



The Winchcombe Medical Centre
Patient Group

Newsletter

Welcome to our Spring Edition 2025

Welcome to our Spring Newsletter, which I hope will have something to interest everyone.

Appointments

The Anima appointment system has now been in use for some time and, while it has some detractors, the large majority of patients appreciate that waiting times have been significantly reduced and more effective use is being made of clinicians' time.

Fundraising

The Patient Group is raising funds to purchase a Doppler ultrasound machine for the surgery.

This non-invasive medical imaging technique uses sound waves to visualize and assess blood flow through blood vessels and helps to diagnose issues like blood clots, blockages, and other vascular problems. Various fundraising events will be arranged throughout the year.

Members

We currently have vacancies for two members. If you would like to be involved in working with the Surgery staff to improve services for patients, please contact us at wmcpgenquiries@gmail.com and we will tell you more about what is involved.

As always, we welcome any views you have on the services offered by the Medical Centre. Please let us know at wmcpgenquiries@gmail.com

Graham Ogden

Winchcombe Medical Centre Patient Group



Winchcombe Medical Centre News

Update from Winchcombe Medical Centre

Holiday medications & illness

Friendly reminder whether you are going abroad or travelling somewhere in the UK please remember to take your medication. Once you have left England, we are not able to get any emergency supplies to you.



Please give the dispensary team plenty of notice if you are going to require medications in advance or a larger quantity than usual due to any holidays. If you leave this information until the last minute, we may not be able to meet your requirements.

If you are travelling with medication in your hand luggage your NHS app or the back of your prescription with repeat meds should suffice with any airport staff.

If you happen to become ill whilst on holiday, please remember that we are NOT able to provide any acute medical advice via Anima or via telephone whilst you are abroad. Please seek local medical attention.

COVID & Flu Season 2025

In September we will be inviting pregnant patients and all children that are aged 2 or 3yrs old on 31st August 2025 for their flu immunization. Invites will be sent out to these two patient groups and clinics will commence in September. All other eligible groups will be invited in September with clinics available from October which will include the covid vaccination.

Skin clinics

The Anima system, which was installed a year ago, has allowed us to identify a growing need for skin clinic appointments not only for the summer months when our skin is more exposed, but all year round. We now have dedicated GP skin clinics at least fortnightly. Anima allows the team to effectively triage any skin concerns and designate an appointment in these specialist clinics.



Staffing

We have welcomed Dr Martyn at the end of January a new PCN GP to the Surgery who works with us one day a week and Nurse Keith at the end of May who is a PCN primary Care Mental Health Nurse who works with us for two days a week.

Men's Health Week, 9th – 15th June

Men's Health Week takes place every year during the week leading up to Father's Day. It's happening this year from 9th – 15th June. The focus is on raising awareness about the health challenges men face and encouraging them to prioritise their wellbeing. Been putting off seeing your GP? Make an appointment today!



Did you know that four in five suicides are by men, with suicide noted as being the biggest cause of death for men under 35. Men's health cannot take a back seat. We're urging the Government to fulfil their promise of putting in place a Men's Health Strategy for the NHS week.

<https://www.menshealthforum.org.uk/mhw>

Stillbirth and neonatal death – SANDS Awareness Month

Every day in the UK, 13 babies die shortly before, during or soon after birth and at least one in six pregnancies end in loss. The heartbreak of baby loss can affect families for years to come, and it's important that bereaved parents can access the right support.

SANDS (stillbirth and neonatal death) Awareness Week is a chance to find out about the work being done to save babies' lives and how to offer support to bereaved families.

If you've been affected by baby loss, there is help and support here:

<https://www.sands.org.uk/support-you>

Pride Month

Did you know that Pride Month is celebrated in June to commemorate the 1969 Stonewall riots, the protests that marked a huge change for gay rights? Pride is just as important today; LGBTQ+ people still face unacceptable stigma and discrimination. Show your support this Pride Month!



It's a time to honour acceptance and equality, and to promote education about LGBTQ+ history, while raising awareness of the ongoing challenges the community faces.

LGBTQ+ individuals often face unique challenges and disparities in healthcare.

Patients are at the heart of our inclusive and welcoming practice.

At Winchcombe Medical Centre, we welcome everyone and strive to provide a safe, supportive and caring environment. We believe in fairness and equality, and value diversity in our staff and patients.

Cervical Screening Awareness Week, 19th – 24th June

Cervical screening (which used to be called a smear test) is a free NHS health test that's offered to women and all people with a cervix between the ages of 25 and 64.

It helps prevent cervical cancer by checking for human papillomavirus (HPV). Screening saves over 5,000 lives a year. It's a quick test, and we'll make you feel relaxed and comfortable.

This is a life-saving test, so when invited, please make sure you attend screening.

<https://www.cervicalcancerpreventio...appDefId=14c92d28-031e-7910-c9a8-a670011e062d>

Coronary Heart Disease (CHD)

CHD affects around 2.3 million people in the UK and is the most common cause of premature death. You can make some simple lifestyle changes to help reduce your risk of CHD such as eating a healthy, balanced diet, increasing physical activity and stopping smoking.

If you're 40–75 years old and concerned about your heart health, why not book your free NHS health check to assess your risk of CHD and help reduce your risk.

<https://www.bhf.org.uk/informationsupport/support/taking-control-of-your-weight>

World Allergy Week, 29th June – 5th



Anaphylaxis is a preventable threat! This World Allergy Week we're raising awareness of recognising the signs of anaphylaxis and what to do in this emergency situation. Often referred to as **the ABC**, you can look out for the following:

Airway – swelling in the throat/tongue, tightness in the throat

Breathing – sudden onset wheezing or breathing difficulties

Circulation – faint, sudden fatigue, confusion, pale clammy skin, even loss of consciousness

If you suspect an anaphylactic reaction, immediately use an adrenaline auto-injector (e.g., Epi-Pen) if you have one and call 999.

Get the patient to lie down and raise their legs, and if they're struggling to breathe, they should sit up and raise their shoulders.

Do not allow them to stand or walk.

After five minutes, you can administer a second adrenaline auto-injector if they're not responding.

It's important to remain as calm as you can; in this way, you'll really help the patient. <https://www.nhs.uk/conditions/anaphylaxis/>

You don't always need to see a GP

#RightCareFirstTime



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OTHER NEWS

Healthwatch Gloucestershire – priority project areas for 2025-26

Healthwatch Gloucestershire has agreed its priority project areas for the year ahead. They are:

- experience of inpatients at Gloucestershire Royal Hospital;
- exploring attitudes to and accessibility of the NHS App;
- children and young people's mental health.

There is more information at <https://www.healthwatchgloucestershire.co.uk/>

Gloucestershire Gateway Trust – surveys on children and family centres

Gloucestershire Gateway Trust (GGT) is the new Children and Family Centre service provider in Gloucester and the Forest of Dean. Their new universal model will focus on a 'whole neighbourhood approach' and they aim to create lasting future opportunities and prospects for children, families and communities. They would like to hear from communities about what you would like to see happening in your local Children and Family Centre. You can find out more at <https://gloucestershiregatewaytrust.org.uk/>

National Institute for Health and Care Excellence – survey on eating disorder experiences

The National Institute for Health and Care Excellence (NICE) is asking people with experience of an eating disorder to share their views in a survey. The anonymous survey asks about people's experience of, or views on potentially, using digital self-help (smartphone apps or websites). To find more go to <https://www.nice.org.uk/guidance/indevelopment/gid-hte10058>

Healthwatch Gloucestershire reports on Community Pharmacy and Parkinson's care

Here are links to the two reports:

Community Pharmacy report: [Community Pharmacy in Gloucestershire | Healthwatch Gloucestershire](#)

Stories from people diagnosed with Parkinson's and their carers: [Your experiences of living with Parkinson's disease | Healthwatch Gloucestershire](#)

Vision Care for Homeless people – free vision tests and glasses



Vision Care for Homeless People (Gloucester) offers free vision test appointments at their opticians' clinic. They also provide free glasses. The clinic runs every Monday between 10am - 2pm and is based at Gloucester City Mission (Gloucester City Mission, 72 Eastgate Street, Gloucester, GL1 1QN). They offer free eye tests and glasses to those experiencing or at risk of homelessness and to those without means, in the Gloucestershire area. You can attend the clinic regardless of whether you are eligible for NHS treatment. [CLINICS | Vision Care](#)

Useful telephone numbers

Winchcombe Medical Centre	01242 602307	School Nurse	0300 421 6161
District Nurses	0300 421 6070	Children's Helpdesk (Child Protection)	01452 426565
Cheltenham General and Gloucester Royal Hospitals	0300 422 2222	Childline	0800 1111
Tewkesbury Hospital	0300 421 6100	Relate—Relationship Support	01242 523215
Ambulance/Police/Fire Emergency Service only	999	Gloucestershire Carers Hub	0300 111 9000
Police Non-Emergency Helpline	101	Cheltenham Samaritans	116 123 free from any phone
NHS Non-emergency service	111	Gloucestershire Adult Helpdesk (Social Services)	01452 426868
Physio	0300 422 2507 (Cheltenham), 0300 421 6133 (Tewkesbury)	CRUSE Bereavement Counselling	01242 252518
Health Visitors	0300 421 6166	Gloucestershire Integrated Care Board	0300 421 1500