



Horndean Surgery PPG Newsletter - Autumn 2025

Welcome to the Autumn 2025 Horndean Surgery PPG Newsletter.

APPOINTMENT

Making Appointments:



The Surgery is open from 8am to 6.30pm Monday to Friday with extended hours appointments on Thursdays, 6.30pm—8pm, and 9am—11am on the second Saturday of the month. There are range of appointment types you can book, and different ways you can book them.....

Type of Appointment	Best way to book:	
Urgent— on the day or same day	Telephone 8am or 2.30pm for Triage	Reception will take your details to direct you to the best help, this may be a telephone consultation or face-to-face appt
Routine non-urgent	Online, NHS App, Patient Access, Telephone	Can be booked up to 4 weeks in advance, make sure you are signed up to receive text reminders
Telephone Consultation	Online, NHS App, Patient Access, Telephone	For non-urgent symptoms, discussing medication, test results etc.
Evening/Weekend Appointments	Telephone or NHS111 if out of hours	Service is available 8am—8pm Weekdays, 8am - 4.30pm Saturdays, and Sunday am at one of the “hub” locations: Petersfield or Fareham Community Hospitals, Waterlooville or Havant Health Centre or Gosport War Memorial Hospital .

Please cancel appointments you find you no longer need or cannot attend and remember! *“Make the Most of Your Appointment”*

Write down anything important you want to say, **Make a note** of your symptoms (frequency, pattern) **Tell the Doctor** if you have tried any remedies and **Make sure you understand** everything and don't be afraid to ask the GP or health practitioner to repeat anything you are unsure of.



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Vaccinations are the most effective way to prevent many infectious diseases, be cautious of taking health advice from anti-vaccine social media or offline posts or stories, which may not be based on scientific evidence which could put you or your child at serious risk of illness. Always take advice from trusted sources such as the NHS or the World Health Organisation (WHO), all the evidence tells us that getting vaccinated is safer than not getting vaccinated.



Vaccinations DO.....✓

- Help to protect you and your child from many serious and potentially deadly diseases
- Protect other people in your family and community – by helping to stop diseases spreading to people who cannot have vaccines, such as babies too young to be vaccinated and those who are too ill to be vaccinated
- Undergo rigorous safety testing before being introduced – they're also constantly monitored for side effects after being introduced
- Sometimes cause mild side effects that will not last long – you may feel a bit unwell and have a sore arm for 2 or 3 days
- Reduce or even get rid of some diseases – if enough people are vaccinated (herd immunity)

Vaccinations DO NOT.....✗

- Do not overload or weaken the immune system – it's safe to give children and adults several vaccines at a time and this reduces the amount of injections needed
- Do not contain mercury (thiomersal)
- Do not contain any ingredients that cause harm – only ingredients essential to making them safer and more effective and only in very small amounts
- Do not cause autism – studies have found **no** evidence of a link between the MMR vaccine and autism

Winter Vaccinations - Keeping well in Winter

Flu Vaccinations—Adults over 65 & those with certain health conditions—available until 31/3/26

Covid 19—Adults 75 & over & those with certain health conditions—available until 30/1/26

Pneumococcal Vaccine—Adults over 65
RSV Vaccine—if you are pregnant, aged 75 to 79, or turned 80 after 1st September 2024.

If you are unsure of your eligibility please speak to your GP for advice





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Did you know last year 8722 adults in the UK were diagnosed with mouth cancer, the number of new cases has doubled in the last 20 years. More people are losing their life to mouth cancer than cervical and testicular cancer combined. A simple self check takes 45 seconds and could save your life. November is Mouth Cancer Awareness Month, look out for:

- 🔍 Mouth ulcers that last more than 3 weeks
- 🔍 Red or white patches in the mouth
- 🔍 Unusual lumps or swellings
- 🔍 A persistent sore throat
- 🔍 Having pain or difficulty swallowing
- 🔍 Speech problems
- 🔍 Weight loss and/or bad breath

You can check yourself at home by using the QR code below to view the "Mouth Cancer Self Check" video on YouTube:



Do you order repeat prescriptions? Did you know if you order your meds too early your request may be refused?

Your health records will show how much of your medication you should still have at home if the correct dosage has been taken, and will not allow a repeat prescription to be generated by the system until you need more to be dispensed. Please make sure you order repeat medication in sufficient time for the pharmacy to process your request without compromising your supply, if you are concerned please contact the Surgery for advice.



Have your say! Do you have a great idea as to how patient services can be improved at Horndean Surgery? is there an improvement you would like to see? Then complete one of the PPG feedback forms in the Surgery foyer or email the PPG at **PPG.Chairmen@NHS.NET** or **PPG.Secretaries@NHS.Net** - we'll make sure your voice is heard!