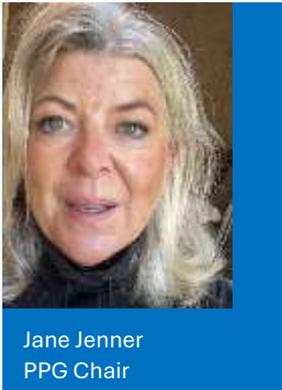


Welcome to our first newsletter for 2026



Jane Jenner
PPG Chair

Well, Spring is here, and my hay-fever from the early silver birch moulds has also arrived. If you too suffer from allergies take a look at the article for some helpful advice.

I would personally like to thank our very own resident Musculoskeletal Specialist Harvey who is featured this quarter. When my daughter became very unwell with severe back pain and unable to move, the reception team sent me to Harvey rather than a GP. I, as many of us, was sceptical, but within minutes Harvey had examined my daughter thoroughly and decided we should be sent immediately to St George's – thank

Our 'Supporting the Community' feature is Mary Frances Trust (MFT) a mental health and emotional wellbeing charity that has been supporting people across Surrey since 1994, helping people manage low mood, stress, anxiety, or diagnosed mental health conditions.

Hopefully, you will find this newsletter interesting and please do get in touch if you would like to join our PPG or if you have any ideas for useful article.

In this issue we have the following articles:

- Allergies – here comes summer
- NHS Vaccinations and when to have them
- Part of the Cobham Health Centre Team
 - Harvey our resident Musculoskeletal Specialist
- Focus on Prevention
 - Weight Management
 - Diabetes
- Supporting the Community
 - Mary Frances Trust
 - St Andrew's Church
 - Oasis are looking for a Level 3 Qualified Nursery worker
- The out of hours hub
- Are your contact details up to date?

email: ppgcobham@gmail.com

Thank you

Here comes summer

Allergies

As we approach the spring and summer common allergies start to flourish – with pollens from trees and grasses affecting many people, along with insect bites



Check out: allergyuk.org for advice and information and do *contact the Health Centre* if you have a child with an allergy, need medication or advice

Hay fever

Pollen allergies

- caused when trees and grasses release pollen into the air
- doctors often call hay fever allergic rhinitis.
- different plants pollinate at different times of the year
- people are often affected during spring (trees) and summer (grasses)

To help keep your hay fever under control, you can

- check weather reports for the pollen count and stay indoors when it's high, if possible
- avoid drying clothes and bedding outside when the pollen count is high
- wear wraparound sunglasses to protect your eyes
- keep doors and windows shut when possible
- shower and change your clothes after being outside
- avoid grassy areas, such as parks and fields – particularly in the early morning, evening or night, when the pollen count is highest
- if you have a lawn, try asking someone else to cut the grass for you

Insect bites and stings

If you've ever suffered a bad reaction to an insect bite or sting, it's important to take precautions to minimise your risk.

When you're outdoors, particularly in the summer

- cover exposed skin
- wear shoes
- apply insect repellent
- avoid wearing strong perfumes or fragrances, as these can attract insects

Allergies continued

Call 999 if:

- your lips, mouth, throat or tongue suddenly become swollen
- you're breathing very fast or struggling to breathe (you may become very wheezy or feel like you're choking or gasping for air)
- your throat feels tight or you're struggling to swallow
- your skin, tongue or lips turn blue, grey or pale (if you have black or brown skin, this may be easier to see on the palms of your hands or soles of your feet)
- you suddenly become very confused, drowsy or dizzy
- someone faints and cannot be woken up
- a child is limp, floppy or not responding like they normally do (their head may fall to the side, backwards or forwards, or they may find it difficult to lift their head or focus on your face)
- You or the person who's unwell may also have a rash that's swollen, raised or itchy
- These can be signs of a serious allergic reaction and may need immediate treatment in hospital



NHS Vaccinations and when to have them



It is important that vaccines are given on time for the best protection. You can check your vaccination record in the NHS App.

If you or your child has missed a vaccine, please contact the Health Centre to assess and organisation any missed vaccinations.

Vaccines for babies under 1 year old

- 8 weeks: Diphtheria, Tetanus, Pertussis, Polio, Haemophilus influenzae type b (Hib), and Hepatitis (6-in1); Rotavirus; Meningococcal (MenB)
- 12 weeks: 6-in-1 (2nd dose); Rotavirus (2nd dose); MenB (2nd dose)
- 16 weeks: 6-in-1 (3rd dose); Pneumococcal

Vaccines for children aged 1 to 15

- 1 year: Mumps, Measles & Rubella (MMR*); Pneumococcal (2nd Dose); Meningococcal B (3rd dose); Haemophilus influenzae type b (Hib)/Meningococcal (Men C - for children born on or before 30 June 2024)
- 1 year & 6 months: Diphtheria, Tetanus, Pertussis, Polio, Haemophilus influenzae type b (Hib), and Hepatitis (6-in1 - 4th dose for children born on or after 1 July 2024); Mumps, Measles & Rubella (2nd dose for children born on or after 1 July 2024)
- 2 to 15 years: Children's flu vaccine (every year until children finish Year 11 of secondary school). It is recommended for: children aged 2 or 3 years on 31 August 2025 (born between 1 September 2021 and 31 August 2023); school-aged children (Reception to Year 11); children aged 6 months to 17 years with certain long-term health conditions
- 3 years & 4 months: Mumps, Measles & Rubella (2nd dose for children born on or before 30th June 2024); Diphtheria, Tetanus, Pertussis, and Polio (4-in-1 pre-school booster)
- 12-13 years: Human Papillomavirus (HPV)
- 14 years: Tetanus, Diphtheria, and inactivated Polio (Td/IPV 3-in-1 teenage booster); MenACWY - protects against meningitis and sepsis (blood poisoning) caused by four types of meningococcal bacteria: groups A, C, W, and Y.

From January 2026 there will be a new MMRV vaccine which combines protection against Measles, Mumps, Rubella and Varicella (chickenpox) into a single shot, replacing the standard MMR vaccine.

NHS Vaccinations and when to have them



If you are unsure that your vaccinations are up to date or what vaccinations you should have check your vaccination record on the NHS App or contact the Health Centre.

It is easy to stay protected.

Vaccines for Adults

- 65 years: Flu (given every year after turning 65); Pneumococcal; Shingles (if you turned 65 on or after 1 September 2023)
- 70 to 79 years: Shingles
- 75 years onwards: Respiratory syncytial virus (RSV)
- 75 years and over: COVID-19 (usually given in spring and winter)

Vaccines for Pregnant Women

- During Flu Season: Flu
- Around 20 weeks pregnant: Whooping Cough
- From 28 weeks pregnant: RSV

Part of our Cobham Health Centre Team

Harvey our resident Musculoskeletal Specialist

Musculoskeletal First Contact Practitioner



Harvey is Cobham Health Centre's Musculoskeletal Specialist who has undergone further training to provide first point of contact assessment.

Our Reception team may suggest an appointment with Harvey as he can assess, advise and triage musculoskeletal conditions. He will then organise a treatment plan which could include seeing a doctor at the practice or a referral to a specialist department including physiotherapy, orthopaedics, hand therapy or podiatry.

Physiotherapy is used to treat a wide range of problems, including:

- bone, joint and muscle issues, such as arthritis, back pain, neck pain and sports injuries like a sprain or strain
- heart and circulation problems, such as high blood pressure and recovering after a heart attack
- problems moving after a stroke, or if you have a condition like multiple sclerosis or Parkinson's disease
- difficulty breathing caused by conditions like asthma and chronic obstructive pulmonary disease (COPD)
- problems during or after pregnancy, such as pelvic pain and incontinence
-

Physiotherapy is also often used to help improve your movement, strength and stamina after having surgery.

People of all ages can have physiotherapy, including children and older people.

The Focus on Prevention

In the second PPG newsletter in June 2025 we featured detail of the NHS prevention programme. Within the next few newsletters we will give more detail on the specific areas the NHS programme is targeting.

Early detection of disease and support for people taking their own action to better health through supported self-management are the focus of this programme.

The initiatives the programme is focused on are:

- Cancer prevention
- Cardiovascular disease
- Weight management
- Diabetes prevention
- HIV prevention
- Tuberculosis
- Alcohol dependency
- Tobacco dependency
- Antimicrobial resistance

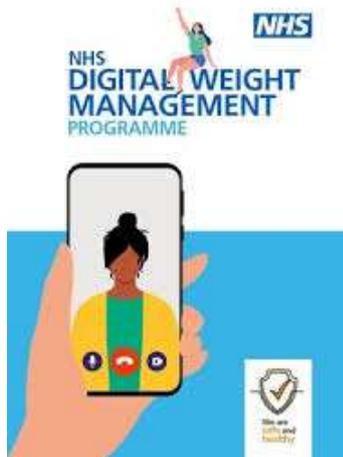
Detailed information on what we can do can be found at:

www.england.nhs.uk/ourwork/prevention

This newsletter will give information on Weight Management and Diabetes prevention.

The Focus on Prevention

Weight Management



Obesity is recognised as a complex global health concern which increases the risk of many other health conditions, including type 2 diabetes, cardiovascular disease, joint problems, mental health problems and some cancers.

Obesity is widely acknowledged as a major public health issue, not just in the UK but globally.

According to the 2022/23 health survey for England, 29% of adults were living with obesity, and 64% were either overweight or living with obesity.

People living with obesity can experience problems getting jobs and staying in work, lower earnings, and barriers to career progression which worsens inequalities.

The 2021 Global Burden of Disease study shows obesity as one of the biggest risk factors driving death and disability in England.

The most up-to-date statistics on public health in England 2023 report shows:

- 8,716 hospital admissions directly attributable to obesity, up 13% on 2022
- in 2022/23 there were over 1.2 million hospital admissions where obesity was a factor. An increase of 8% on 2021/22, when there were 1,142 thousand admissions

The NHS England have developed ways to help:

- **Digital Weight Management Programme** - england.nhs.uk/ourwork/prevention/obesity/digital-weight-management-programme/
- **Weight loss medicines and treatments** - england.nhs.uk/ourwork/prevention/obesity/medicines-for-obesity/

More information is also available at: nhs.uk/better-health/lose-weight/

The Focus on Prevention

Diabetes

Preventing type 2 diabetes

Nine out of 10 people with diabetes have type 2.

Type 2 diabetes is largely preventable through lifestyle changes. Unfortunately, type 1 cannot be prevented.

There are currently two million people in England at high risk of developing type 2 diabetes, which is a leading cause of preventable sight loss in people of working age and is a major contributor to kidney failure, heart attack, and stroke.

Healthier You NHS Diabetes Prevention Programme

The Healthier You NHS Diabetes Prevention Programme, identifies people at risk of developing type 2 diabetes and refers them onto a nine-month, evidence-based lifestyle change programme.

The Healthier You programme is available both as a face-to-face group service and as a digital service. When referred into the programme, people are free to choose between the two.

People on the face-to-face group service receive personalised support to manage their weight, eat more healthily and be more physically active.

The digital service offers similar support but through the use of digital tools such as wearable technologies that monitor levels of exercise, apps where users can access health coaches, online peer support groups and the ability to set and monitor goals electronically.

Research shows the Healthier You NHS Diabetes Prevention Programme has reduced new diagnoses of type 2 diabetes in England, saving thousands of people from the potentially serious consequences of the condition

Know your risk of type 2 diabetes

- Answer a few simple questions on the 'Know Your Risk' tool
- riskscore.diabetes.org.uk
- Taking up the offer of a free NHS Health Check to assess your risk of type 2 diabetes, cardiovascular disease and other conditions such as high blood pressure (available for those aged 40-74)

If you are concerned contact the Health Centre.

Supporting the Community



Free Wellbeing Support in Elmbridge with Mary Frances Trust

Mary Frances Trust (MFT) is a mental health and emotional wellbeing charity that has been supporting people across Surrey since 1994. They provide free community services for Surrey residents aged 16+, helping people manage low mood, stress, anxiety, or diagnosed mental health conditions.

Their services are designed to be accessible and welcoming:

- Free to access
- No formal diagnosis required
- No waiting lists
- Self-referral available, or you can ask your GP to refer you

Support is delivered face-to-face across Mid-Surrey, including Elmbridge, as well as online.

“MFT has enabled me to gain strength from others coping with similar difficulties in life. It is a real blessing to me to have found out about it” MFT Client

The following services are delivered by Mary Frances Trust:

Community Connections

Community Connections offers flexible, longer-term support to help you improve your mental wellbeing, build confidence and feel more connected to your community.

The service includes:

- One-to-one support and goal setting
- Group activities such as arts, exercise, hobbies and social sessions
- Wellbeing workshops and self-help courses
- Facilitated peer support
- Practical and financial wellbeing information and advice



Supporting the Community



Local activities currently available in Elmbridge include:

- Cardio Tennis
- Coffee Morning
- Space to Grow (gardening group)
- Art Group
- Football
- Wellbeing Walk
- Yoga
- Peer Support
- Bereavement Group

These friendly and supportive activities help you stay active, meet others and take positive steps for your mental health.

Full programme (including online activities): www.maryfrancestrust.org.uk/activities-courses-and-groups/
Calendar: www.maryfrancestrust.org.uk/calendar/

Registering for Community Connections

- If you are aged 16+ and registered with a Surrey GP, you can register directly via the website: www.maryfrancestrust.org.uk (Go to “Register with us” tab) or contact MFT directly.

Support Through Your GP (GPimhs)

As a patient at Cobham Health Centre, you can ask your GP to refer you to the GP Integrated Mental Health Service (GPimhs), delivered by Mary Frances Trust and Surrey & Borders NHS Foundation Trust (SABP).

A practitioner will provide specialist advice, information and support for your mental and emotional wellbeing, including support around practical or financial concerns. Appointments are available face-to-face, online or by phone, helping you access the right support early.

Service User Network (SUN)

SUN provides facilitated peer support for adults (18+) who experience:

- complex emotions affecting how they feel, cope with life and manage relationships
- difficulties commonly associated with personality disorder (no diagnosis needed)
- Peer support sessions are delivered face-to-face and online throughout Surrey

The service is delivered by MFT and Surrey and Borders NHS Foundation Trust (SABP).

Contact: 📞 01372 216 700 | ✉️ sun.admin@sabp.nhs.uk

Supporting the Community



Safe Haven – Evening Crisis Support

Safe Haven is a drop-in service for adults (18+) experiencing a mental health crisis or significant emotional distress. It offers a calm and supportive alternative to A&E.

Open every evening, 6pm–11pm, with no appointment or registration required. A virtual option is also available, and you are welcome to attend with family or friends.

Locations include Epsom, Guildford, Aldershot, Redhill and Woking.

Find out more: www.maryfrancestrust.org.uk/safe-haven/

For more information or help registering, contact Mary Frances Trust, Monday–Friday, 9am–4pm:

 Tel: 01372 375 400

 SMS: 07929 024 722

 Email: info@maryfrancestrust.org.uk

 Website: maryfrancestrust.org.uk

Supporting the Community



WELLBEING WALK WALTON

Join us on our weekly Wellbeing Walk in Walton.

A simple way to clear your mind, connect with others, and enjoy the outdoors.



Weekly on Thursdays
1pm-2pm

Walton

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To attend, you need to register with MFT first (if you haven't already) at www.maryfrancestrust.org.uk and then contact us via email info@maryfrancestrust.org.uk, call 01372 375400 or text 07929 024722 (SMS Service)



Supporting the Community



FOOTBALL ELMBRIDGE

Come and play football in a friendly and welcoming environment. A qualified coach is on hand for support and to help you improve your game.

All levels welcome.



Weekly on Wednesdays
Starting Wednesday 7 January 2026
6pm-7pm
Hersham

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact: 01372 375400, text 07929 024722, email info@maryfrancestrust.org.uk or visit www.maryfrancestrust.org.uk or scan our QR code



Supporting the Community



PEER SUPPORT HERSHAM

This weekly peer support is an informal space for a group of people to meet on a regular basis to support each other.

It is facilitated by a trained psychotherapist.

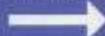
There will be some time spent exploring a common theme that has present in the group.



**Fridays at 11.15am-1.15pm
Hersham**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancetrust.org.uk
or visit www.maryfrancetrust.org.uk



Supporting the Community



ART IN ELMBRIDGE

If you'd like to explore your creativity and support your wellbeing, join our art classes.

Activities may include:

- Printing
- Painting
- Clay modelling
- Collage
- Charcoaling
- Tile painting
- Marbelling

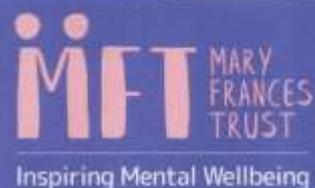


No experience needed!

Wednesdays
(4-week sessions alternating between 3 groups)
12.45pm-2.45pm
West Molesey

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk



Supporting the Community



NATURE NURTURE SPACE TO GROW

A safe, friendly and social space for adults and young people to feel the benefits of our green spaces.

Our aim is to get more people gardening, helping to grow resilience whilst developing the space into a biodiverse, abundant ecosystem.



**Weekly on Wednesdays
10am-12pm
Walton-on-Thames**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT First and then contact: 01372 375400, text 07929 024722, email info@maryfrancestrust.org.uk or visit www.maryfrancestrust.org.uk or scan our QR code →



Registered Charity 1055113

Supporting the Community



Not just a Cuppa and a Chat but also LUNCH!

With thanks to Pret and Gail's in Cobham, there is usually a range of sandwiches, baguettes, wraps and cakes on offer too.

Open to everyone in our community, an increasing number of people are enjoying this social time together. Some even play scrabble too. Just drop in for as long as you wish.

Thursdays 1-3pm every week (usually).



Supporting the Community

Oasis Charity is looking for a **Level 3 Qualified Nursery Worker** to join our warm, supportive nursery team in the heart of Cobham, Surrey.

Our Ofsted-registered Oasis Nursery provides high-quality early years education and care in a nurturing, inclusive environment where children feel safe, supported and inspired to learn through play.

This full-time, term-time only (39 weeks) role is ideal for an experienced early years practitioner who is passionate about child development, safeguarding and delivering excellent EYFS practice. You'll work closely with a caring team to support children's learning, wellbeing and all-round development, while building positive relationships with families and professionals.

-  Location: Cobham KT11 2AE
-  Hours: 33 hours per week
-  Start: As soon as possible

 To apply, please email your CV and cover letter to:
info@oasischarity.co.uk

Join a charity that supports children, families and the wider community every day — and be part of a nursery where your work truly makes a difference. 

Please share this post to help us reach someone who would be perfect for this role.

Here is the social media address:

www.instagram.com/p/DUTRs2UEaMt/?igsh=MTQ2NmpyYmtuZzNmaA==

Did you know?

Out of Hours Hub

This pre-bookable service to see a GP out of normal surgery hours is available at Cobham Health Centre:

- Monday and Tuesday evenings - 18:30 - 21:30
- Saturday - 09:00 - 17:30

For appointments call:

- Cobham Health Centre (08.30 – 18.30) 01932 867231
- The Hub (out of hours) 01372 232 001

This service is with local GPs and the Cobham Reception team. You will not be able to book to see your regular GP or a specific GP from the Practice.

Contact details

- [Have you recently moved?](#)
- [Have you got a new mobile phone number?](#)
- [Changed email address?](#)

Your Cobham Health Centre needs to know, so that at any time, in any NHS location they have the correct information to hand.

Please take a moment to make sure all your contact details are up-to-date.

You can let them know by dropping the information into the surgery or by using the surgery website.