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Eastgate Surgery

Trident PCN

EASTGATE SURGERY
NEWSLETTER

COVID & FLU VACCINATIONS 2026

💉 **Protect yourself this winter!**

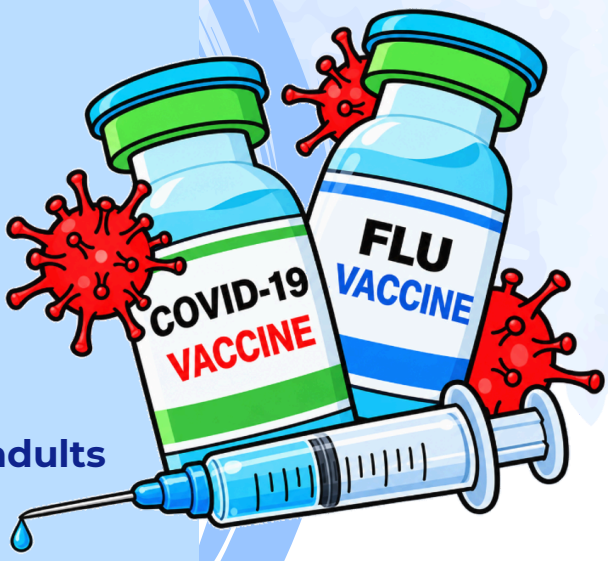
COVID-19 and flu vaccinations help protect against serious illness.

COVID-19 vaccination is available for:

- **People aged 75 and over or immunocompromised**
- **People living in a care home for older adults**
-

Saturday clinics available too!

📞 **If you're eligible, contact the surgery today to book your appointment.**



NOVEMBER: NATIONAL COPD MONTH

Know the signs of COPD

Chronic Obstructive Pulmonary Disease (COPD) is a long-term lung condition that makes breathing harder over time. Early diagnosis and good management can help improve your quality of life.

Look out for:

- A persistent cough with phlegm
- Wheezing or chest tightness
- Breathlessness during everyday activities

🚭 **Stopping smoking, staying active and using inhalers** correctly can help protect your lung health.

📅 **Already diagnosed with COPD? Remember to book your annual review. Contact the surgery to arrange a review.**

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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.**



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 SystmConnect – (no login details required) - Scan the QR Code to book your appointment.

Scan the QR code

PATIENT PARTICIPATION GROUP

👥 Join Our Patient Group!

Help shape the future of your local surgery by sharing your ideas and feedback. All registered patients aged 16 and over are welcome!

📝 Complete the Patient Group registration form on our website to get involved and make your voice heard.

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