



Patient Participation Group

Report of meeting (virtual) 18-12-2025

Theme: Winter pressure

Dr Athee and Abhi (practice manager) introduced the meeting as a briefing on how general practice is coping with the resident doctors (junior doctors) strikes at a time the flu season builds up.

General winter pressure

As the flu season enters week 50, UK Health Security Agency reports medium level of virus circulation.

Hospital appointments

The third round of 5-day walkouts at hospitals have led to cancellations of appointments. Some patients have waited several weeks for these appointments and their GPs may be waiting for the specialist's opinion before further treatment.

Emergency services

The strikes also impact on A&E, although senior doctors and other health professionals are stepping in to help the service continue.

We are able to some extent to move things along for urgent cases, for example using the Advice and Guidance (A&G) referral where a specialist will email with suggestions on managing conditions in primary care.

We also ask patients to effectively utilise the variety of services available to them, including Pharmacists

Online consultation

Self help

And last but not least, it will be very sensible for everyone to have influenza immunization (flu jab).

(end)