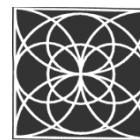


Mandalay Medical Centre

Newsletter - Spring 2026



Spring Health Update – Stay Well This Season

As we move into spring, we'd like to remind patients about important health checks, screening programmes, and vaccinations available to help keep you and your family well.

RSV Vaccine for Older Adults (from 1 April 2026)

The NHS is offering an RSV vaccine for people aged 80+ to protect against serious respiratory illness.

Why it matters

RSV can lead to bronchitis, pneumonia, and worsening heart or lung conditions in older adults.

What to do

- Attend if invited
- Contact the practice for more information

NHS Lung Cancer Screening

Lung health checks help detect problems early, before symptoms appear.

Who is eligible?

- Aged 55–74
- Have ever smoked

What to do

- Attend if invited
- Contact the practice if you think you're eligible

NHS Bowel Cancer Screening

Screening helps detect bowel cancer early, even before symptoms.

Who is eligible?

- Aged 50–74

What to do

- Complete and return your home test kit promptly
- Contact us if you have symptoms

Why Vaccinations Matter

Vaccines protect against serious illnesses like flu, COVID-19, and measles.

Keep up to date

- Check your vaccinations
- Attend appointments when invited
- Contact the practice if unsure

Vaccination is a simple step that protects you and your community.

Seasonal Health Tips

Spring can bring a rise in allergies such as hay fever. If you experience symptoms like sneezing, itchy eyes, or congestion, speak to a pharmacist or GP about suitable treatments. Remember to keep windows closed during high pollen days and consider using antihistamines if needed.

Family Health Matters

Spring is a great time to encourage healthy habits for the whole family. Enjoy outdoor activities, eat a balanced diet, and ensure children are up to date with their immunisations.

Mental Wellbeing

Longer days and brighter weather can boost mood, but some people may still struggle with stress, anxiety, or low mood. Make time for rest, stay connected with others, and don't hesitate to reach out for support if you need it.

Sun Safety

As the sun becomes stronger, remember to protect your skin. Use sunscreen with at least SPF 30, wear protective clothing, and avoid peak sun hours where possible.

 Wishing you a healthy and happy spring! 

Need help or advice?

Please contact the practice—we're here to help.

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Mandalay Surgery Notice Board

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