



## Mandalay Medical Centre Newsletter

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### Upcoming NHS Campaigns

#### World Suicide Prevention Day – 10th

**September 2025**

Promoting worldwide commitment and action to prevent suicides.

#### Stoptober – October 2025

Encouraging the nation's smokers to make a quit attempt for the month of October and beyond

#### Sober October 2025

Get involved in Sober October by going alcohol-free in October to raise money for people with cancer

#### Breast Cancer Awareness Month – October 2025

To raise awareness for the disease and to raise funds for research. Information and free resources to help you with local campaigns.

#### World Mental Health Day – 10<sup>th</sup> October 2025

An opportunity to raise awareness and advocacy against mental health stigma.



If you would like to book an appointment for a coil or implant please contact the surgery to arrange an appointment with Dr Gracie



#### Macmillan Coffee Morning

Please come along and show your support - Friday 3rd October 2025 - 9.30am to 12.30pm - Tea, coffee, juice and lots of cakes will be available for a donation

### Prescriptions

We are unable to take prescription requests over the phone. Our preferred method to order would be via email to [gmicb-bol.gp.p82023@nhs.net](mailto:gmicb-bol.gp.p82023@nhs.net)

Alternatively requests can be made in writing and placed in the box in reception.

Vaccines teach your immune system how to create antibodies that protect you from diseases. It's much safer for your immune system to learn this through vaccination than by catching the diseases and treating them. Once your immune system knows how to fight a disease, it can often give you life long protection.



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