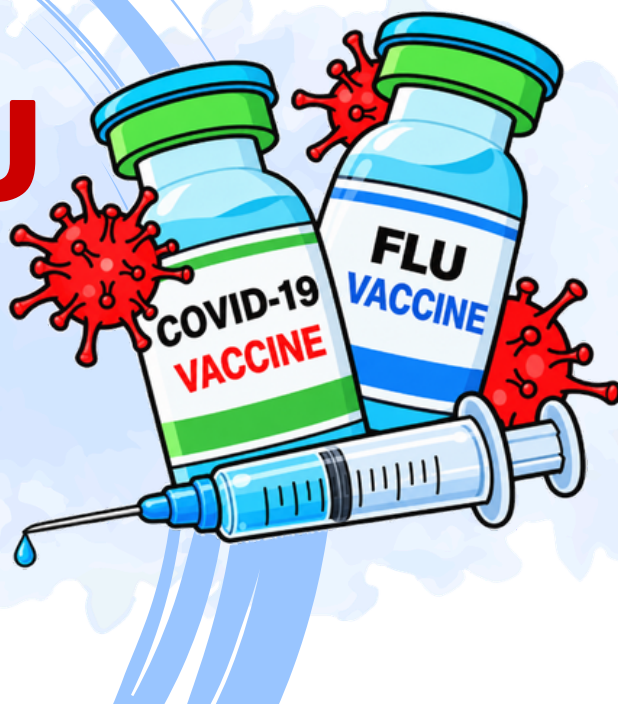




EASTGATE SURGERY NEWSLETTER

COVID & FLU VACCINATIONS 2026



Covid & Flu Vaccine

Vaccination helps protect against serious illness from COVID-19 and flu, particularly for people at higher risk.

COVID-19 vaccination is currently offered to:

- People aged 75 and over
- People aged 6 months to 74 with a weakened immune system
- People living in a care home for older adults

Flu vaccination is offered to:

- People aged 65 and over
- People aged 18–64 with certain long-term health conditions
- Pregnant women
- People living in a care home
- Eligible carers and people living with someone who has a weakened immune system

BOOK YOUR APPOINTMENT TODAY
SATURDAY APPOINTMENTS ALSO AVAILABLE

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.**



STOPTOBER: STOP SMOKING TODAY

Stoptober is a great opportunity to take the first step towards a healthier, smoke-free future. If you're thinking about quitting smoking, your GP can offer advice, support and treatment to help you succeed. Book an appointment with your GP today and start your quit journey this Stoptober. It is the perfect time to take the first step towards quitting smoking and improving your health. Stopping smoking can have benefits for your health from the very beginning, and getting the right support can make quitting easier. Don't wait—**book an appointment with your GP today** and make this Stoptober the start of your smoke-free journey.





Eastgate Surgery



PATIENT PARTICIPATION GROUP

What is PG?

A Patient Group (PG) is made up of patients and practice staff who work together to improve services and the patient experience.

Members meet regularly to discuss ideas, share feedback and help ensure the views of the wider community are heard, especially those who may face barriers to accessing healthcare.

By joining the Eastgate Patient Group, you'll have the opportunity to represent patients, share your ideas and help strengthen the partnership between the practice and the people it serves.

*HAVE
YOUR
Say*

All patients aged 16+ registered with Eastgate Surgery are welcome to join our Patient Group. We welcome people from all backgrounds and communities to ensure every patient's voice is heard.

PPG meetings are held every three months, either face to face or virtually. Dates and times are agreed around two weeks in advance, with members notified accordingly. Microsoft Teams links are provided for virtual meetings and for those unable to attend face-to-face, with links emailed five days before the meeting.



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.

