



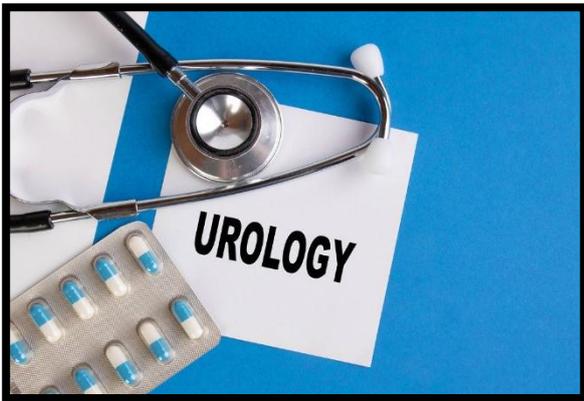
# New Wokingham Road Surgery PPG NEWSLETTER

Issue 5 – Spring 2026

## Stoma and Urology Prescriptions

Please note that from 18th January the Surgery will no longer be responsible for prescribing stoma and urology appliances. The procedure that patients will need to follow can be found on the New Wokingham Road Surgery website. Patients can also call 0800 138 8336 for any urgent requests

[Stoma and Urology Prescribing Update – New Wokingham Road Surgery](#)



## Call Volumes

In November 2025 the surgery received 5,771 incoming calls with an average waiting time of 2 minutes 52 seconds.

In December 2025 the surgery received 5,730 incoming calls with an average waiting time of 4 minutes 1 second.

To keep you up to date, the current Patient List size stands at 9,762.



## Thank You for Your Charity Donations

Due to your very kind donations, through both the Walking Group and the sale of books, we were able to hand over a cheque for £500 to Berkshire Lowland Search and Rescue Team. This Charity has been in existence for 40 years and is primarily a Search and Rescue Team for Berkshire and is called upon by Thames Valley Police when a vulnerable person goes missing. They also support the Fire Service with drones and integrate with other Counties Search and Rescue Teams. In 2024, 82 searches were undertaken. Everyone involved is a volunteer but despite this the approximate annual running cost is £30,000.



*Since May 2023 you have raised £1,538.81 by buying books from our Library, so thank you very much!*

## Prescribing of over-the-counter medicines

The Buckingham Oxfordshire and Berkshire West Integrated Care Board (BOB ICB) are urging local residents to buy over-the-counter medicines to treat a range of minor common illnesses like coughs, colds, headaches, heartburn and indigestion.

Current NHS guidance urges GPs not to prescribe over-the-counter medicine – this ensures money saved can be spent on essential health services. Instead, patients are advised to self-care to treat minor common illnesses which could include:

- Keeping a well-stocked medicine cabinet at home, (out of the reach of children and pets).
- Seek advice from local community pharmacists on:
  - Managing short-term illnesses and minor conditions
  - Or use the NHS Pharmacy First Service
- People can see a pharmacist without an appointment, and many pharmacies are open late and at weekends.
- A pharmacist will advise people if their symptoms need the attention of other healthcare professionals such as a GP.

Visit the BOB 'Stay Well' website for more details on a full list of over-the-counter medicines people can buy to treat a range of common conditions.

<https://staywell-bob.nhs.uk>



## Carers' Champion

If you are a Carer and need support, then speak to Reception and make an appointment to speak to Mrs Sheila Dinan. You can chat to her and discuss your needs, as everyone is different. Just speaking to someone can make a massive difference.



## Save the Date!

We are organising another Health Event to be held on Tuesday 29th September 2026 at The Morgan Centre, Crowthorne. Doors open at 7.00PM, with everyone welcome. This time we are focussing on Dementia, with speakers and also people there that can offer advice on this devastating disease. Make sure you put the date in your diary!



## NWRS PPG Contact Details



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