



HartBeat

thehartsurgery@nhs.net

01491 843200 | www.thehartsurgery.nhs.uk



STAFF NEWS

We are delighted to welcome the following doctors to the surgery. Walaa and Jemma are both GP registrars who are looking forward to meeting our patients



Dr Tayabba Aslam

We are delighted to announce that Dr Aslam, who is well known to many of our patients as a long-term and popular Locum GP will be joining the practice on a permanent basis as a Salaried GP.

She will continue to work at the surgery on Wednesday, Thursday and Friday mornings.



Dr Walaa Elsherbiny

I'm in my second year of GP training and originally grew up in Egypt, where I earned my medical degree. I later moved to the UK with my family to continue my career. At home, I share life with my two children and two very different cats: Willow, who rules the house with an iron paw, and Shadow, who specialises in luring people into 'belly traps'.

When I am not working, you'll often find me out walking, reading curled up for a movie night (when the kids and cats allow!)



Dr Jemma Mildon

Dr Mildon has 6 years of hospital experience across Sussex, Berkshire, and Surrey in General Medicine and Anaesthetics, before moving to Henley as a GP Registrar. She enjoys many fields of medicine but particularly likes hands on procedures. She is married with two young children so when she does get a rare moment of free time she chooses to run, rest, or do DIY on her forever unfinished house renovation.



Do you want to stop smoking?

You can refer yourself for advice and support.

Text QUITOXON to 66777, visit smokefreeoxon.co.uk or call 0800 772 3673 for treatments, support and advice

SELF REFER TO PHYSIOTHERAPY



Did you know that you can self-refer to physiotherapy?

If you require physiotherapy, you can now refer yourself to connect health without needing to have an appointment with a GP.

Please visit our website where the link for referring to Connect Health Oxfordshire can be found on our front page on the top green bar under 'clinic and services' or see link below.

<https://www.connecthealth.co.uk/services/oxfordshire>

**IF YOU HAVE A HIGH
TEMPERATURE,
PERSISTENT COUGH
OR COLD SYMPTOMS**



**PLEASE WEAR A
FACE MASK
FOR ANY APPOINTMENT
AT THE HART SURGERY**

CHILD VACCINATION UPDATE

Chicken Pox

You may have seen in the national news on 29th August that from January 2026 children aged from 12 months will be offered a chicken pox vaccination with their MMR – please read the link below for further information.

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

Whooping (Pertussis) Cough in Pregnancy

Keeping you and your unborn baby safe

Please contact the Hart Surgery to arrange a whooping cough vaccination if you are pregnant. You can be vaccinated from 16 weeks gestation. There has been a case in the news over the last few weeks where a baby sadly died as their mother had not had a whooping cough vaccination.

For further information regarding the whooping cough vaccination please follow the link below.

https://assets.publishing.service.gov.uk/media/667ad3fec7f64e234208ffbd/UKHSA_12961_Whooping_cough_pregnancy_leaflet_10_WEB.pdf

Are you thinking of losing weight?

Are you keen to be healthier to reduce your risk of heart disease, stroke or diabetes? Would you like to shed a few pounds to make you feel more comfortable in your clothes, be more active and improve your wellbeing?

Your GP can refer you for a 12 week program with Slimming World which is supported by Oxfordshire County Council and Maximus UK

For further information please click on the link below or contact your GP via the triage form that can be found on our website.

[Contact Us - Free Healthy Lifestyle Services | Oxfordshire](#)



Vitamin D Supplements

During the autumn and winter, you need to get vitamin D from your diet or take a supplement because the sun is not strong enough for the body to make vitamin D.

Between late March or early April to the end of September, most people can make all the vitamin D they need through sunlight on their skin and from a balanced diet.

People at risk of vitamin D deficiency

The Department of Health and Social Care recommends that adults and children over 4 take a daily supplement containing 10 micrograms of vitamin D throughout the year if they:

- are not often outdoors – for example, if they're frail or housebound.
- are in an institution like a care home.
- usually wear clothes that cover up most of their skin when outdoors.

If you have dark skin – for example you have an African, African-Caribbean or south Asian background – you may also not make enough vitamin D from sunlight.

You should consider taking a daily supplement containing 10 micrograms of vitamin D throughout the year.

Advice for infants and young children

The Department of Health and Social Care recommends that babies from birth to 1 year of age should have a daily supplement containing 8.5 to 10 micrograms of vitamin D throughout the year if they are:

- breastfed
- formula-fed and are having less than 500ml (about a pint) of infant formula a day, as infant formula is already fortified with vitamin D

Children aged 1 to 4 years old should be given a daily supplement containing 10 micrograms of vitamin D throughout the year.

You can buy vitamin D supplements or vitamin drops containing vitamin D (for under 5s) at most pharmacies and supermarkets.

Women and children who qualify for the Healthy Start scheme can get free supplements containing vitamin D.

Please visit your local chemist where they will be able to advise you of the best product to buy for you and your family members

Covid and Flu Vaccinations Autumn 2025

September is the start of the Covid and Flu vaccination season. We can start our flu vaccinations for pregnant ladies, under 18s who are at risk and pre-schoolers aged 2-3 from 1st September.

All other cohorts we are vaccinating from 1st October.

ELIGIBLE FOR COVID VACCINATION



**OVER 75s
(BY 31 MARCH 2026)
CARE HOME RESIDENTS
IMMUNOCOMPROMISED
AT THE HART SURGERY**

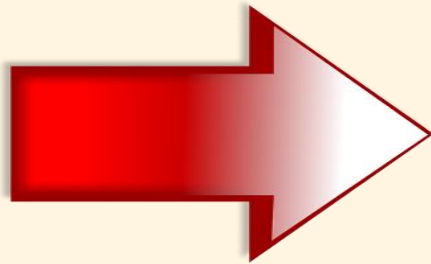
**NB Not household members of
immunocompromised**

ELIGIBLE FOR FLU VACCINATION

- *Pregnant patients*
- *Over 65 years old*
- *Patients at risk due to a specific chronic illness*
- *Carers*
- *Care Home residents*
- *Frontline health care workers • Housebound patients*
- *Immunocompromised*
- *Household members of immunocompromised*
- *Children*

Most school aged children will be vaccinated at school. At the surgery we can vaccinate children aged 2-3 year old (on 31/8/25) and children who are also in an at risk group

HART SURGERY FLU/COVID CLINICS



Wednesday October 8th pm
Saturday October 11th pm
Wednesday October 15th pm
Tuesday 21st October pm
Monday 3rd November am

Please book via the NHS App, via reception or by emailing bob-icb.hart.vaccinations@nhs.net

If you cannot make the above clinic times please email us and we will try our best to accommodate you

CAKE SALE



FRIDAY 10th OCTOBER

10am – 12 noon

The Hart Surgery

In aid of Mental Health Day



Don't be misled.

There is no evidence that taking paracetamol during pregnancy causes autism.

Please see NHS Guidance

<https://www.nhs.uk/medicines/paracetamol-for-adults/pregnancy-breastfeeding-and-fertility-while-taking-paracetamol-for-adults>

The Hart Surgery Giving Tree

- ★ Our Giving Tree will be set up in reception from Monday 1st December
- ★ This will be adorned with tags that list the specific needs of a local charity
- ★ You can select a tag, take a gift bag, purchase the item and place it under the tree (please do not wrap the gift as they will need to be checked before being handed out)
- ★ All donations will go directly to helping people our local organisations support
- ★ All gifts must be returned to us by Tuesday 16th December



Thank you for your generosity

Kamuli Mission Hospital



Many of you are aware that Dr Philip Unwin has been involved with this hospital in Uganda for many years and regularly volunteers his time to work out there.

From Dr Philip Unwin

Below: The nursery being built

The Charity, Kamuli Friends, was set up about 12 years ago to raise money for capital projects to support the hospital and currently we have managed to rebuild a lot of the old hospital wards /depts and provide much needed, improved, accomodation for the nurses and visiting doctors and nurses.

More recently we have built a nursery for the staff children so that they can be looked after and cared for whilst their mothers



are at work on the wards. Currently we are refurbishing two old accomodation blocks where some single nurses live.



This may well be my last project out there and I am trying to raise a bit more to finish the job off.

Some very kind patients of mine have made and paid for some greetings cards and Christmas cards for me to sell to try and get me over the line with this last project.

Please do buy some they are available at the surgery.

ALL the money raised goes towards the project and is very carefully spent. I hope the pictures give you some idea of what life is like there and how what we/you are doing makes a huge difference



Left: the new nurses' accommodation

Right: The old living quarters being replaced



You can also donate via the website [here](#)