

### Upcoming Closure Dates

Good Friday **3rd of April**

Easter Monday **6th of April**

TRAINING DAY **14TH of April**

TRAINING DAY **28th April**

Bank Holiday Monday **4TH of May**

TRAINING DAY **28th May**

### Meningitis - Important information

Although cases of meningitis are rare, it is important to be aware of the symptoms and know when to seek help. Early recognition and medical attention can save lives.

Most UK students will have received the meningococcal ACWY vaccine (MenACWY) between the ages of 13 and 15 (as part of the [NHS Vaccination Schedule](#)).

**You can view your vaccination record on the NHS app.**

**The MenACWY vaccine is available free to all students** who are going to university for the first time **up to age 25** and protects against four types of meningitis and septicaemia.

**Meningitis B (MenB) vaccine** - protects against strain B.

**This is Offered to babies born on or after 1 May 2015. Most people born before this date will not have received it and cannot have it through the NHS.**

You may be able to get this vaccination privately at certain pharmacies or travel clinics, but stock is currently limited.





## Celebrations

We would like to take this opportunity to bid a massive farewell to **Dr. Catriona Findlay** who has now happily retired after **8 years of service at our practice**. She will be hugely missed by patients and staff alike.

Following **Dr. Findlay's retirement**, we are pleased to announce that **Dr. David Weinstein** will be joining our practice team as a salaried GP.



### Information: How to check your hospital appointment

Please contact the hospital to find out when you will be seen by the specialist.

**The numbers to call are:**

For Orthopaedics (MSK) 0300 303 8063

For Diabetes 0300 303 8066

For Wellbeing 0300 002 0060

For Radiology/Imaging 01273 523040

**For all other hospital appointments call The Outpatient Booking Centre 0300 303 8360**

**How to get more help**

The hospital has a Patient Advice and Liaison Service (PALS) who can help you. Royal Sussex County Hospital PALS: 01273 664683 or 664973

Email: [bsuh.pals@nhs.net](mailto:bsuh.pals@nhs.net)





# Key dates this Spring

## April

### **World Autism Acceptance Month**

An opportunity for everyone to come together and raise awareness, acceptance, and create a society where autistic people are supported and understood.

### **Stress Awareness Month**

This is an annual event observed every April since 1992, dedicated to increasing public awareness about the causes, effects, and management of stress.

## May.

### **National Walking Month**

A campaign to encourage people across all ages and backgrounds to get outside and embrace the simple, yet profound health benefits of walking.

### **Dying Matters Awareness Week 4-10 May 2026**

This year's theme is 'Let's talk about Death and Dying'

### **Deaf Awareness Week 6-12 May 2026**

Deaf Awareness Week is an annual event that aims to raise awareness about the Deaf community, our language, culture, and history.

### **Mental Health Awareness Week 11-17 May 2026**

Mental Health Awareness Week is an annual event in the UK dedicated to raising awareness of mental health and promoting mental wellbeing for all.

### **ME Awareness Week 12-18 May 2026**

ME Awareness Week is an annual campaign dedicated to raising awareness about Myalgic Encephalomyelitis (ME), also known as Chronic Fatigue Syndrome (CFS).



**PRIMARY CARE NETWORK SOCIAL MEDIA**

**Facebook:** <https://www.facebook.com/brightonpcn>

**Instagram:** <https://www.instagram.com/bnnorthandcentralpcn/>



# Plan ahead this Easter



## More than just medicine

Pharmacists offer expert care and service, right on your doorstep:

## THE POWER TO QUIT IS IN YOUR HANDS



Get the free NHS Quit Smoking App



### HOLLINGDEAN COMMUNITY SUPPORT HUB

9TH APRIL 2026 12.30-2.30PM

**COMING UP NEXT...**

**Theme: Women's Health**

- Get pay-as-you-feel lunch from Real Junk Food Cafe
- What is Social Prescribing? Find out from Together Co
- Women's Health
  - Mental Health support
  - Screening information
  - General Health chats
  - Pharmacy advice
- Know you numbers... Blood pressure checks
- Helping Encourage All Locally To Health

Hollingdean Community Centre, Thompson Road, BN1 7BH

Logos: PRESTON PARK COMMUNITY, BRIGHTON NORTH & CENTRAL, ACTION ON CANCER, Trust for Developing Communities, Together Co, COLDEAN PHARMACY



On behalf of Montpelier Surgery, we wish you a wonderful spring, and the fresh beginnings that it brings.