Dolphins Practice
Patients' Newsletter
Autumn 2026

WELCOME to our Patient Participation Group (PPG) newsletter. Newsletters will be sent out quarterly to keep you up to date with our latest services and practice news.

MID SUSSEX PROSTATE CANCER SUPPORT GROUP

If you or your loved one is affected by Prostate Cancer then why not come along to the next meeting, partners and friends are also welcome. Refreshments will be provided.

Thursday 10th September 2026: 3pm to 5pm

Dolphins Practice (1st Floor meeting room)

For more information

Contact: 07919949318 or email: info@midsussexprostate.uk

Winter Vaccinations and Winter Health

There are some things you can do to help yourself stay well in winter. This includes getting your flu and COVID-19 vaccinations.

Flu & COVID 19 Vaccinations

Flu and COVID-19 spread more easily in winter and can cause you serious illness. **Come forward for your flu and COVID-19 vaccinations when invited.** Vaccination is the best way to protect yourself, those around you and the NHS.

Vaccination appointments will take place from **02.10.2026** for those invited. Some people, including anyone who is pregnant and eligible children, can get vaccinated from 01.09.2026.

Reminder of our surgery pod

Our new surgery pod can be found in the waiting area.

Enter your name and date of birth into the screen and you will be able take your blood pressure or measure your height and weight or answer a lifestyle questionnaire and the results will go directly to your medical record.

Having up to date information on your record helps our clinicians provide the best care they can.

Lung Cancer Screening

We are taking part in a lung cancer screening programme for patients aged between 55 and 74 who are smokers or ex-smokers based on their GP record.

We will send a text to eligible patients who will be invited for a lung health check, completed over the telephone. If deemed high risk, patients are invited for a face-to-face appointment with a nurse and offered a CT scan. High risk patients will be recalled every two years.

The lung cancer scan will be undertaken locally using a mobile CT scanner.

Smoking cessation advice and onward referral is offered to all current smokers.

There is no action required from you at this time. We will contact eligible patients by text message in due course.

Be part of Prostate Cancer research

If you have ever had, or are currently living with prostate cancer, you can sign up to be part of research that will help improve tests, screenings and care. Supported by NHS DigiTrials and Prostate Cancer Research you can find out more and register your interest

prostate-cancer-research.org.uk/prostate-progr...

What is a PPG

We have a Patient Participation Group (PPG) which meets on a regular basis to discuss the key practice issues, area for improvement and they are involved in key decisions that the practice makes. If you would like to get involved with the PPG please email dolphinspatientgroup@fastnet.co.uk or join us at our next meeting on Wednesday 30th September 2026 @ 1pm in the meeting room on the first floor of the practice.