

# The Westgate Practice Newsletter

WINTER EDITION 2026



The  
Westgate Practice

## NEW: NHS HEALTH CHECKS

It's that time of the year, when many of us think about new year resolutions or prioritize things in the year ahead. This may include focusing on our health.

Following several years of working in partnership with Everyone Health and referring patients to their service, we are now delighted to be able to offer NHS Health Checks at Westgate. This will hopefully mean more appointments at convenient times throughout the week local to you.

The NHS Health Check is a free check-up for people aged 40-74

with no long-term conditions. They are designed to spot early signs of stroke, kidney disease, diabetes, high blood pressure, etc.

If you are aged over 65, you will also be given information about the symptoms of dementia.

The check-up takes 20-30 minutes, during which you will be asked some questions about lifestyle and carry out a few simple tests, such as blood pressure and blood test.

Eligible patients who have not had an NHS Health Check within the last 5 years will be invited around their birthday month.



We have already seen temperatures drop and the snow fall, so please keep the following points in mind to look after yourselves and others this winter.

Protect your airways from cold air. You can do this by breathing in through your nose rather than your mouth or by loosely wrapping a scarf around your nose and mouth when outside.

Always keep your reliever inhaler with you. Stick to your preventer meds and action plan. Keep your home warm (around 18-21 degrees)

Stay healthy with good hand hygiene and vaccines; staying well in the cold could mean fewer asthma attacks or flare ups.

## Annual Reviews

Annual reviews for long-term conditions are crucial for proactively managing health, preventing serious complications, ensuring treatments are effective, catching subtle changes early, and improving quality of life by coordinating care for multiple conditions.

They allow healthcare providers to adjust medications, monitor organ function, address new concerns, and empower patients with better control over chronic illnesses like diabetes, asthma, hypertension and heart disease.

The Westgate Practice make every effort to contact patients with long-term conditions, to ensure these reviews are undertaken. If you have missed your annual review, please contact the practice as soon as possible.

# HPV Catch Up Programme

The NHS HPV vaccination programme in England has dramatically lowered HPV infections and rates of cervical cancer in vaccine-eligible women, with the strongest effects seen in those offered vaccination at younger ages.

HPV vaccination also protects men and women against genital warts and other cancers of the genital areas and anus, as well as some mouth and throat (head and neck) cancers.

The vaccine trains the immune system to recognize and fight off HPV infections, preventing the virus from causing harm.

The GP HPV catch up campaign runs until 31<sup>st</sup> March 2026. We would like to invite unvaccinated individuals aged 16-24 for their HPV vaccine.

This includes:

- all females born on or before 1 September 2009 – up to their 25th birthday
- males born from 1 September 2006 to 31 August 2009 (inclusive). Eligibility for boys was only extended to those entering year 8 from September 2019, in line with the Joint Committee on Vaccination and Immunisation recommendation.

## KEEP UP TO DATE WITH THE PRACTICE

The latest news and health forms on the website:

[www.westgatepractice.co.uk](http://www.westgatepractice.co.uk)

FOLLOW US on Facebook:

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## OTHER NEWS

### PRACTICE NOTICES

The Practice has scheduled Protected Learning Time on Tue 24<sup>th</sup> February and Tue 17<sup>th</sup> March.

We would also encourage patients with respiratory issues to please wear a face covering in the waiting areas to protect themselves and others.

### PATIENT PARTICIPATION GROUP

The last PPG meeting was held on Fri 28<sup>th</sup> November 2025. Meeting minutes are available on our website. The next PPG meeting is scheduled for February 2026.

### FAREWELL

Dr James Rockett will be retiring from the practice by the end of March. After 27 years at The Westgate Practice, we would like to wish him all the very best for the future.



### PLEASE REMEMBER!

Let us know if any of your details change including:

- new address/email
- changed your mobile number
- become a carer

