

OCTOBER 2025



ROWLANDS CASTLE SURGERY NEWSLETTER



In September....

We booked 2,101
appointments.

Welcome to the **autumn** edition
of your surgery newsletter.

SURGERY STATS

45 Appointments were not
attended in September.

This is equal to 13 hours of
practitioner time that could have
gone to someone else.

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

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

FLU & COVID VACCINATIONS 2025

We are coming to the end of our flu and covid vaccinations for this autumn.'

We may still be able to offer you a covid vaccination, but please contact the surgery to enquire, on 023 9241 2846.



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/>



East Hampshire Dementia Festival

Inspired by
Jeff Williams

FREE
EVENT
FREE
PARKING

Friday 31 October 2025
10am-1pm

The Auditorium, Churcher's College
Ramshill, Petersfield GU31 4AS

More than 20 stalls providing
information and support for people
living with dementia, their families and
carers.

With a café from Winton House Centre
and presentation by a doctor from
the NHS Older People's Mental Health
Service.

For further information,
please contact:
Audrey Morton 07966 759929



Supported by

FACTA

Providing information and support for people living with dementia,
their families and carers.

Presentation by a doctor from the NHS Older People's Mental Health
Service.

MACMILLAN CAKE SALE

Saturday 4th October we had our annual Macmillan cake sale during our flu clinic.

Thank you so much to everyone who made cakes and bought cakes..
We raised £190.00



NHS HEALTH CHECKS

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 you stay healthy.

Please contact the surgery to arrange an appointment.



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



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.

ROWLANDS CASTLE SURGERY

023 9241 2846

hiowicb-hsi.rowlandscastlesurgery@nhs.net

www.rowlandscastlesurgery.co.uk