

# HILLVIEW MEDICAL CENTRE NEWSLETTER



## Autumn 2025 Newsletter

Dear Patients,

Welcome to the Autumn Edition of our Newsletter!

As we head into the colder months, we have some important updates for our patients, including details on flu vaccination clinics, reminders, and advice on keeping well this autumn.


### 1. Flu and Covid Vaccination Clinics – Book Now

The NHS recommends a free flu vaccine for:

- ✓ People aged 65 and over
- ✓ Pregnant women
- ✓ Children aged 2–11
- ✓ Individuals with long-term health conditions

The NHS recommends a free Covid vaccine for:


- ✓ People aged 75 and over
- ✓ Residents of care homes
- ✓ Individuals aged 6 months and over who are immunosuppressed.

 Our clinics will run throughout October, starting on the 4<sup>th</sup> and 11<sup>th</sup> October. Please call reception on 01483 760707 / 01483 766333.

### 2. Extended Access Clinics – Evening & Weekend Appointments

We are pleased to offer our extended access appointments for patients who may find it difficult to attend during normal surgery hours. These are held at Hillview Medical Centre, 3 Heathside Road, Woking and Sunny Mead Surgery, 15-17 Heathside Road, Woking.

🕒 Monday to Friday: 5.30pm – 8.00pm

 Saturday: 9.00am – 5.00pm

Appointments are available with GPs, nurses, and other healthcare professionals.

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### 3. Cancer Screening – Don't Miss Your Invite

Early detection saves lives. If you receive an NHS screening invitation, please book:

- Cervical screening – Women aged 25–64
- Breast screening – Women aged 50–71
- Bowel cancer screening – Men & women aged 60–74

If you missed your appointment, contact the screening service to rebook.

### 4. Stay Well This Autumn

Colds and viruses are more common at this time of year. Here are some tips to keep well:

- 🥤 Keep warm and hydrated
- 🧼 Wash hands regularly to reduce spread of infection
- 💊 Use over-the-counter remedies for minor illnesses
- 🏠 Rest at home if unwell, and seek advice if symptoms worsen

### 5. Mental Health and Wellbeing – You're Not Alone

Autumn and winter can be challenging for mental health. If you're struggling, support is available.

- ✓ Talking Therapies – Free NHS counselling (self-referral available)
- ✓ Local Support Groups – Ask at reception for details
- ✓ Helplines – Samaritans (116 123) | Mind (0300 123 3393)

Please don't hesitate to speak to a GP or nurse if you need support.

### 6. We Value Your Feedback

Your feedback helps us improve our services. Please complete our Friends and Family Test:

- Online: [insert link]
- At reception: Ask for a paper copy
- By text: You may receive a survey link

All responses are confidential and greatly appreciated.

### 7. Join Our Patient Participation Group (PPG)

Would you like to have your say in how our practice runs? Join our PPG to help shape the future of Hillview Medical Centre. Contact us via reception or email [insert contact details].

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✦ Hillview Medical Centre

☎ 01483 760707 / 01483 766333

🌐 [www.hillviewmedicalcentre.nhs.net](http://www.hillviewmedicalcentre.nhs.net)

Thank you for trusting us with your healthcare needs. We are here to support you every step of the way.

Warm regards,  
Hillview Medical Centre