



NOVEMBER

Newsletter

COME AND GET YOUR FLU JAB..THERE'S NOT MANY LEFT!

There are still Flu vaccines available.

It is your last chance to receive a flu vaccine this winter!

Eligible patients please call the surgery on 01724 842051 or visit reception to make an appointment.

To check if you are eligible via this link:

www.nhs.uk/vaccinations/flu-vaccine/



Lung Cancer Awareness Month 2025

Each November, we come together to recognize Lung Cancer Awareness Month — a time dedicated to raising awareness, promoting early detection, and supporting those affected by one of the world's most common and serious cancers.

Lung cancer remains the leading cause of cancer-related deaths globally, but with continued research, improved treatments, and increased public understanding, there is real hope for change. Early diagnosis significantly improves outcomes, yet many people remain unaware of the symptoms or risk factors associated with lung cancer.

Throughout this month, we encourage individuals and communities to:

- Learn the signs and symptoms — such as a persistent cough, shortness of breath, or chest pain.
- Support those impacted by sharing their stories and showing compassion.
- Promote smoke-free living and encourage lung health through healthy lifestyle choices.
- Advocate for research and screening programs that can save lives.

Together, we can help break the stigma, spread knowledge, and inspire action. Let's make Lung Cancer Awareness Month 2025 a powerful reminder that awareness leads to prevention, and early detection saves lives.

More information can be found at www.cancerresearchuk.org



Movember is an annual event in November that involves growing a moustache to raise awareness and funds for men's health issues, including prostate cancer, testicular cancer, mental health, and suicide prevention. It is a global movement that encourages people to start conversations about men's health and take action to help men live longer, healthier. Further information is available at uk.movember.com

Talking Therapies are now in the surgery every Friday afternoon!

You can either be referred by the surgery or patients can self refer by scanning the QR Code below and visiting the Talking Therapies website. Once referred, Talking Therapies will contact you by phone or send you a booking link to select a clinic to be seen in (subject to availability).

Alternatively, you can contact them on 0300 021 6165.

