TSAJ Monthly Check-Up

The Surgery at Jerra Newsletter · November 2026

BOOT SCOOTIN' AT TSAJ!



Who knew we had so many budding cowgirls at The Surgery at Jerra?

Some of the TSAJ family have recently taken up line dancing on Tuesday nights, swapping the practice for the dance floor and some fancy footwork!

There have been plenty of laughs, a few wrong turns and possibly some questionable coordination, but that's half the fun.

Dancing is also fantastic exercise, helping with balance, coordination, cardiovascular fitness and mental wellbeing.

And if you think line dancing is easy, just ask one of us how many steps we've forgotten!

MOVEMBER: MORE THAN JUST A MOUSTACHE!



November is Movember, a time to put **men's health** in the spotlight.

Prostate cancer, testicular cancer, mental health and suicide prevention are at the heart of the campaign, but it's also a reminder to look after your health more broadly.

Blood pressure, cholesterol, diabetes risk and mental wellbeing are all worth discussing with your GP.

Too often, men put off seeing their GP because they feel fine or they're too busy. **You don't have to feel unwell to make an appointment.** Prevention and early detection are two of the best reasons to visit.

RETURNING TO TSAJ

BREATHING EASIER AND HEARING CLEARER!

Spirometry and audiometry testing are returning to TSAJ! **Spirometry** measures how much air you can breathe out and how quickly, helping diagnose and monitor conditions such as asthma and COPD. **Audiometry** assesses hearing and can identify hearing loss or changes over time. Both tests can also form part of employment medical assessments.

Our nursing team will conduct these tests, with results recorded digitally for your GP to review. Testing is available following a recommendation from your GP, rather than through direct patient bookings. **If you have concerns about your breathing or hearing, speak with your GP.**

PLAN AHEAD

CHRISTMAS IS COMING. ARE YOU ORGANISED?

We know, it feels far too early to be talking about Christmas!

But with the festive season approaching, now is the time to plan ahead for your healthcare needs.

If you need repeat prescriptions, referrals or an appointment, please don't leave it until the last minute.

Requests for repeat prescriptions and referrals can take **up to five business days**, and we'll have reduced hours and fewer clinical staff over the holiday period. Appointments with your preferred GP may also be harder to secure.

A little planning now can save a lot of last-minute stress!

CHRISTMAS & NEW YEAR TRADING HOURS

Thursday 24 December: 8am–12pm

29–31 December: 8am–2pm

Normal trading resumes: Monday 4 January

Please check our website for the full holiday trading schedule.

AND FINALLY...

HE POPPED THE QUESTION!



Congratulations to **Dr Victor Forcadela**, who recently proposed to his partner Vanessa while they were holidaying in beautiful New Zealand!

We're delighted for the happy couple and wish them a lifetime of love, laughter and happiness together.

The Surgery at Jerra

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