

## SURGERY NEWSLETTER

OCTOBER 2026



## SEPTEMBER ACTIVITY DASHBOARD



## WORLD MENTAL HEALTH DAY



World Mental Health Day takes place every year on 10th of October. Talking about mental health can be difficult. Here are some tips that you may find useful:

## 1. Choose someone you trust to talk to

This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

## 2. Think about the best place to talk

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

## 3. Prepare yourself for their reaction

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practise self-care.

## BREAST CANCER AWARENESS MONTH



Breast Cancer Awareness Month is an annual international health campaign held every October to increase awareness of the disease, promote early detection and screening, and raise funds for research.

When it comes to treating breast cancer, early detection is key. The [NHS breast screening program](#) provides free routine mammograms (breast X-rays) every 3 years to all women aged 50 up to their 71st birthday.

It is also important to know the symptoms of breast cancer and to seek medical advice if you notice any changes.

## Symptoms of breast cancer include:



- Lumps in the breast
- Swelling or lumps in your armpit
- Skin changes (including puckering, dimpling, rash, redness, sores)
- Fluid leaking from the nipple
- Changes to the nipple
- Breast pain

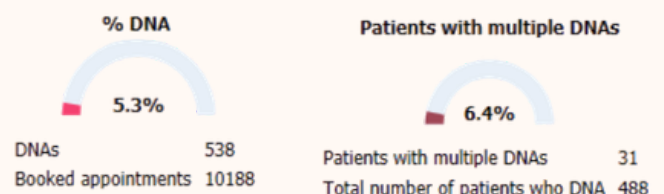
Breast cancer is most common in women but it can also affect men too. Symptoms are similar to women and include any changes to the chest area, collar bone area and arm pits.

For more information about breast cancer symptoms and support, visit: <https://breastcancernow.org/> or <https://www.nhs.uk/conditions/breast-cancer-in-women/>

## MISSED APPOINTMENTS



In the month of September 2026, there were 538 missed appointments and 31 patients who missed more than one appointment.



## AUTUMN COVID & FLU VACCINES



The practice will be offering COVID and flu vaccinations for eligible patients this Autumn.

Patients in certain eligibility cohorts will be offered their vaccination appointment via SMS link.

From **September 2026**, the following groups will be offered a **flu** vaccine:

- Pregnant women
- Children aged 2-3 years (on 31 August 2026)
- Primary & secondary school children
- Children aged 6 months to under 18 years in clinical risk groups

From **October 2026**, the following groups will be offered a **flu** vaccine:

- Adults aged 65 and over
- Adults aged 18-64 in clinical risk groups
- Residents of care homes
- Eligible carers
- Close contacts of immunocompromised people
- Eligible frontline social care workers

The following cohorts of patients will also be offered a **COVID** Booster vaccine from **1st October 2026**:

- Adults aged 75 years and over
- Residents in a care home for older adults
- Individuals aged 6 months and over who are immunosuppressed

Where possible, patients eligible for both the flu and COVID vaccine will receive both vaccines in the same appointment.

Patients who are housebound or live in a care home will be contacted and vaccinated at home.

## ONLINE FRIENDS & FAMILY TEST

The practice has extended our Friends & Family test and responses can now be submitted online.

Feedback is shared with our practice team each month.



## PRACTICE TRAINING AFTERNOONS

Our team are committed to providing high quality patient care and staying up to date with the latest clinical guidance.

All clinical and non-clinical staff are required to complete regular mandatory training.

GP Practices across Coventry are closed for staff training on the following dates:

- Weds 7<sup>th</sup> October 2026
- Weds 18<sup>th</sup> November 2026

Dates for training afternoons in 2027 will be included in future newsletters.



## NEXT PPG MEETING



Our next patient participation group meeting is scheduled for **Monday 12<sup>th</sup> October at 6pm**. If you would like to join our patient participation group please email the practice: [forum.health@nhs.net](mailto:forum.health@nhs.net). The group meets bi-monthly to discuss practice matters, updates to our local healthcare services and our local Primary Care Network.

**Think pharmacy first**

Subject to age eligibility, including 5 years and over for sore throat prescription medicine. Service available at majority of pharmacies.

**See your pharmacist**  
**Help us help you**

## TELL US HOW WE'RE DOING!

The team at Forum Health Centre work very hard to provide a high quality and responsive service to our patients but we are always looking for ways to improve our service and listen to what our patients have to say.

There are lots of ways for patients to have their say and we would love to hear from you with any comments you may have as to how we can improve our service to you.

 [Forum.Health@nhs.net](mailto:Forum.Health@nhs.net)

 @ForumGPs

 @ForumGPs

 024 76 266370



Comments cards are available in reception and we have a patient participation group who meet regularly.