



Montpelier Surgery

NHS GP Surgery in Brighton

NEWSLETTER AUTUMN 2025



UPCOMING CLOSURE DATES

Wednesday 24th September - shut from 12:30 for training
Thursday 2nd October - shut from 12:30 for training
Thursday 23rd October - shut from 12:30 for training
Tuesday 25th November - shut from 12:30 for training



IMPORTANT NOTICE – BUILDING WORKS



We would like to apologise for any disruption caused while essential improvement works are carried out at the surgery. From mid-August to early September, our doors and glass panels are being replaced with new fire-safe doors and safety glass to ensure the building remains safe and welcoming for all patients and staff.

Thank you for your patience and understanding while these works take place.



SMEAR RESULTS THROUGH NHS APP

From September 2025, you will receive negative cervical screening (smear test) results digitally through the NHS App, appearing as a message and notification.

If the message isn't read within 72 hours, a letter will be sent by post as a backup. Abnormal results will continue to be sent by post.

To view results or other health records in the app, download the app, log in using your NHS login details or biometrics (if set up), select "View your GP health record" from the main menu, and find "Test Results".



CELEBRATIONS



We have a few changes in the team to share with you this month. **Freja** and **Jess** will be sadly leaving us around mid-September.

We are also delighted to congratulate **Sophie** as she has gone on maternity leave!

At the same time, we are pleased to welcome two new members to our reception team, **Jeff** (Receptionist) and **Jack** (Receptionist/Secretary).

Finally, we are excited to announce that **Dr. Pippa Wilson** will be joining the practice team as a salaried GP



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



TIER 2 WEIGHT MANAGEMENT SERVICE

Here at Montpelier Surgery, we like to take a proactive approach to patient health.

If you have a BMI > 25 you may benefit from support with health coaching, group support, diet, and exercise input. The local council commissioned Tier 2 Weight Management services provided by **Gloji**

For more information see the link below, where you can self refer (without needing to see a GP!)
<https://brighton-hove.gloji.co.uk/>



NHS HEALTH CHECKS

The NHS Health Check is a free check-up of the health of your heart and blood vessels (cardiovascular health). It can tell you whether you're at higher risk of getting certain health problems, such as heart disease, diabetes, kidney disease, and stroke.

If you're aged 40 to 70, do not have a pre-existing health condition (and haven't had one within the last five years) contact the surgery on 01273 328950 and make an appointment with our Health Care Assistant.

More information can be found here: <https://www.nhs.uk/tests-and-treatments/nhs-health-check/>



FLU VACCINES

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

We will be running a clinic on Wednesday 1st October for those at higher risk and will be in touch soon to offer a free flu jab.

If you don't get the flu jab free from the NHS, are 18 years old and over, and you would like to have one, please contact a local pharmacy for further information.



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





KEY AWARENESS DAYS

September

Urology Awareness Month - September - annual campaign running in September to raise awareness of urology diseases

Know Your Numbers Week - 8th - 14th September - encouraging adults to know their blood pressure and take necessary action to reach and maintain a healthy blood pressure

Organ Donation Week - 22nd - 27th September - encouraging people to join the NHS Organ Donor Register and encourage people to share their donation decision.

October

Stoptober - October - encouraging smokers to make a quit attempt for the month of October and beyond

Sober October - October - go alcohol free in October to raise money for people with cancer

Breast Cancer Awareness Month - October - to raise awareness for the diseases and raise funds for research

World Mental Health Day - 10th October - an opportunity to raise awareness and advocate against mental health stigma

November

Movember - November - aims to raise vital funds and awareness for mens health

Trans Awareness Week - 13th - 19th November - helps raise the visibility of transgender people and address issues members of the community face

National Self-Care Week - 17th - 23rd November - annual national awareness week that focuses on embedding support for self care across communities, families, and generations

You can see more here: <https://www.nhsemployers.org/events/calendar-national-campaigns>



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!



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

