



# *St Stephen's Gate Medical Partnership Patient Participation Group Newsletter Autumn 2025*



*In this issue, we're pleased to share a piece from Noreen Neal, Chair of St Stephen's Gate PPG:*

Over 8 years ago, I went to a meeting to find out about joining the Newmarket Road Surgery Patient Participation Group (PPG). David & Pat were two of the people there, and since that first meeting, they've worked hard for what's now the St Stephens Practices PPG.

When it was decided that a newsletter would be a good way to share info with patients, it was again this lively couple who took on the task. Over the years, they've been responsible for most of the newsletters we've published.



At the PPG meeting in March 2025, they let us know they've decided to step down from the PPG. They're going to be a tough act to follow. But if you want to find out more about the PPG, just head to the St Stephen's Gate website <https://www.ststephensgate.com/> or pick up a leaflet from reception

***Did you know that the money raised from the Bookstand can save lives??***

The emergency bags purchased with donations did exactly that. Recently, when a patient became very unwell, the quick reactions of the staff and the use of the bag saved this patient's life.

Your donations make things happen. 😊 📖 📄



## ***FLU SEASON***

**The Flu season is approaching.**

**We will be holding our first flu and covid clinic on**

**Saturday 4th October 2025**

## Vaccinations:

### *UK Adult Vaccination Schedule: Your Guide to Staying Healthy for Life.*

In the UK, the adult vaccination schedule is very important for keeping us healthy by protecting against diseases we can prevent. As we get older, we still need routine vaccines to boost our immunity and handle age-related health issues.

Most adults are recommended to get the flu jab every year. In 2024/25, people over 65, those with certain health conditions, pregnant women, care home residents, and some carers were all eligible.



The COVID-19 booster is also available for those who qualify.

When you turn 65, you can get a one-time pneumococcal vaccine to help protect against pneumonia and related infections. The shingles vaccine is offered to people aged 70 to 79 to lower the chances of getting shingles and its complications. Pregnant women should get the pertussis (whooping cough) injection to keep their new babies safe.

In September 2024, the UK introduced the RSV (Respiratory syncytial virus) vaccination program to help protect vulnerable groups like older adults and pregnant women from severe RSV illnesses.

If you are over 28 weeks pregnant, you can get a single dose of the RSV vaccine. Also, if you turn 75 on or after 1 September 2024, you are also eligible for an RSV vaccine dose.

Keep in mind, your vaccination plan might change based on your health history, travel plans, or job risks.

Staying up to date with adult vaccines is a simple way to stay healthy and help stop the spread of infectious diseases in your community.

#### Newsletters

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