

A white seagull is flying in the sky, holding a pink flag in its beak. The background shows a beach scene with a pier, buildings, and people.

UPCOMING CLOSURES:

Thursday 9th of July from 12.30pm for
Protected Learning Time

Wednesday 15th of July 12:30pm for
Staff Training

Thursday 20th of August from 12:30pm
for Staff Training

Bank Holiday Monday 31st of August

2026 ALL DAY

A magnifying glass icon with a red lens and a black handle, pointing towards the text below.

Gentle Reminder

If you fail to attend a pre-booked appointment on more than 3 occasions in the space of 12 months, an informal warning letter will be sent to you, advising you that a further occurrence could risk removal from the practice

A magnifying glass icon with a red lens and a black handle, pointing towards the text below.

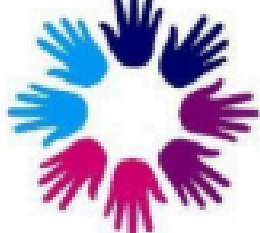
NHS Healthchecks

A decorative blue flourish consisting of several loops and swirls, positioned below the section header.

You may have received a text regarding a Free NHS Health Check. These are available every 5 years for adults aged 40-74 who do not have certain pre-existing conditions.

This 20 minute check assesses your risk of heart disease, stroke, type 2 diabetes and kidney disease by measuring your blood pressure, cholesterol, weight and other health factors.

If you're eligible, you will be notified via SMS. If you believe that you are eligible, and haven't been invited, please contact us to arrange this



**The Hangleton
& Knoll Project**
Working for a better community

**Free and friendly
IT Drop-in with David
our qualified tutor**

**Every Wednesday
10-12 Noon and 1-3 pm**

**at The HKP IT Suite
St Richard's, Egmont Road**

**David, our friendly, experienced
tutor and amazing volunteers
Hazel and Cliff are available to
help you, at your pace! 1 to 1
support in a group setting**

**No question too big or small, help
with navigating the internet &
increasing your skill base**

**No Need to Book
Just 'Drop-in'**

**We could
help
with these**

**Google
Zoom
WhatsApp
FB
Instagram
YouTube**



***A Gmail account is needed to use
Google options
and we will help you set one up**



Appointment Clarity

The majority of our face-to-face GP appointments, are released on the day at 08:00AM. There are a few pre-bookable appointments, but these are limited. However, you can call us anytime during our opening hours, to make an appointment with our Nurse or Healthcare Assistant.

Please be aware that if you are happy to have an appointment with an out-of-hours Doctor -Not a GP registered at our practice - either via telephone, or at another GP surgery in Brighton, please let us know and we may be able to offer you this instead either on the day or in advance. These out of hours appointments do have more availability, but their schedules vary.



**On behalf of
Montpelier Surgery,
have a fantastic
summer.**

