

NEWSLETTER

Breast screening - say YES to your invitation



Invitations are expected in our area from around September 2026.

Breast screening uses a quick X-ray, called a mammogram, to find changes in the breast far too small to see or feel — often before there is any other sign. Finding cancer early makes it easier to treat, and more likely to be treated successfully.

Who is invited? The NHS invites women aged 50 up to their 71st birthday, every three years. If you are registered with us as female you are invited automatically, with your first invitation arriving between the ages of 50 and 53.

When is it happening? Invitations for our area are expected from around September 2026. When yours arrives, please book — it takes only a few minutes and is one of the most important things you can do for your health.

What to expect. The appointment is short and carried out by a female mammographer. It may feel uncomfortable for a moment, but it is over very quickly. This Years Screening will be held at the Kenilworth Fire station.

Over 71, or not been invited? You are still entitled to screening every three years — call your local breast screening service. If you are trans or non-binary and would like to be screened, please ask us for advice.

Please don't wait for your invitation if you notice a new lump, or a change in the size, shape or skin of a breast — contact the surgery straight away. Screening is for people who do not have symptoms of breast cancer.

Advanced Notice of Closure

Weds 23rd September - from 12:30pm-6:30pm (Staff Training)

Unable to make your appointment?

Please let us know by contacting the surgery if you can't attend. In April 2026 alone, 185 appointments were missed.

Contact us

Telephone 01926 859955 · 42 Station Rd,
Kenilworth CV8 1JD

NEWSLETTER

Men's Mental Health Support at the practice

Feeling off? Not quite yourself?



You don't need to be in crisis to talk to us.

If something's been weighing on you — stress, sleep, low mood, irritability, or just a sense that things aren't right — we're here. A conversation with your GP is a good place to start, and it's entirely confidential.

We understand it can be hard to ask for help...

You don't need a label. You don't have to call it "mental health." Just saying you've not been feeling great lately is enough.

It's completely confidential. What you share with your GP stays between you. Speaking up won't affect your job, your insurance, or how others see you.

Earlier is better. Coming in before things pile up makes a real difference — you don't have to wait until you're struggling badly.

Where to start:

Book a routine appointment. Request a standard GP appointment and mention you'd like to talk about how you've been feeling. There's no need to prepare a speech.

Speak to our receptionist. Our receptionists are trained to help you get the right appointment. If you'd prefer, just say it's a personal matter — you don't have to explain yourself.

Use our online form. If talking feels like too much right now, use our online consultation form to write it down instead. We'll follow up within one working day.

Not ready to talk to us yet?

That's okay. These services can help build confidence and ease the sense of isolation that often makes reaching out harder:

- **Samaritans** — call any time on 116 123 (free, 24/7). They're not just for emergencies.
- **SHOUT** — text SHOUT to 85258 for a silent, text-based chat if you'd rather not speak aloud.
- **NHS Talking Therapies** — self-referral for anxiety, depression, and stress.
- **CALM (Campaign Against Living Miserably)** — practical advice and emotional support, with a focus on men.
- **Andy's Man Club** — peer-led groups for men to talk openly.
- **Papyrus HOPELINEUK** — for young people under 35 experiencing suicidal thoughts.

NEWSLETTER

Local Events !

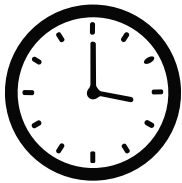


Kenilworth Food and Drink Festival:

Sunday 26 July 2026 · Abbey Fields, Kenilworth

The popular Food & Drink Festival returns to Abbey Fields this summer — free to enter, with the best local and national food and drink, and a brilliant atmosphere for all the family.

A free day out for all ages — a lovely excuse to get outdoors, walk the Fields, and enjoy good food with friends and neighbours



11am - 5pm - 26th July



Kenilworth Carnival and Funfair:

Funfair: 25th June to 28th June 2026

Carnival Fete - Saturday 27th / Sunday 28th June 2026

**Carnival procession - Saturday 27th June 2026 - 3.00p.m to 5.30p.m -
Please see road closure and rolling road closures as below:**

Schedule of roads to be closed:

Forrest Road – 9.00a.m to 6.30p.m

All of the roads below – rolling road closures inbetween 3.00p.m to 5.30p.m

Castle Road, Castle Hill, High St, Bridge St, Rosemary Hill, Priory Road, Waverley Road, Warwick Road, St John Street, Roseland Avenue, St Nicholas Avenue, Randall Road, The Square, Smalley Place, Abbey End

NEWSLETTER

Service Spotlight - Boots Pharmacy in Talisman Square



NHS Blood Pressure Check Service Talisman Square (Kenilworth)

Do you know your numbers? High blood pressure often has no symptoms, so a quick check is one of the simplest ways to look after your health.

Who it's for: Eligible patients aged 40 and over who haven't been diagnosed with high blood pressure (hypertension).

Why it matters: A simple check can pick up high blood pressure that might otherwise go unnoticed — and catching it early helps protect your heart and overall health.

What they offer:

- A free blood pressure check for eligible patients
- Clinic and ambulatory blood pressure monitoring (ABPM) for adults of any age, following a GP referral

What happens next: If your reading is higher than expected, they'll refer you back to us for further assessment and to discuss any care you may need.

Contact Us:

Telephone - 01926 859955

42 Station Rd, Kenilworth CV8 1JD