



## EASTGATE SURGERY

# NEWSLETTER



NATIONAL   
**Heart Month**  
♥ FEBRUARY ♥

### February 2026: Heart Month

**Heart Month 2026**, observed in February, is dedicated to raising awareness about heart health and the prevention of heart disease. It encourages individuals to take proactive steps toward a healthier heart, including maintaining a balanced diet, staying physically active, and making positive lifestyle changes that reduce the risk of cardiovascular disease. National Heart Month is a powerful reminder to put your heart first and take small, meaningful steps each day to protect your cardiovascular health — book your appointment today.

### 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.





## National Eating Disorders week: 23 February – 1 March 2026

### National Eating Disorders Awareness Week



**Eating Disorders Awareness Week** highlights the reality of eating disorders and supports those affected. These conditions can affect people of any age, gender, or body size and can cause serious emotional and physical health difficulties. Common eating disorders include anorexia nervosa, bulimia nervosa, and atypical eating disorders (EDNOS), such as binge-eating disorder.

These conditions are complex psychological illnesses that can cause significant emotional distress, physical health risks, and disruption to daily life. If you're concerned about your eating or your relationship with food, consider booking an appointment with your GP. They can talk through your concerns, assess your situation, and provide support, including referring you to a specialist eating disorder service if needed.

## Appointments

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

All consultations are by an appointment system. Appointments can be organised by Telephone or Online via [SystemConnect](#) – (no login details required) - Scan the QR Code to book your appointment.



**Scan the QR code**