

Longlevens Surgery

19b Church Road
Longlevens
GL2 0AJ
01452 522 695

www.longlevens-surgery.nhs.uk

Surgery Tips / Advice

We are unable to take prescription requests over the phone.

Due to the ongoing **phlebotomy service strike** at the hospital, appointments for blood tests at the surgery are very stretched causing long delays. Please bare this in mind

Upcoming Surgery Closures / Important Dates:

Saturday 18th October –
Flu clinic

Thursday 23rd October –
Covid & Flu clinic

Longlevens Surgery Newsletter



Welcome to our Autumn Newsletter Flu and Covid Vaccine Season

With the approach of flu and COVID-19 season, vaccination remains the single most effective way to protect yourself, your loved ones, and our community from serious illness.


Why Get Vaccinated?

- ☒ Prevents serious illness and complications from flu and COVID-19
- ☒ Reduces transmission to protect vulnerable people
- ☒ Eases pressure on the NHS during winter
- ☒ Protects all ages – including children, over 65s, at-risk groups, carers, and frontline staff

Autumn 2025 Vaccinations

Protect yourself against COVID-19 and Flu

✓ Who can get the COVID-19 vaccine?

-  Residents in a care home for older adults
- All adults aged 75 years and over
- People aged 6 months and over who are immunosuppressed (as defined in the Green Book)

✓ Who can get the Flu vaccine?

-  All adults aged 65 years and over
- Residents in a care home
- Pregnant women
- Children aged 2 or 3 years (on 31 August 2025)
- All primary and secondary school children (up to Year 11)
- People aged 6 months to under 65 years in a clinical risk group
- Frontline health and social care staff
- Carers
- Household contacts of immunosuppressed individuals

We have already sent invites out to those who are eligible and are organising housebound patients. If you are unable to attend our dates, and you are eligible you can attend most pharmacies. Local to us is Badhams on Old Cheltenham Road and Badhams in Longford.

Keeping Well This Winter

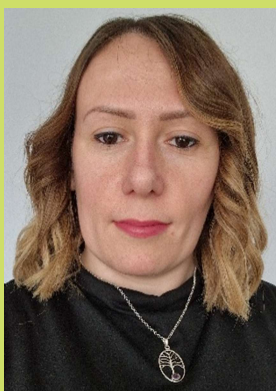
Our PCN surgeries are coming together for the "stay well this Winter" event and welcome anyone who would like to come along to meet some of our teams & community groups.

GL3 Community Hub, Churchdown – Tuesday 7th October
Highnam Community Centre – Wednesday 12th November

Both events will run between 13.00-16.30 – see poster on the next page

Staff Spotlight

Care Coordinator
Tamara



I am newly married, and we share a daughter. I enjoy listening to Heavy Metal and going to gigs with my husband. We have 2 black and white cats and have recently renovated our house. I joined Longlevens Surgery in 2024

Keeping well this winter



FREE Community Events

Find out about:

- Community Groups in your area
- Health and Wellbeing support services
- Strength and Balance exercises
- Living safely and independently
- Advice on how to keep yourself well in Winter
- Blood pressure checks
- ... and much more!

Save
the
Dates!

Drop in between
13.00-16.30

Tuesday
7th October 2025

GL3 Community Hub
Churchdown, GL3 1HX

Wednesday
12th November 2025

Highnam Community Centre
Newent Road, Highnam, GL2 8DG

Everyone welcome,
tell your neighbours!



North & South Gloucester Primary Care Network
The Alney, Brockworth, Churchdown, Hucclecote & Longlevens Surgery



National Campaigns



Back Care Awareness Week

7 -12 October 2025

Raise awareness of the problems back pain can cause, as well as prevention and treatments.



National Cholesterol Month October

Devoted to raising funds for HEART UK and raising awareness of the dangers of high cholesterol. Leading awareness campaigns to educate the public about high cholesterol and its link to serious health conditions like heart attacks and strokes. The initiative encourages individuals to improve their heart health through simple lifestyle changes in diet and exercise, often promoting budget-friendly tips and resources to manage cholesterol levels effectively.