

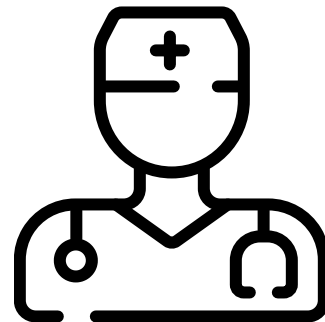
MARCH 2025

ROWLANDS CASTLE SURGERY NEWSLETTER



Welcome to the spring edition of your surgery newsletter.

STAFF NEWS



We are delighted to WELCOME our new GP Registrar Dr Nana Mintah-Ghansah who joins us for up to 2 years. He already has clinics throughout the week to book. He is mentored by Dr Smiley whilst he completes his GP training.

We would like to wish Dr Alina Zagorulko, our previous GP Registrar good luck as she has now completed her time with us.



In February....

We booked 1,941 appointments.
71% were face to face
21% were telephone

SURGERY STATS

55 Appointments were not attended in February.

This is equal to 9 hours of practitioner time that could have gone to someone else.

If you are unable to attend, always cancel your appointment.

LET'S TALK ABOUT LONELINESS



Hampshire and Isle of Wight

You're not alone.

Find support in your local community.

Visit:

hantsiow.icb.nhs.uk/not-alone

SCAN



COVID-19 SPRING VACCINATION UPDATE

This Spring the COVID vaccination has been offered nationally:

- The eligible cohorts are: Adults aged 75 years and over* This includes individuals who will turn 75 years old by 17 June 2025.
- Individuals aged 6 months and over who are immunosuppressed.

Appointments are available in April and you will receive an invitation to book, or please contact us on 023 92412 846.



Stay in control of your child's health
Download the Healthier Together App from the App Store
or Google Play.



Have you had your RSV Vaccination

We are still offering RSV Vaccinations. This is available to patients who are aged 75 to 79. If you haven't already had yours, please contact us on 023 9241 2846. For more information visit: <https://www.nhs.uk/vaccinations/rsv-vaccine/>



HAVE YOUR SAY

Complete the NHS Family and Friends Questionnaire and tell us about your experience at the surgery.

Visit our website:

www.rowlandscastlesurgery.co.uk/our-practice

Are you a Veteran?

We are proud to be a Veteran friendly GP practice. If you have ever served in the UK armed forces, please let us know so we can best support your care needs. Veterans are defined as anyone who has served for at least one day in Her Majesty's Armed Forces (Regular or Reserve) or Merchant Mariners who have seen duty on legally defined military operations.



Armed Forces veteran friendly accredited GP practice

Self-Refer to our Social Prescribers

Social Prescribers

Social Prescribing is a way in which we can help patients to link with a range of local, non-medical activities, opportunities and support that can improve their health and wellbeing. Social Prescribers give patients time to focus on 'What Matters to me' and taking a holistic approach to health and well-being, by connecting patients to community groups for practical and emotional support.

<https://www.easthantspcn.co.uk/home/social-prescriber-self-referral/>

AGED 40-74?



Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A FREE NHS Health Check can help you reduce these risks and make sure that you stay healthy.

Please contact the surgery to arrange an appointment.

Have you registered with the NHS APP?
For more information visit:
<https://www.nhs.uk/nhs-app/>



NHS App and your NHS account

Download the NHS App, or open the NHS website in a web browser, to set up and log in to your NHS account. Owned and run by the NHS, your NHS account is a simple and secure way to access a range of NHS services...

 [nhs.uk](https://www.nhs.uk)

IF YOU HAVE PROBLEMS READING THIS NEWSLETTER AND WOULD LIKE IT
IN LARGER PRINT PLEASE LET OUR RECEPTIONIST KNOW.

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