

# Binfield Surgery Patient Newsletter

May 2026

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## A Special Congratulations

We are delighted to share the wonderful news that Dr Murphy welcomed the safe arrival of her baby boy, Abbas, on 14.04.26.

We would like to wish Dr Murphy and her family our warmest congratulations and very best wishes during this special time.

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## Welcome to Dr Sarah Green

We are pleased to welcome Dr Sarah Green to Binfield Surgery. Dr Green will be covering Dr Murphy's maternity leave and supporting our clinical team over the coming months.

We hope our patients will join us in giving Dr Green a warm welcome.

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## The Benefits of Using the NHS App

The NHS App is a quick and convenient way to access a range of NHS services from your phone or tablet.

With the NHS App you can:

- Order repeat prescriptions
- View your medical records
- Check test results
- Manage appointments
- Access NHS 111 online services

Using the NHS App can help save time for both patients and the practice team.

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## Missed Appointments

During the last month, 70 appointments were missed at Binfield Surgery.

Missed appointments have a significant impact on NHS services and can cost the NHS thousands of pounds each year. More importantly, they prevent other patients from accessing appointments when they need them.

If you are unable to attend your appointment, please let us know as soon as possible so we can offer it to another patient.

Thank you for helping us make the best use of NHS resources.

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## Friends and Family Feedback

We are pleased that our Friends and Family responses continue to remain positive each month.

Your feedback is extremely important to us, and we always welcome your comments, suggestions, and ideas to help make visiting Binfield Surgery a positive experience for all patients.

Thank you to everyone who has taken the time to share their feedback with us.

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## Annual Reviews and Drug Monitoring

If we invite you for an annual review, it is never too late to book your appointment.

Annual reviews and drug monitoring appointments are very important. They help us ensure that your medication remains safe and effective.

Please remember that some medicines cannot continue to be prescribed safely without regular monitoring and review.

If you have received an invitation, please contact the surgery to arrange your appointment.

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## Seasonal Health & Wellbeing Tips

As we move into the warmer months, here are a few reminders to help keep you healthy and well:

### Stay Hydrated

Drink plenty of water throughout the day, especially during warmer weather.

## Sun Safety

Remember to wear sunscreen, protect your skin, and avoid prolonged exposure to strong sunlight.

## Hay Fever Support

If you suffer from hay fever, speak to your local pharmacist about treatments that may help manage symptoms.

## Keep Active

Regular gentle exercise such as walking, gardening, or cycling can improve both physical and mental wellbeing.

## Mental Wellbeing

Take time to rest, relax, and stay connected with family and friends. Looking after your mental wellbeing is just as important as your physical health.

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## Thank You

Thank you for your continued support and cooperation.

From all the team at Binfield Surgery