

## Spring Covid-19 Vaccinations

The SSG surgery will be carrying out spring Covid-19 vaccinations on **Saturday April 25th 2026**.

They are an important part of protecting yourself if you are at increased risk of getting seriously ill from Covid-19. You are eligible if you are aged 75 or over or have a weakened immune system.

The surgery will contact you if this applies to you and ask you to book an appointment with Reception.

## Health Check Zone

Have you used the Health Check Zone yet?  
This is a very useful addition to the SSG surgery.

Here you can check your height, weight and blood pressure yourself whenever you want and without even making an appointment. It is on the ground floor straight ahead just past Reception.

Just remember to relax when you are taking your blood pressure. Settle into the chair and think calm thoughts for a few minutes first.

It can really affect the result – and sometimes it takes three readings to get the “normal” result.



## PPG Bookcase Donations

The PPG bookcase donations continue to raise money for extra medical items for the surgery that are not covered by NHS funding. Donations of books are always welcome. Please hand in them into Reception. Children's books are particularly welcome as we are hoping to build up more of a stock of them over the next few months.

## PPG Newsletter Spring 2026

### Your Patient Participation Group



Your current Patient Participation Group pictured above with newly appointed Chairperson Elizabeth Groves and new member Annie Moseley. Please keep in touch by reading our newsletter displayed above the PPG bookcases. All newsletters are also on the surgery website.

### Staff Updates

**New Staff** – We welcome two nurses to the practice, Rachel French and Laura Groom. We look forward to meeting you both and hope you are both settling into your working life at the Surgeries.

**We say goodbye to** Practice Nurse Nicola Langham as she enjoys her retirement.

### Appointments

If you book an appointment and find you no longer need it, please ring 01603 228686 and **press 1 for the cancellation line.**

This means the appointment can then be freed up for someone else and this way we all benefit.

#### Newsletters

<http://bit.ly/3FOHOUM>



#### SSG Facebook

<http://bit.ly/43m7ReY>

