

EASTGATE SURGERY NEWSLETTER

ISSUE 006

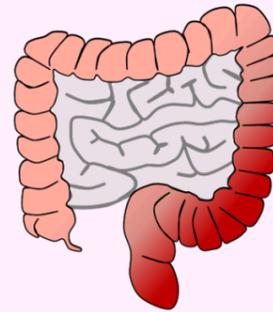
DECEMBER 2025/ VOL.006

Crohn's and colitis awareness week

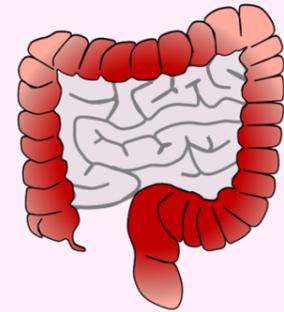
Crohn's & Colitis Awareness Week, observed each year from December 1–7, is dedicated to raising awareness about inflammatory bowel diseases, including **Crohn's disease (CD)** and **ulcerative colitis (UC)**. These chronic inflammatory conditions of the gastrointestinal tract affect millions of people across the UK, yet are often perceived as “invisible” illnesses.

Common signs and symptoms of **Crohn's disease** and **Ulcerative colitis** include:

- Persistent diarrhoea
- Abdominal pain or cramping
- Unintended weight loss
- Fatigue or low energy
- Blood or mucus in the stool
- Reduced appetite
- Frequent or urgent need to use the toilet
- Bloating or abdominal swelling
- Mouth ulcers



Ulcerative Colitis (UC)



Crohn's Disease (CD)

Recognising these symptoms early is an important step toward accessing the right support and treatment. If you or someone you care for is experiencing ongoing symptoms, **consider booking an appointment with a GP to discuss concerns and explore appropriate next steps.**

Welcome to a day in the life of Maggie

OUR LEAD SECRETARY

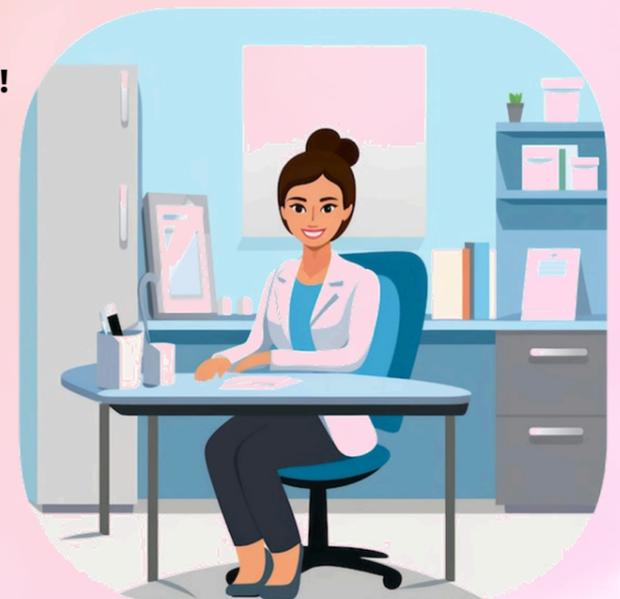
If you've ever wondered what keeps the heart of a GP surgery beating, look no further than **Maggie** - our Lead Secretary and one of the longest-standing members of the team. Having joined us **18 years ago** in her very first medical secretary role, Maggie has grown with the practice, supported countless patients, and witnessed the NHS evolve in ways few can fully appreciate. Maggie's day begins early, Working through **urgent referrals** and **clinical tasks** with her trademark calm and precision. The phone calls soon start coming in - everything from **routine queries to complex problems** - and Maggie handles each one with warmth and efficiency. Some conversations are especially difficult, particularly when a patient has passed away, but she remains a **compassionate, steady voice for grieving families**. The afternoons bring more referrals, more calls, and more problem-solving. Maggie is the person many colleagues turn to when unsure how to navigate a complex request or an urgent situation - and she's always happy to help. Her experience is **invaluable**, and her **dedication** sets a standard we're all proud of. Outside of work, Maggie is a proud grandma who spends much of her free time with her two grandchildren. She enjoys walking in nature, capturing moments through photography, and whenever she can, she's planning her next sunny holiday to escape the unpredictable UK weather. Maggie is not just a valued member of staff; she is a cornerstone of Kingsbury and Eastgate Surgeries, and we are grateful for everything she brings to our team.

THANK YOU, MAGGIE, FOR 18 YEARS OF DEDICATION. HERE'S TO MANY MORE!

Childhood Immunisations

Book your child's vaccination today!

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.



Appointments

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