

# ROWLANDS CASTLE SURGERY NEWSLETTER



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



In September....

We booked 2,101 appointments.

## **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 O23 9241 2846.

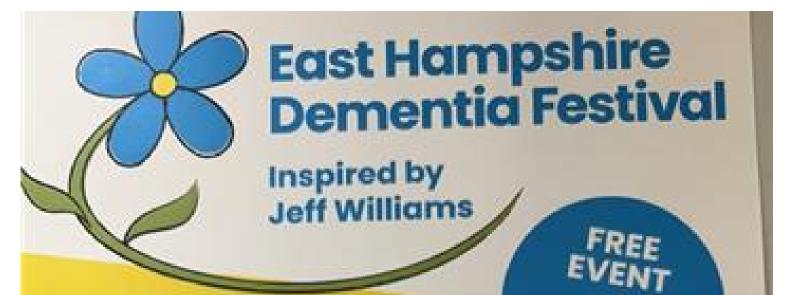


## SELF-REFER TO OUR SOCIAL PRESCRIBERS

### 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-selfreferral/



## 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



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## MACMILLAN CAKE SALE

Saturday 4<sup>th</sup> 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 rick of heart disease, stroke, kidney disease, diabets 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.









# 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...

mm nhs.uk

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

ROWLANDS CASTLE SURGERY

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