



# ADDINGTON MEDICAL CENTRE



## NEWSLETTER WINTER 2026

### Keeping Well This Winter

As winter approaches, we'd like to update our patients on important seasonal services and opportunities to get involved with the practice and the wider local healthcare community.

### Flu and COVID-19 Vaccinations Available

Eligible patients can now book their **flu vaccination** and **COVID-19 booster vaccination** through the practice. If you are invited for either vaccination, we encourage you to take up the offer as soon as possible. If you are unsure whether you are eligible, please contact the practice and a member of our team will be happy to help.

### Stay Well This Winter

Cold weather can increase the risk of illness, particularly for older adults, young children, pregnant women, and people with long-term health conditions.

Please remember to:

- Keep warm at home and when outdoors.
- Maintain a good supply of any regular medications.
- Stay active where possible.
- Check in on vulnerable family members, friends, and neighbours.
- Seek medical advice if you have concerns about your health.

Our team is here to support you throughout the winter months.

### Join Our Patient Participation Group

Our **Patient Participation Group (PPG)** helps ensure that patient views and experiences are reflected in the way we develop and improve our services.

We are always keen to welcome new members from all age groups and backgrounds. Whether you can contribute regularly or occasionally, your opinions and ideas can help shape the services we provide. If you are interested in joining, please speak to a member of our reception team.

### Barnet PCN Extended Access PPG Recruitment

The **Barnet Primary Care Network (PCN) Extended Access Service** is also looking for patients who would like to become involved in helping shape local healthcare services. This group provides an opportunity for patients to share feedback and ideas about extended access services delivered across local practices. If you would like to learn more about participating in the Barnet PCN PPG, please let a member of staff know and we will be happy to provide further information.

Best regards,  
**Patricia**  
Practice Manager

**[addingtonmedicalcentre.co.uk](http://addingtonmedicalcentre.co.uk)**