

HIGHGATE MEDICAL CENTRE

NOVEMBER 2025 NEWSLETTER



Self Care

Visit www.nhs.uk

Minor cuts and grazes, bruises and minor sprains.
Coughs and colds.
Sore throat.



MEDICINE

Pharmacy

Minor ailments
Bits and stings
Upset Stomach
Medication advice



NHS 111

Feeling unwell?
Need medical advice?
Don't have a GP to call?



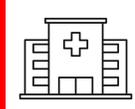
GP Advice

Out of hours
Call 111
Persistent symptoms
Chronic pain
Long term conditions



Urgent Care Centres

Breaks and sprains
X-Ray and Ultrasound
Cuts and grazes
Fever and rashes



A&E or 999 Emergencies only

Choking
Chest pain
Blacking out
Serious blood loss

November is Lung Cancer Awareness Month.

Contact your GP practice if you are experiencing any of these signs and symptoms of lung cancer.

It's probably nothing serious, but early diagnosis and treatment can save lives.

1. A cough that lasts for 3 weeks or more
2. A long standing cough that gets worse
3. Chest infections that keep coming back
4. Coughing up blood
5. An ache or pain when breathing or coughing
6. Persistent breathlessness
7. Persistent tiredness or lack of energy
8. Loss of appetite or unexplained weight loss

Find out more: [Lung cancer - NHS](https://www.nhs.uk/conditions/lung-cancer)



Contact your GP if you're experiencing any of these symptoms

Lets get moving

To stay healthy and improve health, older adults aged 65 years and over should aim to be active for 150 minutes of moderate intensity activity per week 🚶

Gentle exercises, walking groups, and chair-based workouts are great ways to keep moving.

Active Older Adults | Active Together

LET'S GET MOVING

Everyone starts somewhere

Find an activity that you enjoy

RECEIVE PERSONALISED SUPPORT TO MOVE MORE

Contact your Active Charnwood Team:
active-charnwood.org/contact-us
01509 634 673

Scan the QR code → SCAN ME

Why not kick off November with a family fitness challenge?

A daily walk after dinner 🚶

Weekend park adventures 🌳

Indoor dance-offs or yoga sessions 🧘

Family skate-sessions 🛹

Set a goal together and celebrate your progress! 🎯

#LetsGetMovingLLR

Registering With A GP Surgery Now Made Easier

Register with Dr MK Lakhani's Practice Online

You don't need proof of address or immigration status, ID or an NHS number to fill out the form.

You will be registered within 48hours.

This service is part of the NHS, so your personal information will be kept safe.

Register with Dr Mk Lakhani's Practice



Scan the QR Code Above

Flu Vaccine

The Flu vaccine helps protect against flu, which can be a serious or life threatening illness. Its offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu.

You can get the free NHS flu vaccine if you:

- Are aged 65 or over
- Have certain long term conditions
 - Are pregnant
 - Live in a care home
- Are the main carer for an older person or disabled person, or receive carers allowance
- Live with someone who has a weakened immune system.

Please contact the surgery to make an appointment

Friends and Family Test Feedback (FFT)

Each week we send links to randomly selected patients to complete a survey following contact with the surgery the previous week. If you receive this survey, we would be very grateful for your response so we can understand what we are doing well and where we can improve.

For October 94 % rated the Surgery very good or Good

Bank Holidays 2025

Wednesday 1st January 2025- New Years Day
Friday 18th April 2025- Good Friday
Monday 21st April 2025- Easter Monday
Monday 5th May 2025- Early May Bank holiday
Monday 26th May 2025- Spring Bank Holiday
Monday 25th August 2025- Summer Bank Holiday
Thursday 25th December- Christmas Day
Friday 26th December- Boxing Day

OUT OF HOURS

Patients should call NHS 111 for assistance when the surgery is closed.

999 for an Emergency.

Visit our website on www.highgatemedicalcentre.nhs.uk