



Elgar House Surgery Spring Newsletter



Awareness Weeks

April is stress awareness month, bringing awareness to both the causes and cures for everyday stress

May is national Walking month, improve your health and get better in touch with your community

Covid Spring Boosters

Are you aged 75 or over, or eligible for a Covid vaccination booster? get in touch with us and we'll book in your covid spring booster vaccination

RSV Vaccinations

If you are eligible for an RSV vaccine (if your pregnant or aged 75-79), then please contact the surgery to book your vaccination

Veteran Friendly Practice

We are a veteran friendly practice, meaning we offer access to dedicated health services for veterans. If you're a veteran, fill out the form on our website

Think Pharmacy First

Your local Pharmacy can help give you clinical advice on the following conditions, without the need for an appointment

- Impetigo
- Infected Insect Bites
- Earache
- Sore Throat
- Sinusitis
- UTIs (Women aged 16-64)
- Shingles

NHS App

The NHS are working hard to make more and more services available. With the NHS app, you can look at your medical records, order a repeat prescription and view appointments. Head to the website to learn more www.nhs.uk/nhsapp

Quit Smoking

If you need need help quitting smoking, try using the NHS Quit Smoking app. It tracks your progress, offers daily support and shows you how much youve saved

Contact us Online

If you need help with a non-urgent medical or admin request, you can contact us online by visiting our website