



Montpelier Surgery

NHS GP Surgery in Brighton

SUMMER NEWSLETTER 2025

CLOSURE DATES

Thursday 19th June - closed from 12:30 for training
Wednesday 2nd July - closed from 12:30 for training
Wednesday 30th July - closed from 12:30 for staff training
Tuesday 5th August - closed from 12:30 for staff training
Monday 25th August 2025 - August Bank Holiday



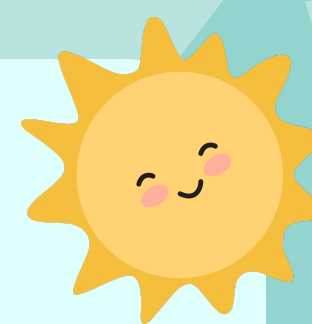
PATIENT PARTICIPATION GROUP (PPG)

We want to hear from patients who wish to discuss the services on offer, and how improvements can be made for the benefit of patients and the practice.

If you would like to join our patient participation group, please let us know at the surgery either via email (montpelier.surgery@nhs.net) or via phone (**01273 328950**) – meetings as a group can happen face-to-face or over Zoom.

STAY SAFE IN THE SUN

As the sun becomes stronger in the warmer months, it's important to protect your skin.



Overexposure to UV rays can lead to **sunburn**, **premature ageing**, and an increased risk of **skin cancer**. Use a broad-spectrum sunscreen with at least SPF 30, wear protective clothing, and try to stay in the shade during peak sunlight hours (11 am–3 pm).

If you notice any changes to moles or new skin markings, speak to your GP promptly.

PHARMACY - ANNUAL REVIEWS

A reminder that for all long-term health conditions, your review will now correspond with your **birth month**.



This may mean while we get this in place that you have two reviews in the space of a year. This will help the surgery and patients to remember when annual reviews should be booked.

Need help? Please contact the surgery.



CELEBRATIONS

Congratulations to **Jess** and **Freja** from the reception team for completing their undergraduate degrees!

Well done to **Dr Sally Howlett**, who just finished a 120km hike from Sarria to Santiago de Compostela and ran the Hackney Half marathon in aid of Prostate Cancer UK.



Telephone – 01273 328950
Email – montpelier.surgery@nhs.net
Website - <https://www.montpeliersurgery.co.uk/>



ONLINE SERVICES

For access to our online services through our website, please bring photographic ID to the surgery. We can print you a username and password for SystmOnline. This will allow you to make appointments and request repeat medications.



Alternatively, please download the NHS App, where you will be able to access similar services

Need help? Contact our Digital Ambassador, **Freja**, at the surgery.

SOCIAL PRESCRIBERS - EMPLOYABILITY AND COMMUNITY FAIR

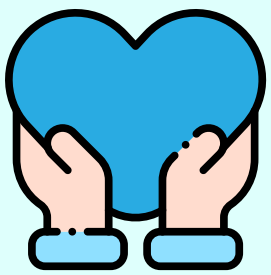


The Salvation Army are expanding its services within the Brighton area. This event provides an excellent opportunity to network and for residents to come and explore what they can offer.

The event will be held on **Tuesday 1st July** between **11 am – 1 pm** at **The Salvation Army, Brighton Congress Hall, 1-6 Park Crescent Terrace, Brighton BN2 3HD.**

BRIGHTON AND HOVE THE CARERS CENTRE - CARERS FESTIVAL

Do you support someone who could not manage without your help?
Find out what support is available to unpaid carers in the city and enjoy free activities and refreshments.
No need to book - just drop in and enjoy the day!



Wednesday 11th June 2025 between **10:00-16:00** at **The Open Market, Brighton.**

www.thecarerscentre.org/event/carers-festival-2025



TYPE 2 DIABETES - KNOW YOUR RISK

Are you at high risk of diabetes? Find out in 2 minutes.

Scan the QR code or tap the link below to take the test today and reduce your risk.

<https://riskscore.diabetes.org.uk/start>



PATIENT SURVEY

We would be grateful if you would complete the survey about your doctor and general practice. They want to provide the highest standard of care. A summary from this survey will be fed back to them to help them identify areas for improvement.

Your opinions are very valuable. Please answer all the questions you can. There are no right or wrong answers, and your doctor will not be able to identify your individual answers.



<https://montpeliersurgery.co.uk/services/managing-your-health-online/online-forms/patient-survey/>



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ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) AND AUTISM SPECTRUM DISORDER (ASD) REFERRALS

With our Mental Health Care Coordinators working with us at the surgery, they are able to help support patients, over the age of 18, with referrals for ADHD and ASD. There is no need for you to speak to our GPs!

If you are seeking out a referral, contact the surgery and make a telephone appointment with one of our Mental Health Care Coordinators.

KEY AWARENESS DAYS

June

Men's Health Week - Monday 9th - Sunday 15th - led by the Men's Health Forum to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.

World Blood Donor Day - Saturday 14th - raising awareness of the need for safe blood, blood products, and to thank voluntary, unpaid blood donors for their life-saving gifts.

Learning Disability Week - Monday 16th - Sunday 22nd - raising awareness about the issues that are important to people with a learning disability and their family and carers.

July

ARFID Awareness Day - Saturday 5th - dedicated to raising awareness, sharing living experiences, and pushing for greater recognition and understanding of Avoidant/Restrictive Food Intake Disorder.

Alcohol Awareness Week - Wednesday 9th - Sunday 13th - a chance for the UK to get thinking about drinking to raise awareness, campaigning for change, and more.

August

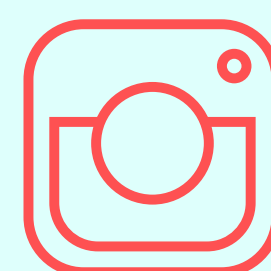
World Breastfeeding Awareness Week - Friday 1st - Thursday 7th - the global campaign that aims to inform, anchor, engage, and galvanise action on breastfeeding and related issues.

Cycle to Work Day - Thursday 7th - The UK's biggest cycle commuting event.



PRIMARY CARE NETWORK SOCIAL MEDIA

Facebook: <https://www.facebook.com/brightonpcn>
Instagram: <https://www.instagram.com/bnnorthandcentralpcn/>



We are always looking for suggestions from our patients about what they would like included in our newsletter. Please pass on any comments or suggestions to the practice. We will try and include these in our next edition.

Enjoy the summer!



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