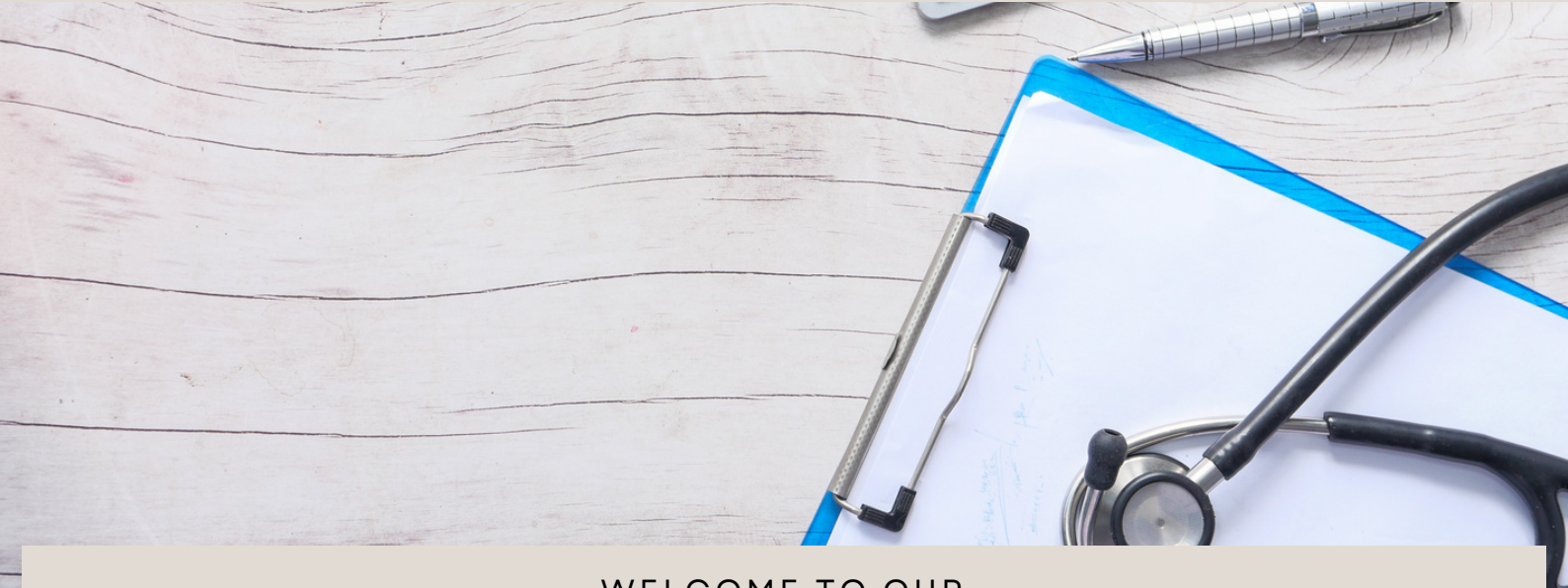




WELCOME TO OUR

Quarterly Newsletter

As the seasons change and the colder months approach, it's important to look after your health and wellbeing. Autumn and winter can bring challenges such as flu, COVID-19, and other seasonal illnesses, but there are lots of ways we can all prepare and protect ourselves.

A balanced diet and regular physical activity are crucial for maintaining a strong immune system.

Get vaccinated- Ensure you and your family are up to date with the Flu, Covid-19, and RSV vaccinations if eligible.

Know how to manage minor illnesses at home, for minor health conditions, your local pharmacy should be your first point of call.

Together, with vaccination, good self-care, and support from local services, we can all stay healthier this winter.



Staying Well This
Autumn & Winter



In this newsletter you will find:

Latest updates, current campaigns, and more. Keep Reading!

FLU SEASON 2025/26

Protect Yourself and Your Family This Winter – Get the Flu Vaccine

Flu can be a serious illness, especially for young children, older adults, pregnant women, and people with long-term health conditions. The best way to protect yourself and those around you is by having the flu vaccine.

This year's flu vaccination programme is now under way at our practice. Eligible patients include children aged 2–3, school-aged children, those over 65, pregnant women, and anyone with certain health conditions.

If you or your child are eligible, please book your flu vaccine appointment as soon as possible. It's quick, safe, and helps reduce the spread of flu in our community.

Check the next page for information on how to get your flu jab.

Let's keep our community healthy this winter!



COVID AUTUMN BOOSTER 2025/26



COVID-19 is still with us, and protection from previous vaccines can fade over time. The autumn booster helps keep you protected through the winter months.

Eligible Cohort for Autumn 2025 COVID-19 Booster

- Adults aged 75 years or over
- Individuals residing in care homes for older adults
- People aged 6 months and over who are immunosuppressed

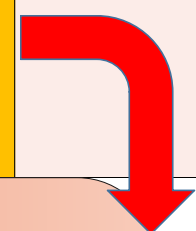
If you are eligible for the winter COVID-19 vaccine and are aged 5 years or over, you can book a Covid-19 vaccination appointment online or in the NHS App: www.nhs.uk/nhs-services/vaccination-and-booking-services/book-covid-19-vaccination/

Our surgery is working with the Primary Care Network (PCN) to plan vaccination central clinics. Once dates are confirmed, we will send out text invitations to eligible patients to book their appointment.

FLU CAMPAIGN 2025/26—starts 1st October

Support your GP surgery by having your flu vaccination with us!

FLU WALK-IN CLINICS OCTOBER 2025	Who Can Attend? AGE	First letter of Surname
Saturday 4th October 9am - 1pm Level 3	Over 65	A+B+C+D+E+F+G and anyone who cannot attend the next walk in clinics;
	18-64 at risk	A+B+C+D+E+F and anyone who cannot attend the next walk in clinics;
Saturday 11th October 9am - 1pm Level 3	Over 65	H+I+J+K+L+M+N+O+P and anyone who couldn't attend the previous walk in clinic;
	18-64 at risk	G+H+I+J+K+L+M+N+O and anyone who couldn't attend the previous walk in clinic;
Saturday 18th October 9am - 1pm Level 3	Over 65	Q+R+S+T+U+V+W+X+Y+Z and anyone who couldn't attend the previous walk in clinic;
	18-64 at risk	P+Q+R+S+T+U+V+W+X+Y+Z and anyone who couldn't attend the previous walk in clinic;
Saturday 25th October 9am - 1pm Level 3	Over 65	Booked appointments for anyone who missed previous clinics;
	18-64 at risk	Booked appointments for anyone who missed previous clinics;



How to get your flu vaccine? Important Information

1. **No Appointment Needed:** Simply attend the clinic based on the first letter of your surname.
2. **Missed Your Day?** No problem! Attend the next available clinic.
3. **Ad Hoc Vaccinations:** If you're visiting the practice, you can request the flu vaccine from the receptionist.
4. **During Appointments:** You can also receive the flu vaccine during any pre-booked appointment.

Upcoming Awareness Events

Breast Cancer Awareness Month

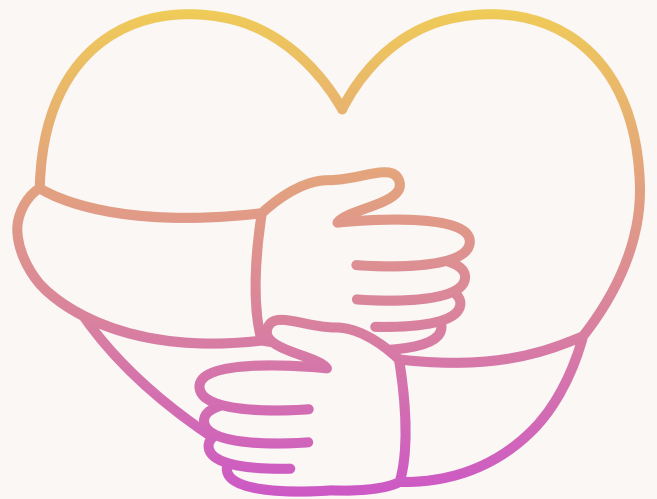


Date: October 2025

October is Breast Cancer Awareness Month. Please remember to attend your screening appointment if invited. If you notice any breast changes (in men or women), book an appointment with your GP as soon as possible. Early detection saves lives.

[More Info:](#)

www.breastcancernow.org/get-involved/breast-cancer-awareness-month



Carers Right Day - Thursday 20th November

Carers Rights Day is about raising awareness of the rights the UK's 5.8 million unpaid carers are entitled to, and to help them get the support they need and the recognition they deserve.

<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

If you are a carer, we can refer you to Care for the Carers, a local charity that provides free, confidential support and advice. They offer information, emotional support, groups, and practical help to make sure carers get the support they need. Please let us know if you are a carer so we can connect you with this service.

<https://www.cftc.org.uk/>

World Mental Health Day



Date: 10th October 2025

Your mental health matters. If you are struggling, please don't wait—support is available. Speak to a GP or we can direct you to local talking therapies and wellbeing services.

[More Info:](#)

If you feel like you can't cope and are at breaking point, you can get same-day or next day help by:

- Calling NHS 111 and select the mental health option (available 24/7)
- Calling the Samaritans on 116 123 (available 24/7)
- Texting the word SUSSEX to 85258 (available 24/7)

Health In Mind – provides courses and other types of therapies that help with stress, anxiety and low mood. Contact Health In Mind by calling 0300 0030 130

HPV Vaccination Awareness

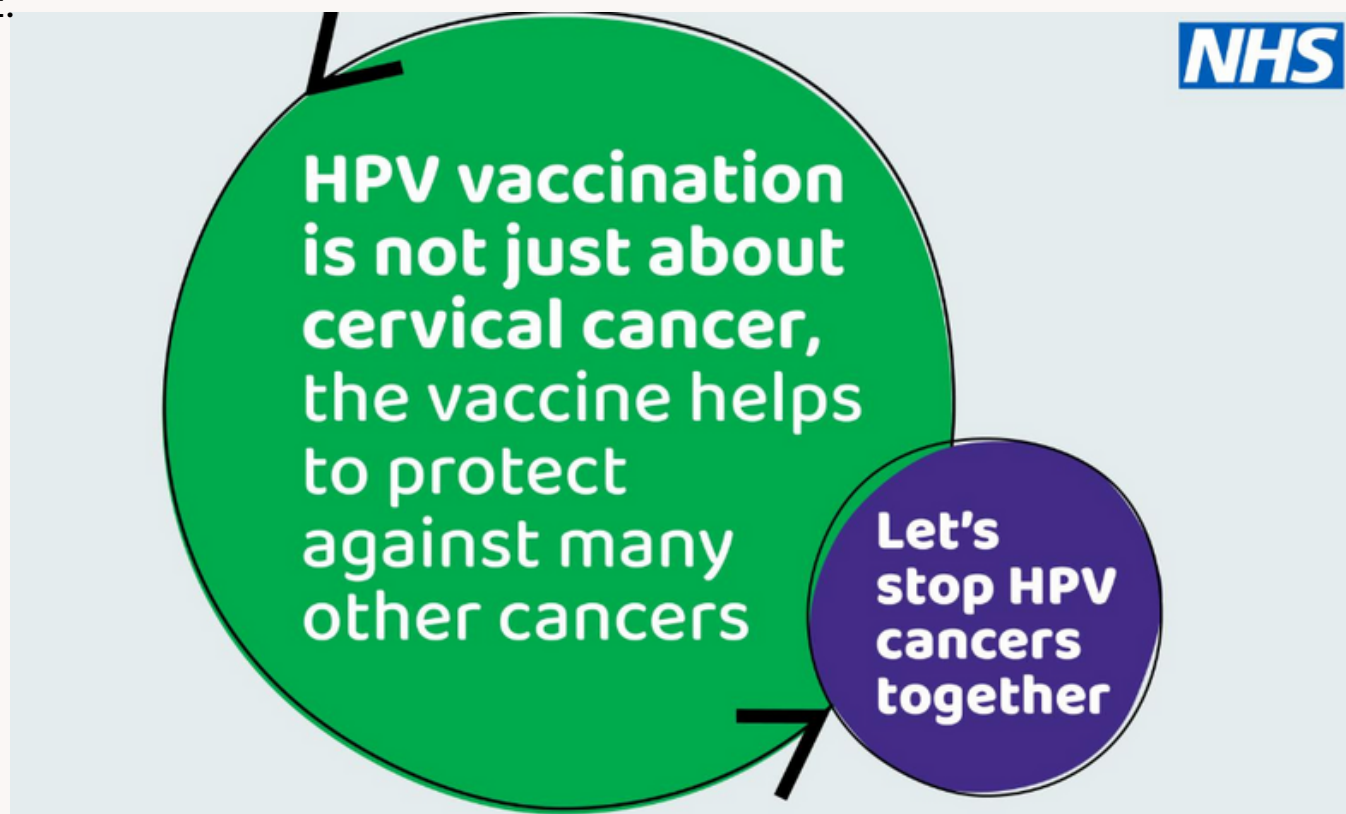
We would also like to highlight the HPV vaccine which is administered in schools for girls and boys aged 12/13 years old. It works by reducing your chances of getting human papillomavirus (HPV), a common virus that's spread through skin contact (usually when having sex) and works better before someone is sexually active.

Most types of HPV are harmless and even if we have contact our bodies usually clear the virus. However persistent HPV infection can lead to cervical cancer, genital warts and increased risk of other cancers including:

- mouth cancer
- anal cancer
- penile cancer
- vulval cancer
- vaginal cancer

If you missed getting vaccinated when you were 12 or 13, the HPV vaccine is available for free on the NHS for all young women from age 14 up until their 25th birthday and young men born after 1st September 2006.

Please contact the surgery if you missed your vaccination and would like to book it.



The NHS App – Your Health at Your Fingertips

Have you downloaded the NHS App yet? It's a simple, secure way to manage your healthcare from your phone, tablet, or computer – anytime, anywhere.

Benefits of the NHS App

- Book and cancel appointments without needing to call the surgery.
- Request repeat prescriptions quickly and easily.
- View your test results as soon as they're available.
- Check your medical record for allergies, vaccinations, and more.
- From September, patients attending cervical screening may receive their results digitally through the NHS App.

Why use it?

The NHS App saves you time, reduces waiting on the phone, and gives you more control over your health. It also helps the surgery by freeing up phone lines for those who really need them.

How to get started

Download the NHS App for free from the App Store or Google Play, or visit www.nhs.uk/nhs-app.

If you need help setting it up, please ask at reception – we're happy to help!

Need IT support? Call Hastings Library on 0345 6080196 or visit the Community Info Hub at Hastings Town Hall, Wed-Fri, 10am-4pm.

Keep Warm and Well

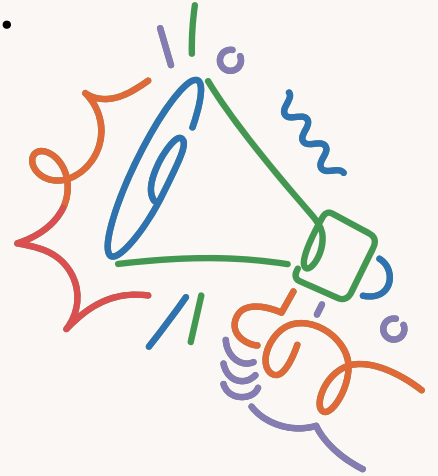
Keep Warm and Well

We know heating your home can be difficult, especially with rising energy costs. Warm East Sussex is a local service that offers free and impartial advice to help you stay warm, safe, and well at home. They can support with:

- Reducing energy bills and making your home more energy-efficient
- Checking if you're eligible for grants or funding for heating and insulation
- Advice on keeping safe from damp, mould, and cold-related health issues

For more information, visit:
www.warmeastsussex.org.uk

We are an Armed Forces Veteran-Friendly Accredited GP Practice.



If you are a veteran, please let us know so we can ensure your health needs are fully supported.

You can find a range of information leaflets in the practice and on our website to help you access the services and support available to you.



**Armed Forces veteran
friendly accredited
GP practice**

Cancelling your appointment!



APPOINTMENTS NOT ATTENDED IN SEPTEMBER

362

IF YOU CAN'T MAKE IT, CANCEL IT

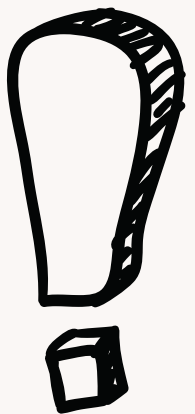
Forgetting to cancel your unwanted GP appointment can prevent someone else from being seen. So if you can't make it, cancel it. Missed appointments are one of the main factors which contribute to a strain on time and resource within the NHS, so reducing them is essential for both improving patients' access to health services and reducing the demand for appointments.

There are things you can do to help reduce DNAs:

- Cancel your appointment by phoning us on 01424 464 756, Monday to Friday or by using the 'cancel' option on your Online Access account or by texting back on the appointment reminder 'CANCEL'
- Make sure all your details are up-to-date next time you visit your GP – that way we can send you text reminders;
- Put the date in the diary or an alert in your phone so you definitely won't forget!

Please help us to utilize our appointments as best as possible by cancelling any future appointments that you do not need and also allow other patients who are waiting for an appointment to get this appointment.

At this practice alone, over 400 appointments are missed each month, with each one costing the NHS approximately £190. This amounts to an estimated £16,600 in wasted resources for the practice each month.



Contact number 01424 464756

WWW.THESTATIONPRACTICE.CO.UK