

NEWSLETTER

AUTUMN 2025

Healthier Together

NHS

Repeat prescriptions?

Plan ahead

Keep track

Check your bag

#OnlyOrderWhatYouNeed

REDUCING MEDICINES WASTE

Did you know that the total cost of medicines waste in England is approx. **£300m** per annum with approx. **£10m** in Bristol, North Somerset and South Gloucestershire alone.

OVERORDERING/STOCKPILING -

Please only order repeat prescriptions when necessary, not too far in advance.

PLEASE ONLY TICK MEDICATIONS REQUIRED

**ONLY REQUEST WHAT YOU NEED
NOT EVERYTHING ON THE FORM**

PATIENT RECOVERY/CHANGE OF MEDICATION -

Please do not order non required items

CARE HOMES - they will often dispose of unused medications at the end of the month regardless of shelf life

OVERPRESCRIBING - medicines will usually only be prescribed for about 30 days max. Longer periods with patient recovery often results in wastage.

£300m could be used to provide valuable resources including extra staff and equipment



THE GOVERNMENT'S 10 YEAR NHS PLAN

1: Hospital to community

- moving more care from hospitals into the Community

2: Analogue to digital

- creating digital improvements with better connections between organisations

3: Sickness to prevention

- greater focus on educational resources, community assets and easy access to screening programmes

All aspects of the 10 year plan require greater efficiencies, greater awareness and greater cooperation from the public.

LESS WASTE CREATES MORE FUNDS

When you have read the above NHS 10 Year Health Plan, why not contact your local MP and register your comments and/or concerns.

Maybe ask for more transparency with declared statistics, etc. so that everything stated is clearer and more simple to understand.

nhsbristolnorthsomersetandsouthgloucestershire.cmail19.com/t/y-e-qfdhx-htulydjykt-hr/

JOIN THE SIX IN 10 PEOPLE USING THE NHS APP



Local people are being encouraged to join the thousands of other people in Bristol, North Somerset and South Gloucestershire using the NHS App to manage their health from their smartphone or tablet.

The NHS App is a simple and secure way for people to access a wide range of NHS services on their smartphone or tablet – including ordering repeat prescriptions, checking health records and receiving messages and updates from their GP. Read more on the [Healthier Together website](#).

Two successful training sessions at FVMC resulted in converts to the NHS App.

Our Reception Team will happily help anyone else interested in setting up the App. Further training dates at the Practice will be advertised in due course.

PATIENT PARTICIPATION GROUP (PPG)

Don't forget that we are here to provide you with the opportunity to express your views about the services provided by the Practice and to give feedback to the Practice. Your ideas and suggestions are very important and if you pass them to us, we will pass them to the Practice and, if appropriate, try to help in making improvements.

(Please note that we cannot get involved in individual complaints about your treatment, there is a different mechanism for that).

Contact us through the suggestion box in the waiting room or email us at

bnsq.patientparticipationgroup@nhs.net



Work is nearing completion on the Elective Centre at Southmead Hospital, as staff prepare to begin the move into the building next month.

This is an important milestone for the newly-formed [Bristol NHS Group](#) as it demonstrates what can be achieved when we work together for the benefit of our patients.

The additional theatre capacity the centre provides will benefit both North Bristol NHS Trust (NBT) and [University Hospitals Bristol and Weston NHS Foundation Trust \(UHBW\)](#) as part of efforts to further reduce waiting times for patients.

DID YOU KNOW THAT WE ARE A PARK RUN PRACTICE?

We are also ambassadors for the charity 5k Your Way – Move Against Cancer. Anyone impacted by cancer is welcome to join our group which meets once a month to walk, run, cheer or volunteer and connect with other people impacted in a similar way. For further information email jacqui.bath@nhs.net

PRACTICE UPDATE

It continues to be very busy here at FVMC, and we understand that this can sometimes affect the availability of routine appointments. Please be assured that we are constantly reviewing our services to ensure patient safety is maintained and that the Practice remains manageable for both staff and patients. We appreciate that this situation can be frustrating and do not make any decisions lightly.

To help us continue providing safe and effective care, we encourage you—where appropriate—to make use of alternative services such as the [NHS website](#) and your local pharmacy.

We have recently welcomed several new members to our team of Care Navigators. They are settling in well and continuing with their training, so we kindly ask for your patience and understanding when contacting them. Additionally, we currently have vacancies within our Nursing team. If you're interested in joining us or would like more information, please do look out for our job adverts or contact us directly.

Lastly, one of our valued Pharmacy team members is now on maternity leave. We wish her all the best for this exciting new chapter. We have recruited to cover this role.

Thank you, as always, for your continued support.

The FVMC Team