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Get ready for Spring 2026 COVID-19 booster if eligible

Who can get the spring booster?

The Covid Booster Eligible Groups.

- **Aged 75 or over** (or if you turn 75 by 30 June 2026)
- **Living in a care home** for older adults
- **Aged 6 months or over with a weakened immune system** (for example, due to a health condition or treatment like chemotherapy).

We can start delivering the vaccine from 1st April, we will be inviting eligible patients to book an appointment through the booking link sent to them.

We will be holding clinics at New House, Hillside, and Riverbank Surgeries, our first clinic will be on 14th March.

If you receive an invite and do not wish to have the vaccine, please let us know, so we can note this on your medical records, so we do not send a further invite.

You will also be able to book by calling or visiting the surgery.

We will be offering to our housebound patients in May.

OVARIAN CANCER ACTION

What is ovarian cancer?

Ovarian cancer starts when abnormal cells in and around the ovary and fallopian tubes grow and divide in an uncontrolled way and form a cancerous tumour (malignant). The cancerous cells grow into surrounding tissues and can spread to other parts of the body.

There are several different types of ovarian cancer which depends on the type of cell and tissue the cancer starts in.

Because the symptoms are common and misdiagnosed, ovarian cancer is often diagnosed late. The earlier ovarian cancer can be diagnosed, the easier it is to treat.

UNDERSTAND THE SYMPTOMS OF OVARIAN CANCER

By understanding the signs of ovarian cancer and recognising its symptoms, you can take proactive steps toward early detection and treatment.

What are the main ovarian cancer symptoms?

There are four main ovarian cancer symptoms:

- [Persistent bloating](#) (it doesn't come and go)
- [Difficulty eating](#) or feeling full more quickly.
- [Needing to pee](#) more frequently or urgently
- [Pain around your tummy](#) to the top of your thighs

These can also be symptoms of other, less serious, conditions such as irritable bowel syndrome, ovarian cysts and polycystic ovary syndrome. If you are experiencing these symptoms, it doesn't necessarily mean you have ovarian cancer.



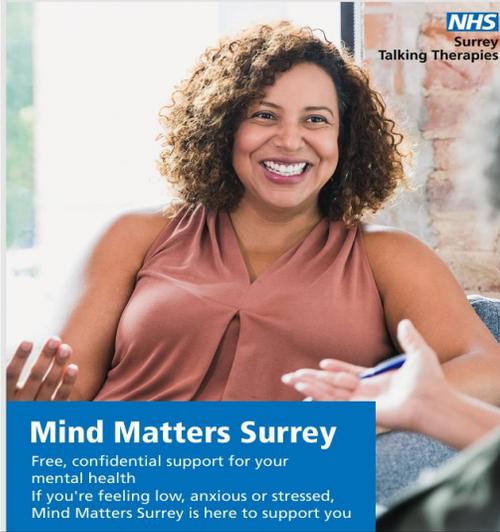
Visit - [Ovarian Cancer Information Hub | Ovarian Cancer Action](#)

Uncommon symptoms of ovarian cancer

Reported by many women, other ovarian cancer symptoms might also include:

- Indigestion
- Back pain
- Changes in bowel habits (going more often or a lot less)
- Unexplained weight loss
- Post-menopausal vaginal bleeding
- Extreme tiredness

If you have noticed one or more of these symptoms and they have lasted for three weeks or more, especially if they are happening frequently or feel unusual for you, do not delay.



New Members of Staff



Betsy Thomas
Medical Administrator



Lucy-Ann Cook
Medical Administrator



Claire Russell
Practice Nurse



Deborah Wells
Medical Administrator



Charlotte Lionel
Patient Services Advisor

Mind Matters NHS Surrey offers free, confidential evidence-based treatments for depression and anxiety. We offer individual and group appointments face-to-face at locations throughout Surrey, by telephone and video call.

We provide support to people aged 17 and over, registered with a Surrey GP. You can refer yourself directly, you do not need to speak with your doctor first. We'll work with you to find the right approach, tailored to your needs.

What can Mind Matters help with?

- Anxiety or stress
- Low mood or depression
- Panic attacks
- Low self-esteem
- Trouble sleeping
- Worry and overthinking
- Social anxiety
- Health anxiety
- Obsessive compulsive disorder (OCD)
- Post-traumatic stress
- Post-natal or pregnancy-related depression
- Effects of long-term physical health conditions
- Menopause-related mental health challenges
- Relationship issues

You are not alone
1 in 4 people
experience a
mental health
difficulty in their
lifetime

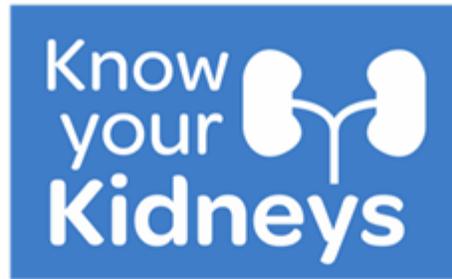
Self-refer today by:

 Visiting: www.mindmattersnhs.co.uk

 0300 330 5450

 Scan the QR code:





Do you have early stage chronic kidney disease (CKD)?

Join our free online information webinar and get to know your kidneys!

CKD stages 1-3 explained

Healthcare and patient speakers

How to help maintain kidney health

Hosted by Kidney Care UK and the London Kidney Network, our online webinar event will share information about early CKD (stages 1-3) and advise on the best way to manage your condition with support from your GP.

These are live group events and will not be recorded.

2026 Dates

26 March

28 May

30 July

24 September

26 November

all 5:30pm - 6:45pm
on the last Thursday of the month stated

For more information and to register

www.kidneycareuk.org/know-your-kidneys

