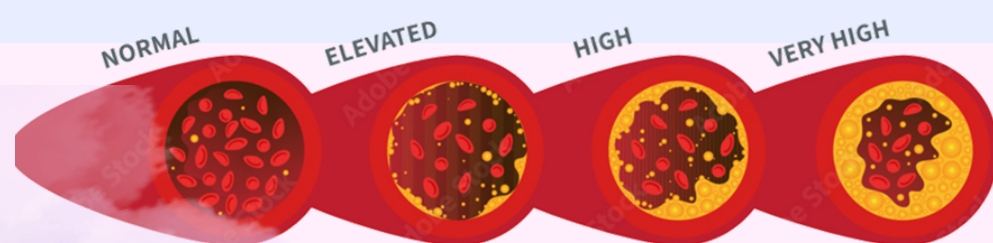


# KINGSBURY COURT SURGERY NEWSLETTER

ISSUE 005

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## National Cholesterol Month



Almost half of UK adults have raised cholesterol, which can lead to heart disease

Together we can make things better

**Did you know that half of all adults in the UK have high cholesterol?** It's more common than you might realise — but it doesn't have to be something you ignore. You can take control with small, realistic changes that have a big impact — like eating heart-healthy foods, staying active, and speaking with your GP.

Book your blood test today. Understanding your numbers is the first step toward taking care of your heart — and feeling your best.

### Childhood Immunisations



**Vaccinate** to protect your child and others.

Immunisations are safe, effective, and protect against serious diseases. Side effects are usually mild—such as soreness, redness, or fever—and far less severe than the illnesses vaccines prevent. Immunising your child also helps protect vulnerable people around you, including babies and those with weakened immune systems. Stay on schedule and keep your family safe.

Book your child's  
vaccination today!

### Appointments

We provide a variety of appointments with GP's as well as other clinicians throughout the week, Monday through Saturday.

### Covid And Flu vaccinations

Phone the surgery to book your covid and flu vaccinations - starting first week of October

## Black History Month

**October is Black History Month**, a time to recognise the important contributions of Black individuals to British society, including in healthcare. It's also a chance to reflect on and address ongoing health inequalities—such as higher rates of maternal and mental health challenges, and chronic conditions affecting Black communities. At our practice, we're committed to inclusive care and tackling health inequalities. This month, we encourage everyone to engage with events and resources that honour Black history and culture.

