

JUNE 2026



# ROWLANDS CASTLE SURGERY NEWSLETTER



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

## SURGERY STATS

56 Appointments were not attended in May.

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.

In May....

We booked 1830 appointments.

71% were face to face

20% were telephone

3% were home visits

6% were digital

## STAFF NEWS

At the beginning of May we said goodbye to Emily one of Practice nurses. We wish her all the best in her new role. We are delighted to WELCOME our new Practice Nurse Kimberley who started with us the beginning of June. She has previous experience working within a GP practice and NHS and will be a great asset to our team.

# NHS FAMILY AND FRIENDS QUESTIONNAIRE

Thank you for completing an NHS family and friends questionnaire when you have had an appointment with us. Your comments are really valuable to us and shared with all staff members. Here is just a selection of the feedback we have had recently.

*'Staff very courteous. Consultations prompt and effective. A model GP practice.'*

*'VIP service, thank you.'*

*'Good welcome at reception, good service from GP'*

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](http://www.rowlandscastlesurgery.co.uk/our-practice)

## NHS HEALTHCHECKS

### 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.





**If you are pregnant or you have children under the age of four, you could get help to buy food and milk.**

The Healthy Start voucher scheme is designed to assist pregnant women and families with young children by providing vouchers for healthy food and milk.

Here are the key points:

#### Eligibility:

You may qualify if you are pregnant and over 10 weeks, or have a child under 4 years old, and are receiving certain benefits.

**Application:** You can apply online or by phone if you are more than 10 weeks pregnant or have a child under 4 years old. For those under 18 and not receiving benefits, you can apply by email.

**Vouchers:** Once approved, you will receive a Healthy Start card that can be used to purchase essential foods like milk, fruits, and vegetables, as well as vitamins.

**Usage:** The vouchers can be used in over 30,000 shops across the UK, and you can also collect free vitamins for your baby and children under 4 years old.

For more detailed information, you can visit the official NHS Healthy Start website.

<https://www.gov.uk/healthy-start>

# Mental Wellbeing Hampshire

## Men's Mental Wellbeing Toolkit

Your toolkit for life's tough moments. Practical tools, local groups and 24/7 help for men.

Life throws us curveballs - whether that's stress, loss, or big changes - but you don't have to face them alone.

**Explore:** Take two minutes to look through this page and try one thing today - small steps make a big difference.

**Save:** Bookmark this page on your phone or computer so it's ready whenever you need it. Follow these instructions on [how to add it as a widget on your phone](#).

**Share:** Pass it on to a mate, a brother, a dad, a son, and help build a network where men look out for each other.

UK Health Security Agency **HOT WEATHER**

## Stay well in the heat

-   
Drink **plenty of fluids**
-   
Dress appropriately, **stay in the shade**
-   
Limit **strenuous activity**

We have Easy Read leaflets and Large Print Leaflets available as well.



**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

Use the NHS App to view your health information and manage your healthcare online using a phone, tablet or computer.

 [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](mailto:hiowicb-hsi.rowlandscastlesurgery@nhs.net)  
[www.rowlandscastlesurgery.co.uk](http://www.rowlandscastlesurgery.co.uk)