

Surgery Newsletter January 2026

Flu & Covid Update

Flu and Covid viruses continue to circulate and, whilst the covid autumn vaccination programme has now ended, we can still give the flu vaccine to the Over-65s as well as the Under-65s with an underlying health condition. So please do check in with the practice if you have not had a vaccine. You can also call 119 to find out where else the vaccine is available. A full list of vaccinations and who should be getting them is available on <https://www.nhs.uk/vaccinations/>

Winter lung health guide from Asthma & Lung UK

For people living with a lung condition, the risk of ending up in A&E doubles in the winter. This is because things like cold weather, winter viruses, damp and mould can make symptoms worse.

To support everyone with a lung condition, Asthma + Lung UK have created a **free winter guide** to help people protect themselves and stay well this winter. To get the guide, patients just need to answer a short survey about their lung condition, symptoms and how winter affects them. They will then receive a series of emails with free, personalised health advice from Asthma + Lung UK's in-house GP. The guide will help people to understand what might set off their symptoms during the winter and provide personalised tips to reduce their risk of becoming seriously unwell. For more information on how to look after your lungs, please visit <https://www.asthmaandlung.org.uk/notjustaseason.> or call the Asthma and Lung UK helpline on 0300 222 5800.

Five Simple Ways to Look After Your Health in the New Year

A new year is a great opportunity to focus on small, positive changes that can make a big difference to your health and wellbeing. Here are a few ideas to consider:

1. Move a Little More

Regular activity helps boost mood, energy, sleep, and heart health. You don't have to join a gym—brisk walking, dancing, gardening, or short home workouts all count.

NHS advice: <https://www.nhs.uk/live-well/exercise/>

2. Eat a Balanced, Colourful Diet

Adding more fruit, vegetables, wholegrains, and lean proteins can support your immune system and reduce the risk of long-term conditions. Small swaps—like choosing wholemeal bread or adding an extra portion of veg—can make a big difference.

NHS advice: <https://www.nhs.uk/live-well/eat-well/>

3. Prioritise Sleep

Good sleep supports mental and physical health. Try keeping a regular sleep schedule, reducing screen time before bed, and creating a calming evening routine.

NHS advice: <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/>

4. Look After Your Mental Wellbeing

Checking in with yourself emotionally is just as important as looking after your body. Talking to someone you trust, staying connected, and making time for activities you enjoy can help.

NHS advice: <https://www.nhs.uk/every-mind-matters/>

5. Keep Up With Health Checks

Whether it's attending routine screenings, checking your blood pressure, or reviewing your medications, staying on top of regular health checks can catch issues early and keep you well.

NHS advice: <https://www.nhs.uk/conditions/nhs-health-check/>.

Priority Services Register

We would also like to highlight a very useful service call the Priority Services Register which is free to join and can offer invaluable help to support households who need extra help with everyday energy matters like bills, and also in the unlikely event of a power cut, gas or water supply interruption. It helps utility companies, including energy suppliers, electricity, gas and water networks look after customers who have extra communication, access or safety needs. So do visit the website to find out if you or a loved one should sign up. The website is easy to navigate and can be found here <https://www.thepsr.co.uk/>