



WOMEN'S HEALTH NEWSLETTER

March 2026

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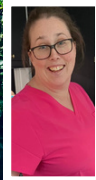
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Welcome to our first Women's Health Newsletter, shared with all our female patients to highlight important information, resources and support relating to women's health.

International Women's Day on March 8th is a timely reminder of the importance of prioritising our health and wellbeing. Being proactive with your healthcare - attending screenings, booking routine checks, and seeking advice when something doesn't feel right - plays an important role in maintaining good long-term health.

Our Women's Health Team is here to support you with any questions, concerns, or health needs you may wish to discuss, and we encourage you to request an [appointment](#) if you would like to discuss any aspect of your health.



MEET THE WOMEN'S HEALTH TEAM AT FORT HOUSE

Our growing women's health team at Fort House have a wealth of experience and knowledge in all areas of women's wellness and can help with a wide range of health matters.

Ruth, Vicky, Jen, Mandy, Zoe and Sarah are all here to support you. Find out more about them [here](#).

OUR WOMEN'S HEALTH SERVICES

We are committed to supporting women's health at every stage of life. We can help with a wide range of concerns, including:

- Period and menstrual concerns
- Contraception and sexual health
- Fertility and preconception advice
- Menopause care
- Cervical screening
- Breast concerns
- Pelvic health, pain and endometriosis
- Pre- and post-pregnancy care
- Perinatal mental health
- Miscarriage or unplanned pregnancy support
- Gynaecological symptoms

Please complete our [appointment request form](#) and provide as much detail as possible so we can make sure you are seen by the most appropriate clinician.

Visit our [website](#) for trusted resources and further information.

Pregnancy and Maternity Care: **Did You Know?**

Did you know that you can self-refer directly to your local maternity unit after a positive pregnancy test, without needing to see the GP first?

You can also contact the [Call a Midwife 24/7 urgent maternity triage line](#) for any urgent maternity concerns (16+ weeks), on 0300 123 5473.

ARE YOU UP TO DATE WITH YOUR SCREENING?

Breast screening: Ages 50-71, every 3 years. If you notice any breast changes, book an appointment even if you're not due a screen. For more information on checking your breasts, visit [Surrey NHS](#) or [Breast Cancer Now](#)

Cervical screening: All women aged 25-64 years are invited for cervical screening every five years. If you have an abnormal or unclear screening result, you may need to have repeat tests sooner. If you receive a notification, please book via our [appointment request form](#). For more info visit [The Eve Appeal](#)

SEXUAL HEALTH

If you have concerns about discharge, bleeding or painful intercourse, please [request an appointment](#).

You can also [self-refer to Surrey Sexual Health services](#) or [order home STI testing kits online](#) if you would prefer to.



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THRIVE TOGETHER

Last September we launched **Thrive Together** in partnership with Elmbridge Borough Council - a 12-week wellbeing pilot for women aged 40-60 managing long-term conditions, mental health challenges and chronic pain. Combining gentle movement, walking and practical wellbeing tools, the programme supported both physical and emotional health.

Participants reported greater confidence, motivation and connection, highlighting the powerful role of community and peer support in improving wellbeing.

LOCAL SUPPORT IS AVAILABLE

Our online [Wellbeing Wall](#) has a range of support groups and resources specifically relevant to women's health and wellbeing. Support includes:

- [Grow and Glow Free Women's Peer Support Group](#)
- [Voices of Hope - Elmbridge Women's Hub](#)
- [Shifa Network: Wellbeing Support for Ethnically Diverse Women](#)
- [Move Through Menopause with Places Leisure](#)
- [Women's Support Centre Surrey](#)
- [Baby Steps Elmbridge: Women's perinatal & Antenatal Support](#)



We also have Citizens Advice Bureau adviser, Nagmani, at the practice four days a week for support with any issues including debt, employment, housing and benefits. If you would like help, you can be referred by your clinician or self-refer via the [appointment form](#).

THE IMPORTANCE OF SELF-CARE & KNOWING YOUR NORMAL

Self-care plays an important role in maintaining good health at every stage of life. Taking time to understand what is normal for your body, your usual patterns and changes, can help you feel more confident and in control of your wellbeing.

It's your body, and trusting your instincts when something doesn't feel right is an important part of staying well. Small actions, such as attending routine screenings and paying attention to physical or emotional changes, can make a big difference. If you notice any unusual symptoms or changes, please don't ignore them - [book an appointment](#) so we can offer advice and support.

Support for Domestic Abuse

If you or someone you know is experiencing domestic abuse, help and support is available. You can speak to a member of our team in confidence, and we can help you access specialist services.

You can also contact **Refuge's National Domestic Abuse Helpline** (24/7, free and confidential) on 0800 2000 247, or visit [Refuge](#)

Stay Connected: We regularly promote Women's Health support services and events on our [Facebook](#) and [Instagram](#) pages. Follow us to keep updated!