley War Memorial Hospital and you have registered a mobile phone number, you will receive a text message with a link inviting you to register for MyCare Croydon Health Services.

The link will connect you to the MyCare homepage where you can sign-up for MyCare, either by using your NHS account login details (if you have one) or register using your email address.

You do not have to wait for a text message to register for MyCare, you can also access the online registration page at <https://patients.croydonhealthservices.nhs.uk/> where you will need to have your NHS number and your mobile phone number available to start the registration process.

During the registration process, you will be asked to provide your date of birth, email address and asked to setup a user name and password. It is recommend that you do not use a shared mobile number or email address so as to keep your sensitive health information confidential.

Once you have entered your details you will then receive an SMS text message containing a 5-digit code which you then enter when prompted to finalise the registration and then give your consent to access your care information at Croydon Health Services.

Only appointments booked by Croydon University Hospital and Purley War Memorial Hospital can be viewed on the MyCare Croydon Health Care portal, though patients can access their other hospital appointment information and primary care records via the NHS app.

MyCare Croydon Health Services can be accessed anytime 24/7 using a smart phone, tablet, laptop or computer with internet access.

## Taking Paracetamol During pregnancy

Do not be misled by recent reports that you may have read regarding paracetamol. The Medicines and Healthcare products Regulatory Authority (MHRA) has confirmed that taking paracetamol during pregnancy remains safe. Paracetamol has been used during breast feeding for many years without any negative effects on children. It does not reduce fertility in either men or woman and it does not cause autism in children.

As with any medication, always read and follow the instructions that come with the medication.

## Free Chickenpox Vaccination for Children 12-18 Months

From January 2026, children across England will, for the first time, be offered a free NHS vaccination against chickenpox as part of the routine immunisation schedule. Delivered via a combined MMRV vaccine (measles, mumps, rubella, and varicella). The programme will help protect thousands of children from contracting chickenpox and help prevent severe complications.

The recommendation is for a two-dose schedule using the combined MMRV vaccine, with a first dose at 12 months and a second dose to ensure older children are not left unprotected, which would involve a targeted one-off MMRV doses for children from 18 months up to age 11. The exact details of the catch-up plans have yet to be finalised but it is expected to be completed by 2027. Further guidance will be published on how this will be implemented. Further information can be found by following the link below:

<https://www.gov.uk/government/news/free-chickenpox-vaccination-offered-for-first-time-to-children>

## Christmas and New Year Pharmacy Access

For those who may require access to a pharmacy over Christmas and the New Year, Mayday Community Pharmacy 514 London Road, Thornton Heath. CR7 7HQ (020 8689 9345) will be open on

Christmas Day 25 December : 09.00 - 22.00

Boxing Day 26 December : 09.00 - 22.00

New Years Day 1 January: 09.00 - 22.00.

The opening times of other pharmacies can be found by following the link below:

<https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>