

HIGHGATE MEDICAL CENTRE

APRIL 2026 NEWSLETTER



Self Care

Visit www.nhs.uk

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



Pharmacy

Minor ailments
Bites and stings
Upset Stomach
Medication advice



NHS 111

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



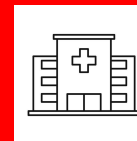
GP Advice

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

Adenomyosis is a condition where the lining of the womb (uterus) starts growing into the muscle in the wall of the womb. It's most commonly diagnosed in women over the age of 30.

Adenomyosis Awareness Month this April is a good time to learn more about the condition.

For more information on the treatment options available, visit

<http://nhs.uk/conditions/adenomyosis/...>



Common signs and symptoms of adenomyosis



Helping your child develop a healthy relationship with screens starts earlier than you'd think. Explore our friendly, practical screen time guidance for under-5s - visit

<https://beststartinlife.gov.uk/screen-time-under-5s/>



Save The Date: Saturday 13th June 10am-12noon

Your Health Matters/ Know Your Numbers

In conjunction with our PPG

Join us for a free community event focussed on helping you stay on top of your health.

More Details coming soon!

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



MMRV now protects children against measles, mumps, rubella — and chickenpox

MMRV is now part of the NHS routine childhood vaccination programme, replacing the MMR vaccine.

Vaccination is the best way to reduce the risk of serious illness and protect children as they grow.

www.nhs.uk/mmr

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.

Bank Holidays 2026

- Monday 4th May 2026 - Early May Bank holiday
- Monday 25th May 2026 - Spring Bank Holiday
- Monday 31st August 2026 - Summer Bank Holiday
- Friday 25th December 2026 - Christmas Day
- Friday 1st January 2027 - New years Day

OUT OF HOURS

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