

WINTER VACCINATIONS

It's that time of year again! Flu and COVID-19 vaccines are now available for those who are eligible. Scan the QR code below on the right to check the full eligible criteria.



Flu



Covid

If you haven't received a link or letter to book, or if you prefer to speak to someone, please call the practice on **01306 711105 and press 0**. This line is open **Monday - Friday 10:00 - 12:30 and 13:30 - 15:30**. Housebound patients will be contacted at a later date by the practice.

NHS APP – WE CAN HELP

After working with our Patient Participation Group (PPG), we are pleased to offer one-to-one NHS App training sessions at the practice for patients who are absolute beginners or who would like a refresher.

These sessions will help you:

- Book and manage appointments
- Order repeat prescriptions
- View your medical records and test results

Dates will be confirmed soon. If you'd like to join, please call the practice to register your interest, and we'll contact you with the available times.

CERVICAL SCREENING RESULTS IN NHS APP

To make accessing your results quicker and easier, cervical screening (smear test) results will now be available through the NHS App.

✓ Negative results will be sent securely to your NHS App account, and you'll receive a notification when your result is ready to view.

If you haven't viewed your result within 72 hours, a letter will be sent as a backup.

✓ Notifications will let you know as soon as your result is available. If notifications are turned off, you may also receive a text message reminding you to check your result.

Abnormal results will continue to be sent by post, so there's no change for those who need further follow-up or care.

👉 Don't have the NHS App yet?

Download it here: www.nhs.uk/nhs-app

HPV CATCH UP PROGRAMME

Missed your HPV vaccine? The NHS catch-up programme is here to help. HPV can cause cervical and other cancers, but vaccination protects against it. Eligible young people will be contacted by the practice to book.

LIVE WELL - AGEING WELL

Are you aged 65+ and feeling concerned about getting older? Join Dorking Healthcare's free five-week programme designed to help you stay healthy, independent, and confident as you age.

📍 **Venue:** Medwyn Surgery, RH4 1SD

📅 **Dates:** 5th November – 3rd December (Weds Only)

🕒 **Time:** 12:30–14:30

Led by healthcare professionals, these friendly sessions cover:

- 🧘♀️ Staying active
- 🍏 Healthy eating
- ❤️ Managing long-term conditions
- 🧠 Mental wellbeing
- 🤝 Accessing local support services

You'll also discover local groups and activities to support your wellbeing.

📞 **To book:** Email dohel.livewell.dhc@nhs.net or call **01306 733536**

CLOSED FOR STAFF TRAINING THURSDAY 6TH NOVEMBER

The surgery will be closed from 13:00 for essential staff training.

- For non-urgent enquiries our website forms will remain open and will be answered the following working day during our opening hours.
- For urgent matters, call 01306 267113; a GP will be available.
- For life threatening emergencies, dial 999.

Both sites will reopen at 08:00 on Friday 7th November.