

SPRINGFIELD SURGERY PATIENT PARTICIPATION GROUP

**Welcome to the first edition of our Newsletter!
We hope you will find it interesting and useful**

**Did you know that Springfield Surgery is holding a
"Carers' Coffee Morning on Wednesday 17th September
at Elstead Youth Centre between 10.am and 12.30pm?
Please do come along and meet representatives from the
Police, Fire Service and other local organisations - a great
opportunity to meet other carers and to hear about what
support is available in our area.**



**FLU CLINICS will be held at the Surgery
on the following dates:**

**Saturday 4th October
9.30am to 12.30pm
13.00pm to 15.00pm**

**Saturday 11th October
9.30am to 12.30pm
13.00pm to 15.00pm**

BOOKING AN APPOINTMENT

**You should have received a link telling you how
to book your appointment - alternatively
call the Surgery on 01252 703122
The PPG will be on hand at the Clinics
to assist you! If you are interested to join
us, please speak to one of us**

**We all seem to
manage to hoard
medicines! Do you
know how to safely
dispose of these?
PLEASE DO NOT
FLUSH TABLETS OR
LIQUID MEDICINES
DOWN THE
LAVATORY as they
can contaminate
water supplies and
damage the
environment. Please
return all unwanted
medicines to your
Pharmacy. It would
be helpful if you could
remove tablets from
their packaging**



COVID booster – check if you're eligible for the latest dose on the NHS Website » Flu and COVID-19 Seasonal Vaccination Programme: autumn/ winter 2025/26

With Winter approaching, Look Out for Others
Check in on older neighbours or relatives, especially in cold weather. Make sure they're warm, have enough food, and know how to get help if needed.

Are you aware unused medicines cost the NHS £300 million every year! That's a lot of waste! About a week and a half before your prescription is due, check what medicines you have at home. Order repeat prescriptions early and only order the what you need - you can order more in the future. Make sure you don't run out over weekends or holidays. Keep basic medicines at home (paracetamol, cough syrup, throat lozenges). Ask your pharmacist for advice on minor illnesses.

Springfield Surgery has recently welcomed some new Staff!
Dr Mita Paleja has a special interest in Dermatology and is available for appointments on a Wednesday. Two new Nurses have also joined the Surgery - Lindsay Beck and Laura Locke

