



EASTGATE SURGERY

NEWSLETTER



Thyroid Awareness Month

Thyroid Awareness Month is a great opportunity to highlight the importance of the thyroid gland and its role in regulating metabolism, energy levels, heart rate, and temperature. Thyroid conditions are common and often under-diagnosed, with symptoms such as fatigue, weight changes, mood changes, hair thinning, and sensitivity to cold or heat sometimes mistaken for everyday stress or ageing. Early detection through simple blood tests can make a big difference, as most thyroid disorders are very treatable. If patients have persistent or unexplained symptoms, we encourage them to speak with your GP to see whether thyroid testing may be appropriate.

CHILDHOOD IMMUNISATIONS

Vaccinate to protect your child and others.

Immunisations are safe, effective, and protect against serious diseases. Side effects are usually mild—such as soreness, redness, or fever—and far less severe than the illnesses vaccines prevent. Immunising your child also helps protect vulnerable people around you, including babies and those with weakened immune systems. Stay on schedule and keep your family safe.





National Pharmacists Day – January 12th



HAPPY NATIONAL PHARMACIST DAY

JANUARY 12

National Pharmacist Day, celebrated each year on 12 January, is a great opportunity to recognise the vital role pharmacists play in healthcare — including those working in GP practices who help ensure medicines are used safely, effectively and tailored to your needs. Pharmacists in general practice work alongside doctors and the wider team to conduct medication reviews, support patients with long-term conditions and optimise treatment plans to improve health outcomes.

If you're on regular medicines, this National Pharmacist Day is also a good reminder to book your medication review — you can do this by calling the surgery so our clinical pharmacist can go through your medicines with you and make sure everything's right.

Appointments

We provide a variety of appointment with GP's as well as other clinicians throughout the week, Monday through Saturday

All consultations are by an appointment system. Appointments can be organised by Telephone or Online via [SystemConnect](#) – (no login details required) - Scan the QR Code to book your appointment.



Scan the QR code