



NORTHLANDS SURGERY

JANUARY 2026

# HEALTH MATTERS

North Street  
Calne  
Wiltshire SN11 0HH  
Tel: 01249 812141  
[www.northlands-surgery.co.uk](http://www.northlands-surgery.co.uk)



*A BIG Thank You  
from the Partners  
and Staff at  
Northlands for all  
your Xmas cards,  
gifts and good wishes*



## MMRV Vaccine

**From 1st January 2026 MMRV**  
will be offered as part of the  
routine immunisation schedule  
to protect children from:

- ✓ measles
- ✓ mumps
- ✓ rubella
- ✓ chickenpox (varicella)



✓ Read the leaflet here



If your child was born on or after 1 January 2026 your child needs to have their MMRV at:

- ✓ first dose 12 months
- ✓ second dose at 18 months of age

to have the best protection from all four diseases. Speak to your GP practice and have your Red Book ready.

Or enter this shortlink <https://qrco.de/ukmmrv> if you cannot scan.

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Product code: 070798001 UK Health Security Agency number: 2025750

### Opening Times:

Monday - Friday:  
8.30am - 6.00pm

### Surgery Times (by appointment):

Monday - Thursday  
8.30am - 12.30pm  
2.00pm - 6.00pm  
6.30pm - 8.00pm  
Friday  
8.30am - 12.30pm  
2.00pm - 6.00pm

### Out of Hours Service: 111

### Our Doctors:

Dr N Ware MB BS BSc DRCOG MRCP  
Dr J Dalton BM MRCP DFRSH DCH  
Dr N Abel BM BS MRCP  
Dr T Chambers BSc MBChB DRCOG MRCP  
Dr P Milsom MBBS MRCP DFFP DRCOG DMH  
Dr L Garnham MB ChB  
Dr J Burton MB ChB  
Dr C Isaac MB BS  
Dr Udensi MS BS  
Dr S Adeniyi  
Dr A Tait MB BS

### Trainees:

Dr M Whitehead MB BS Dr S Alnatei MB BS

### Our Clinical Practitioners:

Advanced Nurse Practitioner Anita Peake  
Advanced Nurse Practitioner Charlotte King  
Paramedic Practitioner: Ashley Bulpitt

### Our Pharmacy Team:

Pharmacist Julia Nicholls & Anthony Habgood  
Pharmacy Tech Katy Griffin & Sharon Hunt

### Our Care-Coordinator:

Steph Coulson

### Our Community Connectors:

Liz Denbury  
Veronica Shaw

If you are unable to  
attend your  
appointment, please let  
us know as soon as  
possible so we may use  
the appointment for  
another patient.

*Thank you!*

When you have finished reading the Newsletter, please leave it in the Waiting Room for others to read. Thank you.

# Over 40? You need to know your blood pressure



Around 1 in 4 adults in the UK have high blood pressure, but many don't know it. It can increase your risk of having a heart attack or stroke.

Knowing what your blood pressure numbers mean could save your life.

To find out how to get checked and manage your risk, visit [nhs.uk/bloodpressure](https://nhs.uk/bloodpressure)

Your  
health  
matters

Help us  
help you