



Patients' Newsletter

6th November 2025



A note from your Practice Manager Sharon Nunweek

We hope our patients have been pleased with the provision that the practice has provided since the change to the NHS GP Contract on the 1st October 2025. This has been a very busy month for us as we moved towards a slightly different model allowing more routine appointments.

We kindly urge our patients to complete a total triage form where possible on our website from 08:00am each day. For those patients who are elderly, vulnerable or truly without internet use we will assist you on the telephone and/or the front desk with the form.

We are finding that alot of patients still put through urgent requests mid-afternoon and this is very difficult to ensure we can see you on the same day if needed. We urge same day requests to be put through to us between 08:00-10:00am. We do have a Duty Doctor for any very urgent requests in the afternoon but we urge you to present earlier in the day for capacity planning.

All requests for appointments will go into the same triage process and we continue to assist as many patients as we can each day ensuring the right person is seen at the right time.

Reminder of ways to contact us for an appointment

1. On our online triage form - 'I have a health problem' form
2. Telephoning us if you cannot do the form yourselves for assistance with this
3. Coming into our reception area for help with the form in paper format

Our core hours

08:00am - 18:30 Monday to Friday

Lunchtime 12.40-13.40

Our phone lines do not close for lunch now however we only have one person on a scattered service during this time, so there may be a delay in answering.

We also have one person on the front desk during this time.

The online form will remain open.

6:00-6:30pm

During 6pm - 6:30pm please press the intercom bell if needed as the doors are locked.



The NHS wants everyone to have a great time, but is asking you to follow key safety advice to protect themselves and others.

By celebrating safely, fewer people will need emergency medical support or treatment for preventable injuries. Simple steps can make a big difference:

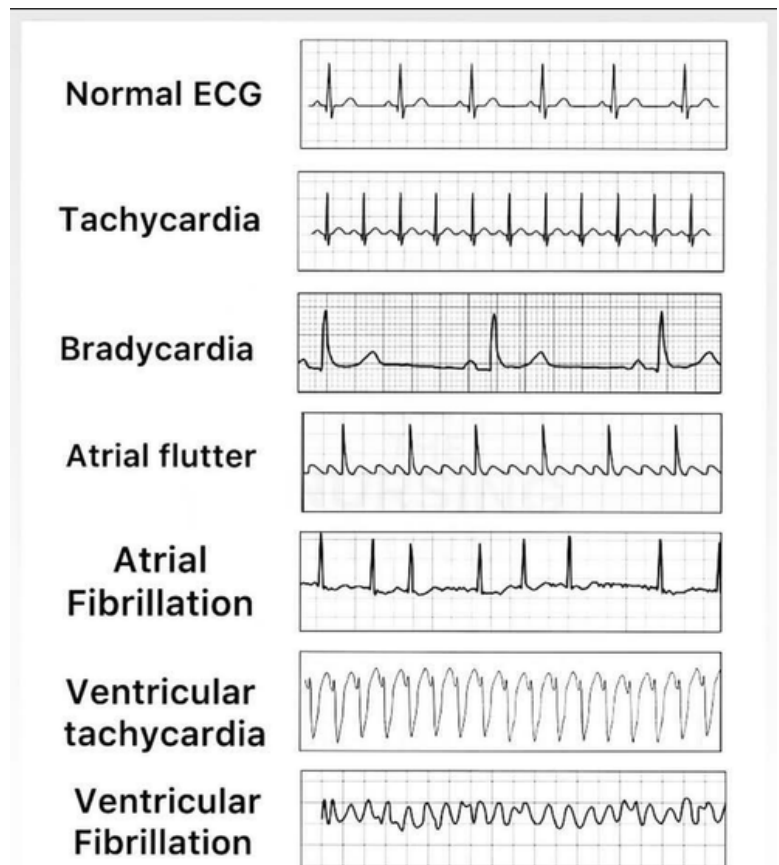
If someone suffers a burn, remembering Cool, Call and Cover can make a vital difference to their recovery:

- ✓ Cool the burn with running cold tap water for 20 minutes and remove clothing or jewellery unless it is melted or stuck to the skin
- ✓ Call for help – NHS 111 can provide advice. In an emergency, call 999
- ✓ Cover the burn with cling film or a sterile, non-fluffy dressing or cloth. Keep the person warm

97% of patients provided feedback of Very Good or Good last month

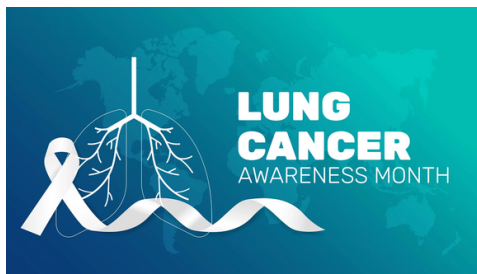
An **ECG** records your heart's electrical activity to check its rhythm and rate, helping doctors diagnose heart problems by identifying issues like irregular heartbeats, enlarged heart chambers, or poor blood supply.

It works by placing electrodes on the skin to detect the tiny electrical signals the heart generates as it beats and plots them on a graph for interpretation



Bank Holidays 2026

Wednesday 1st January 2025- New Years Day
 Friday 18th April 2025- Good Friday
 Monday 21st April 2025- Easter Monday
 Monday 5th May 2025- Early May Bank holiday
 Monday 26th May 2025- Spring Bank Holiday
 Monday 25th August 2025- Summer Bank Holiday
 Thursday 25th December- Christmas Day
 Friday 26th December- Boxing Day



November is Lung Cancer Awareness Month.

Contact your GP practice if you are experiencing any of these signs and symptoms of lung cancer. It's probably nothing serious, but early diagnosis and treatment can save lives.

1. A cough that lasts for 3 weeks or more
2. A long standing cough that gets worse
3. Chest infections that keep coming back
4. Coughing up blood
5. An ache or pain when breathing or coughing
6. Persistent breathlessness

[click link for more information on Lung Cancer](#)

We still have some flu vaccines for the 18-64 year patient group but sadly have run out of stock for the over 65 age group.



Our telephone lines have been upgraded. If more than 4 people are holding it will give you the option to hold your position in the queue and call you back.

We hope lots of patients were lucky and found some of the hand knitted poppies we had in reception. These were kindly knitted by a member of the reception team for Remembrance day.



MEN'S AWARENESS MONTH



Movember is an important annual campaign dedicated to raising awareness and funds for men's health issues, focusing on mental well-being, prostate cancer, and testicular cancer.

The 2025 campaign continues this vital work by encouraging men to take action, start conversations, and make small changes that can save lives.

This November, you can get involved by growing a moustache, moving by walking or running 60 km, or hosting an event to support the cause. Movember also promotes mental health check-ins, regular self-checks for testicular health, and awareness of prostate cancer risks, especially for men over 50 or with a family history.

[Click to hear more about Movember](#)

PSA TESTING

A few facts about prostate cancer:

- Prostate cancer is rare under the age of 50
- Prostate cancer is the most common cancer in men in the UK, making up 26% of all male cancer diagnoses
- Prostate cancer covers a spectrum of disease, from slow growing tumours (which are often asymptomatic) to very aggressive tumours
 - About 1 in 8 men will get prostate cancer at some point in their life
 - Prostate cancer is most common in black men and least common in Asian men
- Transgender women can still suffer with prostate cancer as the prostate is often left behind in gender affirming surgery

The symptoms of prostate cancer include a poor flow of urine, frequently needing to go to the toilet in the day/night and dribbling after you have finished passing urine. Some men also notice that they experience a long wait before passing urine, this is called hesitancy. Sometimes there is an urgent need to get to the toilet, this is called urgency.

If you are over the age of 50 and wish for a PSA test please complete an admin form on our website and we can prepare a blood test form for you.

TESTICULAR CANCER

Common in younger men (aged 15-35)
Regular self-checks can help spot anything unusual early.



Advice on a common cold



How you can treat a cold yourself

You can usually treat a cold at home without seeing a GP.

There are things you can do to help you get better more quickly.

Do

- ✓ get plenty of rest
- ✓ drink lots of fluid, such as water, to avoid [dehydration](#)
- ✓ eat healthy food (it's common for small children to lose their appetite for a few days)
- ✓ gargle salt water to soothe a [sore throat](#) (not suitable for children)
- ✓ drink a hot lemon and honey drink to soothe a sore throat
- ✓ breathe in steam to ease a blocked nose – try sitting in the bathroom with a hot shower running

Don't

- ✗ do not let children breathe in steam from a bowl of hot water because of the risk of scalding
- ✗ do not give aspirin to children under the age of 16
- ✗ do not smoke as it can make your symptoms worse

See a GP if:

- you have a high temperature for more than 3 days
- your cold symptoms get worse
- your temperature is very high or you feel hot and shivery
- you feel short of breath or have chest pain
- you're worried about your child's cold symptoms
- your cold symptoms do not get better after 10 days
- you have a cough for more than 3 weeks
- you get cold symptoms and you have a long-term medical condition (for example, diabetes, or a heart, lung or kidney condition)
- you get cold symptoms and you have a weakened immune system (for example, because you're having chemotherapy)

A pharmacist can help with cold medicines

You can buy cough and cold medicines from pharmacies or supermarkets.

A pharmacist can advise you on the best medicine, such as:

- medicines like [paracetamol](#) or [ibuprofen](#) to ease aches or lower a temperature
- [decongestant nasal sprays, drops or tablets](#) to unblock your nose (decongestants should not be used by children under 6)
- vapour rubs to help ease chesty coughs in babies and small children

You can buy nasal sprays without a prescription, but they should not be used for more than a week as this can make your symptoms worse.

Do not use other cough and cold medicines if you're also taking paracetamol and ibuprofen tablets as you may take more medicine than you should.