

ALMA ROAD SURGERY

Alma Road, Romsey, SO51 8ED

Tel: 01794 513422

Newsletter AUTUMN 2026

WELCOME TO OUR NEWSLETTER!

This contains Practice news, updates and announcements, which you can expect to receive on a quarterly basis.

Our Surgery Statistics

1st June 2026 to 31st August 2026

Number of patients at the Surgery – 16047



Incoming calls – 29,586
Appointments offered – 20,440
Letters processed – 6140



Did not attend appointments – 460
Averaging 8 hours per week

If you have an appointment and cannot attend or wish to cancel, please contact the surgery by telephone on 01794 528500 and leave a voicemail –this service is open 24/7.

You can also call the main surgery number to cancel an appointment during our opening times.

☀ NEW STAFF AT THE PRACTICE ☀

WE'RE DELIGHTED TO WELCOME

TAMMY – PRACTICE NURSE

♥ FAREWELLS ♥

DR ALISON DOBBIE - WE ARE VERY SORRY TO SAY GOODBYE TO DR DOBBIE, WHO IS LEAVING THE PRACTICE IN SEPTEMBER.

KATHY (PRACTICE NURSE) - AFTER 16 YEARS OF DEDICATION AND CARING FOR OUR PATIENTS, KATHY IS RETIRING FOR A WELL-DESERVED RETIREMENT! WE WOULD LIKE TO THANK KATHY FOR EVERYTHING SHE HAS CONTRIBUTED TO THE PRACTICE AND WISH HER A LONG, HAPPY AND RELAXING RETIREMENT.

PLEASE JOIN US IN WISHING DR DOBBIE AND KATHY ALL THE VERY BEST FOR THE FUTURE. THEY WILL BOTH BE GREATLY MISSED BY PATIENTS AND COLLEAGUES ALIKE.

Prize Donations Welcome!

We're preparing for our upcoming **Flu Clinic in October**, and we'd love your support. If you're able to donate a prize for our tombola, we would be very grateful!

Donations can be kindly dropped off at the surgery before October



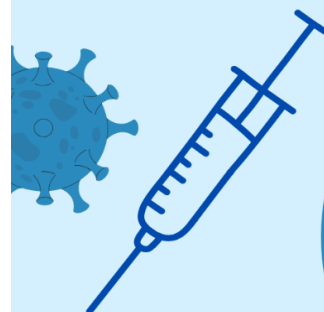
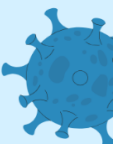
Thank you!



SAVE THE DATE FLU & COVID VACCINES 2025

The clinic will be held on the 5th
October 2026 for our eligible
patients.

We will be touch with an invite soon.
Please let us know your up-to-date
mobile numbers



WE KINDLY ASK YOU DO NOT
CONTACT OUR RECEPTION ABOUT
THESE VACCINES.

WE WILL CONTACT YOU

THANK YOU

Better
Health

Let's
do this

Quit Smoking Start Saving

Join the thousands of people
who are quitting smoking.



Download the free
NHS Quit Smoking
app to get started.



NHS



Repeat Prescriptions

To allow our doctors and prescription clerks to process your request efficiently, we now require 5 working days to complete any prescription request. Completing a prescription is not an easy task. This involves the dispensary to carefully check your record and the GP doing the same and signing this off in between clinics.

Kindly note that it is your responsibility to ensure you have a sufficient supply of repeat medications. This is especially true during weekends and public holidays. Make sure that you check your medicine supply regularly. You can order your repeat prescription via email, NHS App, AiRMID UK or Systmonline, or through your local pharmacy.

Use the Right Service



 Self Care Care for yourself at home Minor cuts & grazes Minor bruises Minor sprains Coughs and colds	 Pharmacy Local expert advice Minor illnesses Headaches Stomach upsets Bites & stings	 NHS 111 Non-emergency help Feeling unwell? Unsure? Anxious? Need help?	 GP Advice Out of hours: Call 111 Persistent symptoms Chronic pain Long term conditions New prescriptions	 UTCs Urgent Treatment Centres Breaks & sprains X-rays Cuts & grazes Fever & rashes	 A&E or 999 For emergencies only Choking Chest pain Blacking out Serious blood loss
---	---	---	--	---	---

RABIES ITS PREVENTABLE

REPORT STRAY OR DEAD ANIMALS 

AVOID CONTACT WITH WILD ANIMALS 

BEWARE OF BATS 

IMPORTANT TO VACCINATE YOUR PETS 

EXCLUDE WILDLIFE ACCESS TO YOUR HOME 

SECURE GARBAGE CAN LIDS 

ROMDAG
Romsey Dementia Action Group

Demfest
A DAY OF INSPIRATION, INNOVATION
AND EDUCATION ON DEMENTIA

13th September 2026
10AM - 4PM

LIVE MUSIC | INFORMATION | ACTIVITIES
CHILDREN'S ENTERTAINMENT
SORRY NO DOGS ALLOWED

Sir Harold Hillier Gardens, Romsey, SO51 0QA

FREE EVENT

Have You Checked Your Weight Recently

We need your help to keep our records up to date.

If you are an adult patient, please let us know your current weight if it has changed recently or if it hasn't been recorded in the last 12 months.

- ✓ Helps us prescribe medicines safely
- ✓ Ensures the correct medication doses
- ✓ Supports better clinical care



PRACTICE OPENING TIMES

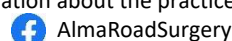
Telephone lines for the Dispensary have been amended. They are open from 10.30 am to 12:30 pm, then 2 pm to 3 pm.

The Dispensary hatch is still open from 8:30 am to 1 pm and 2 pm to 5 pm.

Wednesdays – the phones are closed from 12:30pm to 1:30pm for staff training. The dispensary opens at 2 pm.

Visit our website or join our Facebook group to receive up-to-date information about the practice and what is happening.

www.almaroad.nhs.uk



AlmaRoadSurgery