



EASTGATE SURGERY

NEWSLETTER



1st March: Self-injury awareness day

Self-Injury Awareness Day (1st March) is an opportunity to raise awareness of self-harm and reduce the stigma that can prevent people from seeking help. Self-injury is often a way of coping with overwhelming emotional distress and can affect people of any age or background. As GPs, we aim to provide a safe, non-judgemental space where patients feel heard and supported. If you are struggling with your mental health or self-harm, please book an appointment with your GP to talk in confidence — support is available, and you are not alone.

CHILDHOOD IMMUNISATIONS

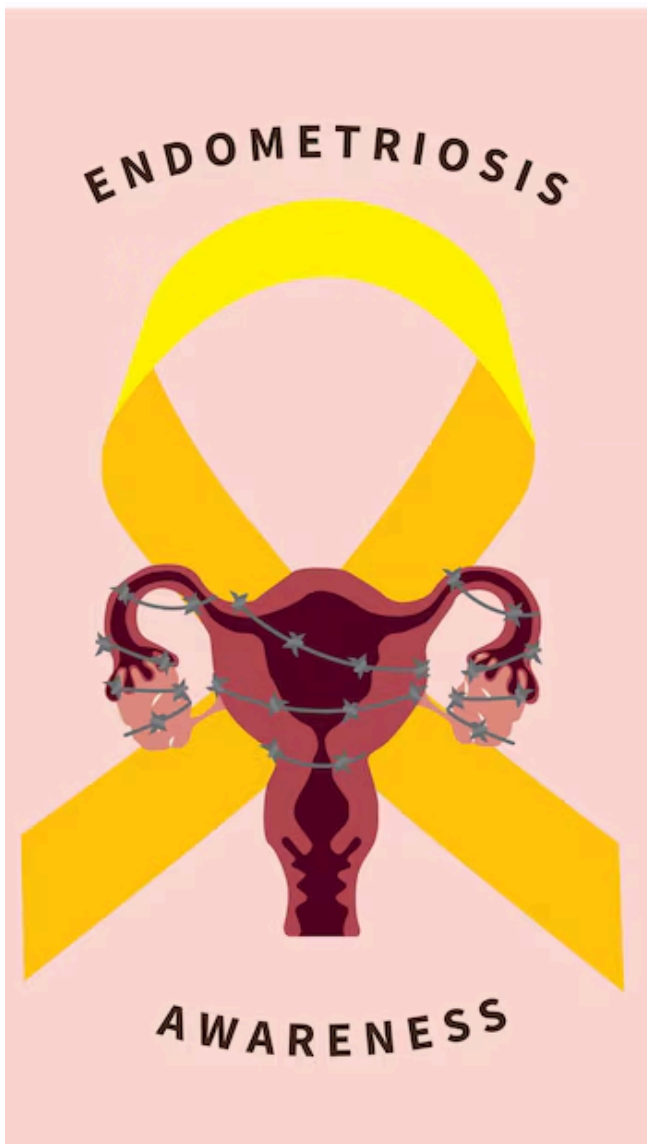
Vaccinate to protect your child and others.

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.





March 2026: Endometriosis Awareness Month



Endometriosis Awareness Month (March)

highlights Endometriosis, a long-term condition affecting around 1 in 10 women and those assigned female at birth during their reproductive years. It occurs when tissue similar to the lining of the womb grows outside the uterus, leading to symptoms such as painful or heavy periods, ongoing pelvic pain, bloating, nausea, and sometimes difficulty becoming pregnant. As healthcare professionals, we play a key role in recognising symptoms early, listening carefully to patients' concerns, offering pain relief and hormonal treatments, and referring to specialist services where appropriate. Raising awareness and encouraging open conversations about menstrual health can make a meaningful difference. If you are experiencing symptoms, **please book an appointment with your GP** to discuss your concerns and explore available support.

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