

YOUR P.P.G NEWSLETTER

Autumn
2025

Chaldon Road Surgery

Tel: 01883 345 466

www.chaldonroadsurgery.nhs.uk

Warlingham Green Medical Practice

Tel: 01883 652 532

www.warlinghamgreen.nhs.net

Whyteleafe Surgery

Tel: 01883 624 181

www.whyteleafesurgery.nhs.uk

Welcome

Hi, Autumn already! thanks for taking the time to read our newsletter. Our main attention is focused on the up-coming PPG Patient talk which is being held on Tuesday 18th November at St Luke's Church at 7pm. Our speaker will be Mr Julian Emmanuel, Endocrinologist from North Downs Hospital (see our poster). We have been running our Patient talks for over 6 years now and since we have moved the venue, we have enjoyed larger and larger audiences with nearly sixty attending last time. Thank you.

FLU SEASON!! Book your Jab

The surgeries are taking bookings for the Flu Jab; all you need to do is contact the surgery and book your appointment a variety of dates and times are available for your convenience.

Do you need the flu jab?

FLU SAFE GET THE JAB

- Asthma?** Flu can make your asthma worse. Get the jab.
- Diabetes?** Flu can cause blood glucose levels to rise, and lead to uncontrolled diabetes. Get the jab.
- Heart disease?** Heart patients are four times more likely to have a heart attack after an infection like flu. Get the jab.
- Lung disease?** Flu can make your symptoms worse. Get the jab.
- Liver disease?** Your immune system may be weakened, making you more likely to catch flu. Get the jab.
- Kidney disease?** Your immune system may be weakened, even if you feel well, making it harder to fight off and recover from flu. Get the jab.
- Weakened immune system?** Lowered immunity, for example from steroid medication or cancer treatment, makes you less able to fight infection and recover from flu. Get the jab.

FLU FACT You need a flu jab every year

If you have any of these conditions, you are also more likely to develop serious complications from flu, such as pneumonia. Contact your GP today to book your flu jab. It's quick, safe and free.

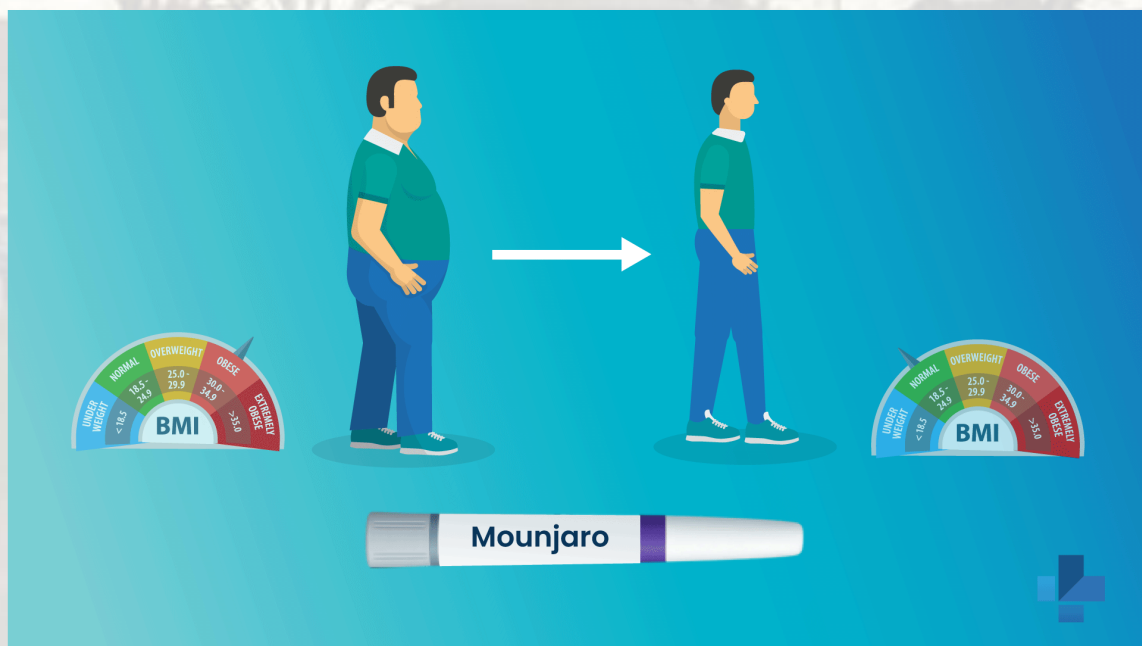
www.nhs.uk/flu **NHS**



Did you know that in the UK, three out of four suicides are by men? This has to change. This month is a time to focus on men's mental health, prevention and health promotion. Have you noticed a friend's change in mood? Maybe they're not around as much, or they're going through life changes? Movember is here to change the face of men's health. Too many men are dying before their time, and growing a moustache in November is a conversation starter for those difficult topics that could save lives. If you know someone who's struggling with their mental health, reach out – it can make all the difference. <https://uk.movember.com/men-s-health/spot-the-signs> Tip: Share any local support for men, e.g., Andy's Man Club, Dads' groups, etc.)

JOIN OUR PATIENT GROUP MEETING ON
Tuesday 18th November 2025 at 7-8pm
At St Luke's Church, Whyteleafe, CR3 0AA

Topic: Weight loss:
When to start injections and when to stop!



Speaker: Mr Julian Emmanuel –
Endocrinologist, from North Downs Hospital
with the opportunity to ask questions.

All welcome

Christmas and New Year Opening Hours

Monday 22nd December 2025 – Open as usual

Tuesday 23rd December 2025 – Open as usual

Wednesday 24th December 2025 – Open as usual

Thursday 25th December 2025 – Christmas Day – CLOSED

Friday 26th December 2025 – Boxing Day – CLOSED

Monday 29th December 2025 – Open as usual

Tuesday 30th December 2025 – Open as usual

Wednesday 31st December 2025 – Open as usual

Thursday 1st January 2026 – New Year's Day – CLOSED

Friday 2nd January – Open as usual

PLEASE REMEMBER TO ALLOW ENOUGH TIME AROUND THE CHRISTMAS HOLIDAY PERIOD FOR REPEAT PRESCRIPTIONS TO BE ACTIONED, AND CHECK WITH YOUR NOMINATED PHARMACY ON THEIR OPENING HOURS OVER THE CHRISTMAS BREAK

Your PPG

The Patient Group are always looking for new members. So, if you think you can help improve the surgery and help others please get in touch

Blood Donation

The NHS is always in need of blood donors, the blood is used for vital operations and care. If you would like to register to donate blood, please visit www.blood.co.uk and click on the become a donor link or call 0300 123 23 23.

Carer

Do you care for someone? If so, please let the surgery know to enable the Practice to maintain an up to date carers' register.

Fond Farewells and Happy Hello's

We are sure many of you will be very sad to hear that Warlingham Green Medical Practice has recently said goodbye to Dr Jenny Vaughan who has decided to move to pastures new. We are also saying a sad goodbye to Kerri Wood at Chaldon Road and Elspeth Miller at Whyteleafe Surgery and we wish them all the best for the future.

The surgeries have also welcomed a new GP, Dr Vijay Narbad who started with us in September, along with some new reception team members including Melanie and Julie at Whyteleafe Surgery, Mandy at Chaldon Road and Lauren at Warlingham Green.

Please bear with all of our new members of staff whilst they learn the ropes – we have all been new somewhere once.

Winter weather warnings and staying warm

Feeling the chill this winter? Keeping warm is essential for your well-being and health. Winter weather can stop vulnerable people getting out and about, so it's important to check on your neighbours and friends during this time.

When it's cold outside, and inside, there are some tips you can use to preserve heat and keep warmer

- **Layer up – wear lots of layers of thinner clothing**
- **Keep moving**
- **Cover extremities – hats, gloves, thick socks and scarves**
- **Hot-water bottles are a great, cost-effective way to keep warm**
- **Eat healthily with plenty of hot drinks**
- **Look into financial support such as the winter fuel payment**
- **Avoid alcohol**
- **Reduce draughts where you can**

Keeping the cold at bay can help you stay healthy over the wintry months.

<https://www.ageuk.org.uk/informatio...keep-well-this-winter/stay-healthy-in-winter/>

<https://www.gov.uk/winter-fuel-payment>