

NEWSLETTER

MAY / JUNE 2026



Spring Covid Booster

On Saturday 18th April we held our Spring Covid Booster clinic.

We vaccinated 840+ of our patients so thank you to all of our staff who's hard work paid off and thank you to our patients for attending.



Upcoming Surgery Closure Dates

The Surgery will be closed on:

Monday 25th May - Spring bank holiday

Tuesday 9th June - Closed in the afternoon for staff training

If you require urgent medical assistance during this time please contact **111** or in the event of an emergency **999**.



Surgery Statistics..



In March & April we received **7,737** online triage requests

We offered **2,317** face to face appointments and **63** did not attend.

This is a reminder to **please cancel your appointment if you are not able to attend.**

Mental Health Awareness Week

11 - 17 May 2026

Mental Health Awareness Week is an important opportunity to reflect on the role mental wellbeing plays in all of our lives. Taking time to look after your mental health is just as important as caring for your physical health, and support is available if you are struggling, feeling overwhelmed, or simply need someone to talk to.

At our surgery, we are pleased to offer dedicated mental health support through our Mental Health Nurse, Jo. Jo provides a safe and confidential space to discuss your concerns, offering guidance, support, and practical strategies to help you manage your wellbeing.

If you would like to book an appointment with Jo, you can do so by completing our online triage form. This helps us understand your needs and ensure you are offered the most appropriate support as quickly as possible.

Please remember, you are not alone—help is available, and reaching out is a positive first step.

Men's Health Week

15 - 21 June

Men's Health Week 2026 highlights the importance of taking simple steps toward better health. From staying active and eating well to booking regular check-ups, small actions can make a big difference.

It's also a time to recognise the importance of mental wellbeing. Opening up about stress and seeking support should be seen as a strength, not a weakness.

This week, take a moment to check in—with your health and with those around you. A healthier future starts with small, positive changes today.

MEN'S HEALTH WEEK



NHS App - Update

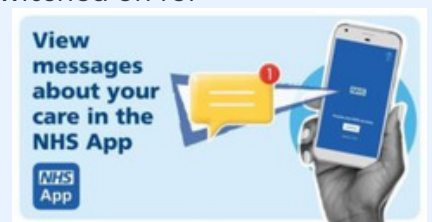
The NHS App is a great way for patients to manage their health and it has recently had an update to a new user-friendly interface. This is to help improve the navigation for health information and services based on user research.

Appointment Notes: a new section, “appointment notes and other updates” allows users to track consultation details.

Improved Management: Enhanced features for viewing GP records, ordering repeat prescriptions, and appointments.

Performance Improvements: Faster login times and improved reliability for accessing NHS services.

We advise our patients to make sure they have their notifications switched on for updates from both primary and secondary care.



Emmer Green Surgery recommends the below healthy recipe...

Method

1. Preheat the oven to 190C/fan 170C/gas mark 5. Arrange the peppers in a roasting pan, cut side up.
2. Bring a large saucepan of water to a simmer, add the rice and cook for 12 to 15 minutes, or according to pack instructions, until tender.
3. While the rice is cooking, heat the vegetable oil in a large frying pan or wok and stir-fry the onion and garlic for about 3 minutes, until softened. Add the turkey and stir-fry for about 5 minutes. Add the tomatoes, peas, paprika and herbs, then remove from the heat.
4. Drain the rice, stir it thoroughly into the tomato mixture and season with some pepper. Spoon the filling into the pepper halves – it's fine if there's too much, just spoon the rest into the roasting pan!
5. Cover with foil, bake for 20 to 25 minutes and then serve.

Peppers with spicy turkey stuffing

Recipe

Prep - 20 mins Cook - 35 mins

serves 4



Ingredients

- 4 peppers, any colour, deseeded and cut in half
- 150g easy-cook long grain white rice
- 1 teaspoon vegetable oil
- 1 small onion, finely chopped
- 1 garlic glove, crushed
- 300g skinless turkey breasts, cut into chunks
- 2 tomatoes, chopped
- 75g frozen peas, thawed
- 1 teaspoon mild paprika
- 1 teaspoon dried mixed herbs
- 1 pinch ground black pepper

Nutritional Information

- Per serving (1/4 recipe):
- 1,264kJ / 302kcal
 - 24g protein
 - 3g fat, of which 0.6g saturates
 - 48g carbohydrate, of which 12g sugars
 - 4g fibre
 - 0.1g salt