



NEWSLETTER

St. Fillans
Medical Centre

ISSUE 5
MARCH 2026

Welcome to the **Spring 2026** edition of our newsletter. As we move into Spring, we are pleased to share the latest updates, health advice and developments across the practice. As always, our team remains committed to providing safe, effective and compassionate care for our community.

Spring is the season of fresh starts, and here at St Fillans it's all about getting active, giving back and strengthening our community. We're proud to share that our Managing Partner, Laura Scarborough, is taking on the **London Marathon** this April in support of **Hearing Dogs for Deaf People** - a cause that transforms lives through connection and companionship.



We're a Park Run Practice!

We're proud to be a RCGP recognised parkrun practice, we're passionate about encouraging everyone to get moving in whatever way works for them.

If running isn't your thing, you're also warmly invited to join our friendly walking group **every Thursday at 11am** - open to all abilities and a great way to connect with others.



To donate to the cause go to >>
<https://2026tcslondonmarathon.nthuse.com/pf/laura-scarborough>

In support of



UK Health Security Agency **NHS**

Top up+ your immunity this spring

If you're in one of the following groups, you can take up the **spring COVID-19 Booster offer**

Adults 75 years and over	People aged 5-74 with a weakened immune system	Residents in care homes
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Please wait to be contacted by the NHS if you're eligible

Spring Covid-19 Boosters

The practice is offering Spring Covid-19 Boosters (Nuvaxovid or Spikevax) to eligible patients from 13th April

Eligibility:

- aged 75 or over
- a resident in a care home for older adults
- aged 6 months and over with a weakened immune system

If you are eligible, we will contact you directly with details on how to book.

Retirement News

After 25 years of looking after our St Fillans community, Debbie Whiteside, our Queen of Nurses, is hanging up her speculum and retiring at the end of April. Life won't be the same around here without 'the Whirlwind'! We will all miss her immensely and we wish her all the very best for a happy, healthy and fulfilling retirement!



Key Dates

The practice will be closed for training from 1pm on the following dates:

- 10th March
- 14th April
- 12th May

Our next PPG meeting is on 12th May 2026

To sign up to our Patient Participation Group please use the sign up link on our website