



# EASTGATE SURGERY

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# NEWSLETTER



## 11th–17<sup>th</sup> May: Mental Health Awareness Week

Mental Health Awareness Week is a chance to reflect on your wellbeing and recognise when something may not feel right. Common signs of mental health struggles include persistent sadness or anxiety, mood swings, difficulty sleeping, loss of interest in activities you once enjoyed, and feeling overwhelmed or unable to cope. You might also notice physical symptoms such as fatigue, headaches, or changes in appetite. If these signs sound familiar, it's important not to ignore them. Reaching out for support early can make a real difference. Consider booking an appointment with your GP to discuss your concerns and access the help and support available to you.

## 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.





## 18<sup>th</sup> May–24<sup>th</sup> May: Breast Cancer Awareness Week



Breast Cancer Awareness Week is an important reminder to stay aware of your body and check for any unusual changes. Common signs can include a lump or thickening in the breast or underarm, changes in size or shape, skin dimpling or redness, and changes to the nipple such as discharge, pain, or inversion. You may also notice persistent discomfort in the breast or armpit. These symptoms does not always mean cancer, but they should never be ignored. Early detection is key and can make a significant difference in treatment outcomes. If you notice anything unusual or concerning, it's important to book an appointment with your GP promptly to get it checked and access the support you may need.

### 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**