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Type 2 Diabetes Symptoms

What are the first warning signs and symptoms of type 2 diabetes?

A lot of people do not get any signs or symptoms of type 2 diabetes – or do not notice them. Symptoms can include:

- Weeing a lot, especially at night.
- Being thirsty.
- Feeling more tired than usual.
- Losing weight without trying – and getting thinner.
- Genital itching or thrush.
- Cuts and wounds taking longer to heal.
- Burred eyesight.
- Behavior changes like feeling more irritable.

Can type 2 diabetes be cured?

There is not a cure for type 2 diabetes or any other type of diabetes. By losing weight, some people can reverse their type 2 diabetes, known as remission.

What should I do if I have type 2 diabetes?

If you think you have some of the symptoms of type 2 diabetes, ask your GP for a blood test for diabetes.

For more info visit – www.diabetes.org.uk or call 0345 123 2399.



Surrey and Sussex Lung Cancer Screening

This is a service for people registered with a GP in Surrey, Sussex, Bracknell Forest, Northeast Hampshire, Farnham and Surrey Heath, Royal Borough of Windsor and Maidenhead, and Slough.

If you are aged 55 to 74, a current or former smoker and registered with a GP you will be invited by letter for an NHS lung health check.

Please look out for your letter – it will arrive in a yellow envelope from the NHS.

Cervical Screening Awareness June 2026



Why Cervical Screening Awareness Week Matters

Cervical cancer is one of the most preventable cancers, yet around two women in the UK still die from it every day.

According to NHS England data, around 1 in 3 eligible people do not attend their cervical screening appointment, and uptake among younger people aged 25 to 29 has fallen below 70 per cent in recent years. Regular cervical screening can prevent up to 75 per cent of cervical cancers by detecting human papillomavirus, the cause of most cases, before any cancer develops.

Cervical Screening Awareness Week addresses the practical and emotional barriers that stop people from booking appointments, including fear, past trauma, cultural concerns, and lack of accessible information for disabled people, trans men, and non-binary people.

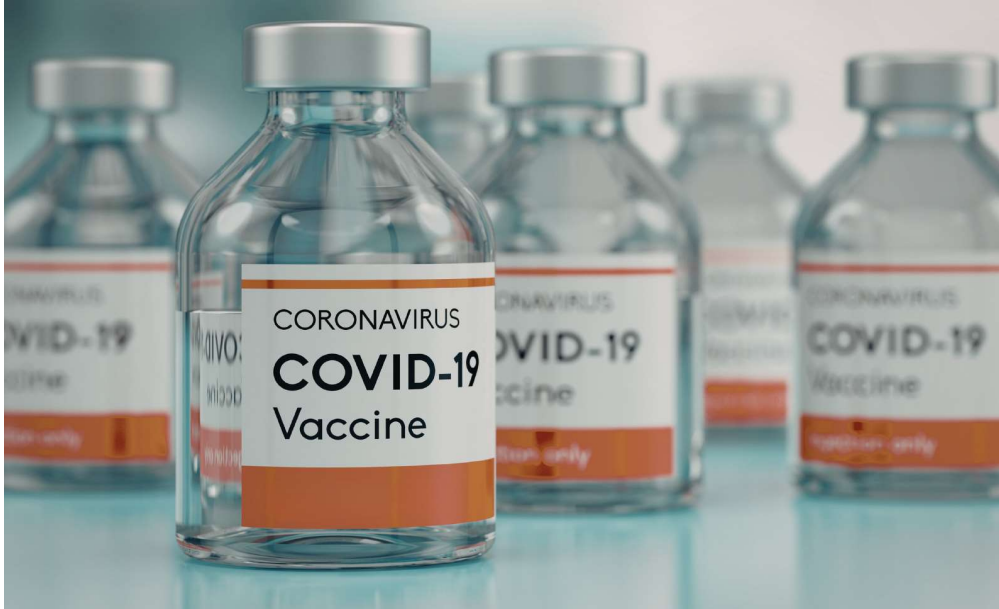


No parking

Please we ask patients visiting our Riverbank Surgery, that you do not block or park in front of drives, of the houses on the approach to the surgery.

Thank you for your cooperation.

Last Call for Spring Covid Boosters



Our Spring Covid vaccination program will finish on
Tuesday 30th June.

If you are eligible for the Spring Booster

Please book an appointment.

Who is Eligible?

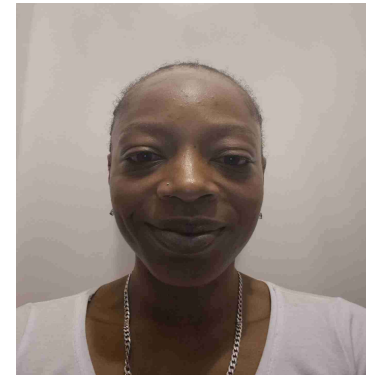
The spring vaccine is not for everyone; it is strictly targeted to the following groups

- ☑ Adults aged **75 and over** (including those who turn 75 by June 30, 2026).
- ☑ Residents in care homes for older adults.
- ☑ Individuals aged 6 months and over with a severely weakened immune system (e.g., due to specific treatments like chemotherapy or underlying health conditions).

New Staff members



Beth
Dispenser/Patient Services
Advisor



Shevon
Phlebotomist