

Riverside Medical Practice

Barker Street, Shrewsbury, SY1 1QJ

Tel: 01743 367891

Email: riverside.inbox@nhs.net

www.riverside-medical.co.uk



Newsletter— Spring 2026



Riverside Medical Practice

CQC overall rating

Good

26 June 2023

URGENT NOTICE

If you are experiencing symptoms such as chest pain or breathlessness please dial 999 or attend the local A&E department.

Contact Details

Could we please remind all patients to ensure that we have up to date contact details for you including telephone numbers and address. This will make it easier for us to contact you should there be any problems with your appointment or if we need to contact you in an emergency.

Call recordings

Please note all inbound and outbound calls to and from Riverside Medical Practice are recorded for training and monitoring purposes.

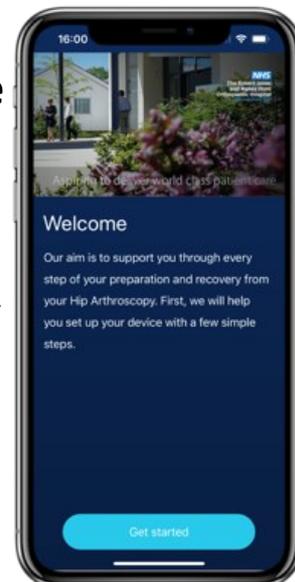
Need help with your joint or muscle pain? Download the free myrecovery app today!

If you are registered with a GP Practice within Shropshire, Telford and Wrekin, you can access the free myrecovery app to help you manage your joint or muscle pain.

The myrecovery app has been created for you in partnership with healthcare professionals from across Shropshire, Telford & Wrekin, and provides information, support and encouragement to help you take control of your health.

You can download the app on a smartphone or tablet to help you with new or recurrent musculoskeletal conditions including:

- Hip Pain
- Knee Pain
- Shoulder Pain
- Elbow Pain
- Foot & Ankle Pain
- Lower Back Pain
- Neck Pain



The app offers a range of key features including:

- Videos and articles to help you understand, manage and improve your condition
- Tailored exercise programmes
- Information about local services and how to access them
- Short surveys to track your progress

Information and guidance to help improve your overall health and wellbeing

How to sign up

To register please visit our website where there is a registration link.

You will need to provide your NHS number and date of birth to set up your account. If you don't know your NHS number, follow this link – <https://www.nhs.uk/nhs-services/online-services/find-nhs-number/>

Coronavirus symptoms

Do not leave your home if you or someone you live with has any of the following:

A high temperature (over 37.8°)

A new continuous cough

A loss of, or change to, your sense of smell or taste

If you think you may have coronavirus you should still use the online 111 service or call 111 initially.

Comments, Compliments & Complaints

If you have any queries, comments, compliments or suggestions that you would like to share with us about the changes we are making to our surgery, improvements that you would like us to consider or event suggestions for topics to be included within the next newsletter, please direct these to our Practice Manager, Ms Sue Griffiths

Patient Access

Did you know you can register to use our online services?

By registering for patient access you can order your prescription and update your personal details online.

You can also request extended access to your medical records including your diagnosis list, immunisations and blood results. To register please ask reception or visit our website for further details

Changes to the Childhood Vaccination Schedule

Children are now offered protection against chickenpox, with the launch of the MMRV vaccine

For most children chickenpox can be mild, but for others it can be serious and lead to complications and hospitalisation. So from 1st January 2026 children will now be offered protection against chickenpox in the NHS routine childhood vaccine schedule from 12 months old.

The chickenpox protection will be given in an MMRV vaccine, which also protects against measles, mumps and rubella, giving protection against 4 diseases in one. The first dose of the vaccine will be given at children's routine 12 month appointment and replaces the MMR vaccine. The second dose will be routinely given at a new 18 month appointment for children born on or after 31st July 2024, with those born before this date getting their scheduled dose at their 3 years 4 month appointment.

If you have any questions about this, please make an appointment with one of our Practice Nurses.



Bank Holiday Closures

Please note that the Practice will be closed on the following dates;

Friday 3rd April

Monday 6th April

Monday 4th May

Monday 25th May

If you require urgent medical advice during this time please contact NHS 111

Prescriptions

For patients wishing to order their prescriptions please can we ask that you order your routine medications via the Prescription Ordering Service Direct on 0333 358 3509, we understand that there is high demand on the phone lines currently and therefore if you experience difficulties you can also email your request to Shropshire.pod@nhs.net

Please do not order your medications more than 7 days ahead of needing them, it is important that you order as normal and we reassure you there is no need to stockpile medication.

Alternatively, you can also email riverside.prescriptions@nhs.net or if you are already signed up for patient access you can order via the app.

Please ensure that you nominate a pharmacy to receive your prescriptions, as we will be sending all prescriptions electronically rather than being collected in person to minimise unnecessary attendance to the surgery.

If you do not have access to any of the above then please post your prescription request to us at Riverside Medical Practice, Barker Street, Shrewsbury, SY1 1QJ

Thank You
FOR YOUR
SUPPORT

Riverside Patient Group

Our Patient Participation Group is a group of patients of the practice who act as a link between the practice and you, the patients. Its aim is to help us to provide a better service to meet your needs. The group meets regularly and new members are very welcome.

If you are interested in further information or wish to join the group, please contact Sue Griffiths, Practice Manager, here at the surgery.

NHS App



The NHS App is owned and run by the NHS. It can be accessed by anyone aged 13 and over registered with an NHS GP surgery in England or Isle of Man.

The App can be downloaded via the App Store, Google Play or by scanning the QR code.



How can you use the NHS App?

- Request repeat prescriptions
- View your GP health record
- Manage appointments
- Receive messages and notifications
- Use 111 online
- Browse NHS medical and health information
- Find NHS services

If you are experiencing any issues with the NHS App, please visit www.digital.nhs.uk/services/nhs-app/resources/trouble-shooting-guide

Do you have Facebook?

If so, please follow our Practice Facebook page 'Riverside Medical Practice, Shrewsbury'. We use Facebook as another way to keep our patients up to date with changes, practice news and tips for health conditions etc.

