

NEWSLETTER

WINTER 2024

CHRISTMAS OPENING TIMES

Closed

Wednesday 25th Dec Christmas Day
Thursday 26th Dec Boxing Day

Open as Usual

(Please note we will be dealing with urgent clinical needs only, that cannot wait 24hrs, between the 23rd December and 3rd January 2025)
Friday 27th & Monday 30th to Tuesday 31st Dec

Closed

Wednesday 1st January New Year's Day

Open as Usual

2nd January onwards

STAY WELL IN THE WINTER

- Eat well - keep a good, healthy and balanced diet - keep the sugars low.
- Stay hydrated - aim to drink 2-3 litres of water a day.
- Take some exercise every day - one of the best and easiest things to do is a 10 minute quick walk after each meal.
- Stay warm - wear sensible clothes and keep your house at a good temperature.
- Don't drink too much alcohol.
- Connect with other people - isolation and loneliness is bad for us - check on your neighbours, be a good friend, find a new social hobby to do.
- Take some time every day to be grateful - life can feel so much harder when the dark nights draw in - writing down three things every night that you are thankful for before you sleep, does your mental health real good!
- Keep learning - do something new - keep your mind active, maybe learn a new skill - focusing on something new is really good in helping your memory and your sense of wellbeing.
- Do something to help others out - it's a good season for charity and kindness, and it's great for you too.
- Trust your immune system - remember, most illnesses at the time of year are caused by viruses - pesky bugs, that don't respond to antibiotics.



HAVE YOUR SAY ON THE FUTURE OF THE NHS

The NHS has launched its biggest ever public conversation about the future of healthcare in England for the development of its 10 year plan.

It wants to hear from as many people as possible so that it can build a health service that's truly fit for the future.

To complete the national survey, please visit the [Change NHS website](https://change.nhs.uk).

You may have heard about the Collective Action that many GP Practices are participating in. We are assessing our position regarding this and have already undertaken some of the recommendations made. We will communicate with you all further when necessary.

FVMC FETE

In spite of the inclement weather we all enjoyed an excellent morning of fundraising activities.

These included a cheerleading display, gorgeous cakes and drinks stalls, tombola, raffles, home-made jewellery and wooden objects, books, toys, guessing games & much much more.

There were also information stands, including your local PPG, dispensing a multitude of useful information for all age groups.

The funds raised were split between Macmillan Nurses and the Practice. Hopefully the next one will be bigger and better and held in outdoor sunshine.

PATIENT PARTICIPATION GROUP (PPG)

The main purpose of the PPG is to provide the important link between patients/carers and the practice to enable them to share their views.

Our bi-monthly meetings are held at the Practice and consist of voluntary patient representatives and staff from FVMC.

We liaise between the 14,500 patients on record and FVMC, and suggest measures of improvement as well as of understanding, so that everyone feels comfortable and informed of all new working practices.

The PPG is always open to new ideas. Please feedback your comments in the suggestion box sited in the waiting room. Or you can email us on : bnssg.patientparticipationgroup@nhs.net

Please take advantage of our existence.

Finally, we would like to take the opportunity to wish you all well and look forward to dealing with you in 2025.

KEEP WARM THIS WINTER

Really important with the loss of Fuel Allowances.

South Gloucestershire Council is offering Welcome Spaces so use :

www.southglos.gov.uk/community-welcome-spaces

or use Freephone 0800 9537778

Collect free warm packs from any South Glos. library, children's centre or One Stop Shops in Kingswood, Patchway or Yate.

Packs include : Hats, gloves & warm socks, a hot water bottle, a thermos flask and a blanket.



STAFF NEWS FROM FVMC

We have two new GPs starting in 2025. In the meantime, don't be surprised if you bump into Dr Buckley or Dr record who have returned as locums to help us out.

We said a temporary goodbye to one of our Practice Nurses who has gone on maternity leave. Our nursing team are currently recruiting to cover this role until her return and also for a permanent Practice Nurse so please do get in contact if you are interested.