



John Hampden
Surgery
NHS

JOHN HAMPDEN SURGERY

Newsletter

Same care.
A healthier you. ♥

Useful information,
seasonal health advice
and updates from
your surgery.



SUPPORT



PREVENT



STAY WELL

Healthy
people
brighter
tomorrows ♥

OCTOBER – DECEMBER 2026

HEALTH | WELLBEING | PRACTICE NEWS | COMMUNITY



Live well

Look after your
physical and mental
health



Support each other

A kinder, more
inclusive community



Stay healthy

Small steps
make a big
difference



Stronger together

Your health matters.
Your practice cares.

Thank you
for being part
of our community. ♥

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and flu vaccination



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diabetes awareness



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staying safe this festive season



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Flu, COVID-19, pneumococcal,
shingles and RSV



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OUR COMMITMENT TO YOU

- ✓ High quality, compassionate
care for all
- ✓ Support for your physical
and mental wellbeing
- ✓ Accessible services and
clear information
- ✓ A friendly, inclusive and
welcoming practice
- ✓ Working with our community
to make a difference



We listen.
We support.
We care.

BE PREPARED THIS WINTER



Look after
your health,
look after
each other. ♥

NEED HELP?



01494 890900



www.johnhampdensurgery.co.uk



Open 8:00am – 6:30pm

FedBucks/111 cover 8:00–8:30
and 18:00–18:30



New to the practice?
Everyone is welcome.

Small steps today
for a healthier tomorrow ♥



Same care.
A healthier you. ♥

OUR PRACTICE | OUR COMMUNITY | A HEALTHIER TOMORROW ♥

Thank you for being part of our community. ♥

NHS



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Same care.
A healthier you.

OCTOBER

Health Awareness. ♡

Be informed. Take action. Stay well.

Small
steps today
for a healthier
tomorrow ♡

AWARENESS

PREVENTION

SUPPORT

HEALTHIER
TOMORROWS



BREAST CANCER AWARENESS MONTH

Know your body. Spot changes early.

Breast cancer is the most common cancer in the UK, but finding it early makes a big difference.

- ✓ Check your breasts regularly
- ✓ Know what feels normal for you
- ✓ Look out for changes
- ✓ Attend screening when invited
- ✓ Speak to us if you notice anything unusual

Early detection
saves lives. ♡



STOPTOBER QUIT SMOKING

Stop smoking. Start living.

Quitting smoking can improve your health at any age. You'll breathe easier, have more energy and reduce your risk of serious illness.

Benefits of quitting

- ✓ Better lung and heart health
- ✓ More energy
- ✓ Improved mood and wellbeing
- ✓ Save money
- ✓ Reduce your risk of cancer, heart disease and stroke

Support to quit
is available. ♡

HEALTHIER YOU
HAPPIER DAYS
BRIGHTER
TOMORROWS



WORLD MENOPAUSE DAY – 18 OCTOBER

Let's talk menopause.

Menopause is a natural part of life, but it can bring challenges. Support is available to help you manage your symptoms and feel your best.

- ✓ Understand the signs and symptoms
- ✓ Explore treatment options
- ✓ Support for your mental and physical wellbeing
- ✓ You're not alone – talk to us

Knowledge.
Support.
Brighter
days. ♡

OTHER OCTOBER AWARENESS DATES



10 OCT
World Mental
Health Day



9 OCT
World Sight
Day



16 OCT
Restart a
Heart Day



16 OCT
World Food
Day



20 OCT
World
Osteoporosis Day



24 OCT
UN Day



31 OCT
World
Stroke Day

Awareness
today.
A healthier
tomorrow. ♡

TOP TIPS FOR A HEALTHIER OCTOBER



Eat a
balanced diet



Keep
active



Get enough
sleep



Connect
with others



Look after
your mental
health



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PREVENTION | SUPPORT | A HEALTHIER TOMORROW

NHS

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A healthier you.



John Hampden
Surgery
NHS

NOVEMBER

Health Awareness. ♥

Know more. Live well. Together. ♥

*Small steps today
for a healthier
tomorrow* ♥



LUNG CANCER AWARENESS MONTH

Early diagnosis saves lives.

Lung cancer is the third most common cancer in the UK, but finding it early makes a big difference.

Know the symptoms

- ✓ A new or persistent cough
- ✓ Coughing up blood
- ✓ Shortness of breath
- ✓ Chest or shoulder pain
- ✓ Unexplained weight loss
- ✓ Feeling very tired

*Take
a breath
for a
brighter
tomorrow* ♥

If you notice any of these symptoms for 3 weeks or more, please contact us.

*Healthy lungs.
Brighter futures.* ♥



STOP SMOKING START LIVING

It's never too late to quit.

Quitting smoking can improve your health at any age. You'll breathe easier, have more energy and reduce your risk of serious illness.

Benefits of quitting

- ✓ Better heart and lung health
- ✓ More energy and breathing becomes easier
- ✓ Improved mood and mental wellbeing
- ✓ Save money
- ✓ Reduce your risk of serious illness

*You
can do it* ♥



WORLD DIABETES DAY 14 NOVEMBER

Managing diabetes today for a healthier tomorrow.

Good management can help you live well and reduce your risk of complications.

We can support you

- ✓ Annual chronic health reviews (checking blood sugar, blood pressure, cholesterol and more)
- ✓ Pre-diabetes support
- ✓ Lifestyle advice and weight management
- ✓ Local Bucks support and education programmes
- ✓ Podiatry and wellbeing services



*Healthy choices
a brighter tomorrow* ♥

OTHER NOVEMBER AWARENESS DATES



1-30 NOV
November
Men's Health



11 NOV
Remembrance
Day



13-19 NOV
Anti-Bullying
Week



17-23 NOV
Alcohol Awareness
Week



20 NOV
Universal
Children's Day



24-30 NOV
National
Stoptober

*Stronger
communities
healthier
futures* ♥

TIPS FOR A HEALTHIER NOVEMBER



Eat a
balanced diet



Move your
body regularly



Get enough
sleep



Look after
your mental
health



Connect
with others



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We care.* ♥



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OUR PRACTICE | OUR COMMUNITY | A HEALTHIER TOMORROW

NHS

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A healthier you.



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NHS

DECEMBER Health Awareness.

A kinder, healthier world
Small steps today for a brighter tomorrow.

Your health
matters
all year
round



INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES – 3 DEC

Inclusion. Support. Everyone.

We're committed to making
our practice accessible and
welcoming for all.

- ✓ Reasonable adjustments
- ✓ Accessible information
- ✓ Annual health checks
- ✓ A more inclusive community



*Different abilities.
Brighter together.*



MENTAL HEALTH AWARENESS

It's okay not to be okay.

The festive season can be a difficult
time for some. Looking after your
mental health is important.

- ✓ Talk about how you feel
- ✓ Take time to rest
- ✓ Check in with others
- ✓ Support is available

*You are
not alone.*



*Be kind to your mind
this winter.*



DRINK AWARE FESTIVE SEASON AND NEW YEAR

Enjoy. Stay safe. Look after you.

The festive season is a time to celebrate,
but it's important to look after your
health too.

- ✓ Know your limits
- ✓ Keep track of how much
you're drinking
- ✓ Alternate with water
- ✓ Eat well
- ✓ Look out for others
- ✓ Support is available if you're worried

*Small
changes
make a big
difference.*



*Enjoy the season
safely.*

OTHER DECEMBER AWARENESS DATES



1 DEC
World AIDS Day



10 DEC
Human Rights Day



12-18 DEC
National Flu
Vaccination Week



21 DEC
Shortest Day



25 DEC
Christmas Day



28 DEC
Thank You Day



31 DEC
New Year's Eve

*Small
steps for a
healthier
tomorrow.*

TIPS FOR A HEALTHIER DECEMBER



Eat a
balanced diet



Keep active
where you can



Get enough
sleep



Connect
with others



Look after
your mental
health



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Thank you for being part of our community.

YOUR HEALTH MATTERS. YOUR PRACTICE CARES.

NHS

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John Hampden
Surgery
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Winter Vaccinations

Stay well this winter

Protect yourself. Protect your loved ones. Support your local surgery.

Healthy
Communities
Stronger
Together 



FLU VACCINE

Your best protection this winter

Flu can be serious, especially for those at higher risk. The vaccine helps protect you and those around you, reduces the spread of flu and can prevent serious illness.

- ✓ Available for eligible patients (see below)
- ✓ Quick, safe and effective
- ✓ Helps protect you, your family and the NHS
- ✓ Can be given at the same time as other vaccines (where eligible)

Get your
flu jab,
stay well 



WHO CAN GET A FLU VACCINE?



Aged
65 and over



Pregnant
women



People with
long-term
health conditions



Children
(school aged)



Carers

You may also be eligible for the pneumococcal, shingles or RSV vaccine. Our team can check your eligibility and advise you.

HOW TO BOOK



Book online
via the NHS App
or our website



Call us on
01494 890900



Speak to our
reception team

Where eligible, we can give your flu, pneumococcal, shingles and RSV vaccines at the same appointment.

Stay well. See you soon. 

OTHER VACCINES AVAILABLE

Where eligible, you can also have:



PNEUMOCOCCAL VACCINE (Pneumo 20)

Helps protect against
pneumococcal pneumonia
and other serious infections.



SHINGLES VACCINE

Helps reduce your chance
of getting shingles and
long-term nerve pain
(post-herpetic neuralgia).



RSV VACCINE

Helps protect against
respiratory syncytial virus,
which can be serious in
older adults.

Vaccination
helps keep you,
your family and
our community
healthier. 

 One
appointment.
More protection.
Less hassle.

WHY IT MATTERS

- ✓ Helps prevent serious illness and hospital stays
- ✓ Protects those who are more vulnerable
- ✓ Reduces pressure on NHS services
- ✓ Supports a healthier community

Choosing your
vaccinations
with us helps
support your
local surgery 

TOP TIPS FOR A HEALTHIER WINTER



Eat a
balanced diet



Keep
active



Keep
warm



Get
enough sleep



Look out
for others



NOT SURE IF YOU'RE ELIGIBLE?

Please contact us – we're happy to check and answer any questions.



We're here
for you 



Our Practice
Our Community
A Healthier Tomorrow



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HPV Self-Testing at Home

A simple test you can do at home

A new NHS option for people who have not attended cervical screening.



What is HPV self-testing?

HPV self-testing is a new NHS option for people who have not attended cervical screening. You can take a simple, private vaginal swab in the comfort of your own home. The test checks for high-risk types of human papillomavirus (HPV), which can cause changes to cells in the cervix.

Simple.
Private.
At home.
Effective.

Why it's important

- Helps detect changes early
- Can prevent cervical cancer
- Gives more people the chance to be screened
- It's safe, simple and effective

Early
detection
saves
lives

How does it work?



Who is eligible?



- People aged 30 to 65 who have not attended previous cervical screening invitations
- You cannot currently request or opt into this service – NHS England will contact eligible people directly.
- If you are due for cervical screening and are able to attend, please book a usual appointment with us rather than waiting for a self-test.
- The kit can be sent to a different address if needed and the packaging is discreet.

Good to know

- Your information is safe and confidential.
- We use clinical expertise to prioritise requests fairly.
- You do not need to call the surgery to chase your request.
- Please give us as much information as you can when you submit your request.

Need help?

- If you have questions or need any adjustments, please contact us.
- 01494 890900**
- www.johnhampdensurgery.co.uk
- Information is available in different formats, including Easy Read, large print, translated versions and British Sign Language.
- We are an inclusive practice.

Screening today. A healthier tomorrow.



Our Practice
Our Community
A Healthier Tomorrow



Kindness. Understanding. Support.
Together, we make a difference.

NHS

Same care.
A healthier you.



| JHS Patient Participation Group
| The Patients' Voice

Eligibility for Covid jab

The Government has announced who is eligible for free Covid jabs this autumn.

The [announcement](#) says that eligible people are:

- adults aged 75 years and over
- residents in care homes for older adults
- individuals aged 6 months and over who are immunosuppressed, as defined in the [COVID-19 chapter of the green book](#), the UK Health Security Agency's information on immunisation against infectious disease.



GP patient survey – is this what you think?

Each year the NHS send survey forms to patients at all GP practices. Some of the 2026 results for John Hampden were down on 2025. The patients group would love to hear whether the results reflect your experience.



The 2026 survey was sent to 266 John Hampden patients and was completed by 93 patients (33%). The [results](#) show a decline in performance in the categories of overall experience, experience of contacting the practice, choice of time or day for appointments, and ability to get to speak to preferred healthcare professional.

In comparison, the August 2026 Friends and Family Test data on the surgery website show results of 97-99% in relation to clinical care, timeliness and efficiency, supportive staff etc. Individual comments from those completing the test indicated areas for improvements: waiting times for routine appointments, clinics running late, messages/requests not being replied to, and in one case GP lack of compassion.

Please email the patients group on jhs.patients.group@nhs.net if you've got any comments.



Prestwood Pharmacy

The patients group did a survey to find out patient's views about the services the pharmacy provides.



The survey report and the response from the pharmacy is on the patient group page of the surgery [website](#).

Several responses commented about queues at the pharmacy. Patient knowledge about the services offered by the pharmacy varied: from 72% of respondents knowing about travel vaccination to 22% knowing about their weight management service. Most people regard pharmacy staff to be friendly and helpful.

The patient group's view is that it is in patients' best interest for the surgery and pharmacy to operate in an integrated way, where at all possible. In particular, with the pressure on surgery appointments, it is good that the pharmacy offers appointments for various 'minor' conditions. The patient group has recommended that the pharmacy does more to publicise its services and increase the use and support for the pharmacy by addressing the queueing problem. It may, however, be the case that the welcome introduction of text messaging when medicines are ready to collect will help tackle this.



New mental health text messaging support service

[ChatHealth](#) provides provides confidential mental health support via text message.



It offers immediate access to advice and support for individuals experiencing a range of mental health challenges, including:

- Low mood
- Anxiety and stress
- Loneliness
- Relationship difficulties
- Panic attacks
- Self-harm
- Suicidal thoughts

You just text **07312 263 127** to start a conversation. A confirmation message will be sent immediately and the team aims to respond within one hour. The service operates 24 hours a day, including weekends and bank holidays.



Contact the patients group at jhs.patients.goup@nhs.net

Confidentiality: your email will only be read by Mike Etkind, the chair. If he raises any of your issues with the surgery he won't give any information that could identify you.