



Newsletter

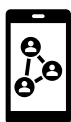
Autumn 2025

Practice Update

We have Dr Clarke, Dr Onah and Dr Okafor working with us for a while to help increase appointment availability.

Book online

Did you know you can book appointments online? Download the NHS app to book. GP and blood test appointments are available to book daily.



Flu vaccinations



Our flu clinics are now ready for all eligible patients to book. Eligible patients will receive a letter or text message to book their vaccination.

Patients receiving a text message can book online using the link provided. All other patients can book by visiting the surgery or calling 01594 820010 to speak to reception.

For COVID-19 vaccinations, please call 119 or book online.

Stoptober

It's time to shine! Let's stop smoking together this October. Support from friends, family and health professionals can help you quit smoking and stick with it! Whether it's your first time or you're trying again, this Stoptober is your chance to quit for good.

Your long-term risks of many health conditions are reduced, and you'll feel the benefits within a few short days, from improved sense of smell and taste to more energy and breathing more easily. Why not give it a try?

<https://campaignresources.dhsc.gov.uk/campaigns/stoptober-2025/>



Patient Participation Group

We are looking for patients who are happy to attend the surgery three times a year for a meeting with a member of the team. A Patients Participation Group is to ensure patients voices are heard and considered in the planning and delivery of healthcare services.

If you are interested, please contact us through the practice website.



National Cholesterol Month

Be the boss of your own cholesterol!
Did you know that one in two adults in the UK have high cholesterol? By making small, realistic changes – like eating heart-healthy foods, moving more and checking in with your GP – you can take real steps towards protecting your heart and overall wellbeing.

We need certain levels of fats in our blood but when it gets too high, it can lead to health problems in the future. By understanding your cholesterol and other blood fat (lipid) levels, you can take the steps you need to take to a healthier life.

<https://www.heartuk.org.uk/national-cholesterol-month/NCM25>

Change of details?

If you have changed any of your personal details, please ensure to let reception know. This is so we can keep your record up to date.

You can change your details by completing a form at reception.

Staff training days

The surgery will be closed in the afternoon for essential staff training on the following days.

Tuesday 9th October 2025

Wednesday 12th November 2025

Thank you for your understanding.