Horndean Surgery PPG Newsletter - Autumn 2026

Welcome to the Autumn 2026 Horndean Surgery PPG Newsletter.

In this newsletter you will find information and guidance on the Winter Vaccination Programmes, Cholesterol Awareness and a reminder to let us know if you have any suggestions or ideas for the Surgery such as things you'd like to see or information you would like to have more readily available, plus an invitation for **you** to get more involved.

Winter Vaccinations - Keeping well in Winter



Vaccinations are the most effective way of preventing serious illness, this is especially important during the winter months when some people are more vulnerable to the effects of the colder weather.

This year the Surgery will be offering vaccinations to patients who qualify from October.

Who should have them:

Adult Flu Vaccines – Adults 65 and over, those with certain health conditions, pregnant ladies, care home residents, main carers for elderly or disabled persons or those receiving a carers allowance or if you live with someone with a weakened immune system.

Children's Flu Vaccines – Children aged 2-3 years, children aged 4 not yet at school, school aged children, children aged 6 months – 17 years with certain long term health conditions.

Covid 19 – Adults 75 and over, anyone 6 months – 74 years with a weakened immune system due to certain health conditions or treatments, care home residents.

You may also be eligible for **Pneumococcal Vaccine** (65 or over) or **RSV Vaccine** (if you are pregnant, 75 or over or live in a residential care home)

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Why Cholesterol Matters

Our bodies need cholesterol to function but too much of the wrong kind can increase the risk of strokes and heart attacks. High cholesterol has no symptoms, so most people do not even know they have high cholesterol until they have a problem. October is National Cholesterol Awareness Month, so we are inviting you to:

- **Get your cholesterol checked:** Book a test with your GP, pharmacy, or through a workplace health programme.
- **Join the Great Cholesterol Challenge:** Commit to walking more, eating better, or another heart-healthy goal, and share your journey to inspire others.
- **Try heart-healthy recipes:** Add more fibre, healthy fats, and plant-based foods to your meals. Many resources offer cholesterol-lowering recipe ideas.

Managing cholesterol doesn't mean giving up everything that you love, it's about making informed choices to improve your health. Want to find out more?

Visit: www.nhs.uk/conditions/high-cholesterol/

Horndean Surgery PPG Needs You!

Just like you, the members of Horndean Surgery Patient Participation Group (PPG) are patients at the Practice, we are a committee of 6 people with a Virtual Group of over 400. Every quarter we meet with the Practice Team to discuss any questions or suggestions raised by the Virtual Group or via the Suggestion Box which is placed in the foyer. We support the practice with action plans, NHS campaigns and health awareness days, we contribute to feedback on the practice on National Patient Surveys and support the practice with patient education on healthcare conditions, we cannot and do not promote our own interests, offer medical advice or deal with patient complaints, these need to be discussed directly with the practice.

We would welcome more patients becoming involved with our PPG so if you are a member of the Virtual PPG or a patient interested in helping our practice improve health care in Horndean or you would just like to be more involved. Please send us an email at PPG.Chairmen@nhs.net or PPG.Secretaries@nhs.net - we would love to hear from you!