

## Stockbridge Practice News – May 2026



The RSV (respiratory syncytial virus) vaccination is now available to everyone aged 75 or over. Previously patients aged over 80 years old were excluded.

If you would like to be vaccinated, please book an appointment with the Practice Nurse.

### Bank Holidays

Just a reminder that both Stockbridge and Broughton Surgeries are closed on Monday 4 and Monday 25 May. Stockbridge Surgery will be open on Saturdays for routine appointments and medication collection only. Please call 111 if you have an urgent health need.

### 11-14 May is Mental Health Awareness Week

Everyone has 'mental health', just as we all have 'physical health' and like our physical health, there are times when our mental health is better than others. Around one in five adults in the UK have a common mental health condition such as anxiety and depression. This proportion is higher among young people aged 16-24.

We would like to encourage all our patients to consider how you can look after your own mental health and support your loved ones. The Mental Health Foundation suggests the following self-care tips: walking, getting a good night's sleep, eating well, practicing mindfulness, making time for friends and being kind.

The Mental Health Foundation has a wealth of resources online:

[www.mentalhealth.org.uk/explore-mental-health/your-mental-health](http://www.mentalhealth.org.uk/explore-mental-health/your-mental-health)

### Unused medication

Please note we can only accept unused medication which we originally dispensed from the surgery.