



# *The Winchcombe Medical Centre Patient Group*

# Welcome to our Winter Newsletter 2026

## **Doppler Machine purchased!**

We are pleased to report that the DOPPLER ULTRASOUND MACHINE, that allows clinical staff to speedily identify problems with blood flow in the legs and begin treatment to minimise complications, has now been purchased. The funds were raised by the Patient Group and from a number of donations. The nursing staff particularly, are extremely pleased with this new piece of equipment.

## Winchcombe Show Donation

We have received a very generous donation of £300 from the Winchcombe Show organising Committee. The reason the Winchcombe Show exists is to raise money to help local organisations and this is a great example of the type of donations that the organisers like to make, as it will help the PG to purchase the next piece of equipment for the Medical Centre in due course.

## Physiotherapy leaving?

The surgery has been informed that plans are being made to transfer the physio service, based at the Medical Centre, to Tewkesbury. We believe this is very much against our patients' best interest and are organising a petition for patients to sign opposing the move. PG members will be in the waiting room at the surgery on Tuesday and Thursday mornings for the latter part of January and first half of February.

## School Health Awareness Event

Good progress is being made in organising the School Health Awareness Event which will take place at Winchcombe School in September.

## We are listening

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

**Graham Ogden, Winchcombe Medical Centre Patient Group**



## **WINCHCOME MEDICAL CENTRE UPDATE**

Hello everyone! Here's a quick look at what's been happening at the practice and what's coming up.

### ***By the Numbers for December 25***

- Patient population: 7,909
- Appointments: Over 3,300 (not counting Anima queries!)
- Inbound calls: 3,607 | Average wait: just under 4 minutes
- Call backs: 81 requested, only 6 unsuccessful after 3 attempts
- Outbound calls: 4,803 attempted, 4,217 connected
- Results (Bloods/ Scans etc): processed: 2,706
- Documents processed: Over 2,000

### ***Team News***

We've been busy growing and strengthening our team:

- Extra 15 hours of HCA coverage each week
- Dr Park a new GP, joins us every Wednesday under the PCN GP Scheme
- Anita, our new PCN pharmacist, is settling in nicely
- Jenny, PCN Pharmacy Technician Lead, is now on board
- Hannah, PCN Nurse, will be supporting us 4–5 days a month for the next six months
- Dr Dutta, a new GP registrar, who has joined us for the final stage of his training
- Tammy, we welcome our new receptionist to the team.
- Molly a third-year student nurse will be joining us on 26th January until 12th April (with a 3-week gap in the middle).

### ***Thank You & Updates***

- A huge thank to our PG for their support with our flu and COVID clinics and feedback on how we can improve this to run even smoother in future years. We vaccinated over 2,500 patients with Flu & or Covid vaccine. We would like to thank all our patients who chose to be vaccinated at the surgery. Your decision helps protect our community and supports the surgery in continuing to provide essential care.
- We've met with Cameron Thomas MP to discuss the challenges facing General Practice and shared concerns with Gloucestershire ICB around contract changes, triage pressures, staff morale, and sadly, rising levels of abuse of our staff. Please remember kindness goes a long way.
- We're also raising awareness about the potential withdrawal of Physio/MSK services from Winchcombe – this would have a big impact to our patients given limited public transport options.

### ***Something New – Let's Get Walking!***

We're teaming up with local groups to launch a social walking initiative. Short walks (up to 3 miles) around Winchcombe, ending with **refreshments and a friendly chat**. Great for fitness, mood, and making new friends! Watch this space for dates.

## **OTHER NEWS**

### **111 / Signposting**

If you or one of your family is in need of medical help but you'd like some guidance on where to seek the right healthcare, visit 111. You'll find instant access to information covering:

- Any current symptoms or injury
- Dental problems
- Mental health help
- Medicines assistance
- Help with an existing condition

Simply visit <https://111.nhs.uk/> or access 111 via the NHS App.

### **Veganuary**

January is the perfect time to try something new, and Veganuary is all about exploring delicious, plant-based meals.

Every change makes a positive impact on animals, the planet and you. Going plant-based can help you lose weight, improve kidney function and lower blood sugar levels while reducing your carbon footprint, deforestation and water pollution. Find some recipe ideas here:

<https://veganuary.com/recipes/>



### **Mental health**

January can be a challenging month – short days, cold weather and the pressure of a new year and finances can take their toll on our mental health.

If you're finding things tough, you're not alone. Setting small goals and prioritising your wellbeing can make a big difference. Get outside for regular walks, take up a new hobby or practise mindfulness. Find something that works for you.

Put yourself first this January.

<https://wellbeingtrust.org/blogs/january-the-holidays-to-your-own-personal-well-being/>

## Dry January

Whether you've overindulged during the festive season or you're simply ready to make a change for your health, January is a great time to reset your relationship with alcohol.



Trying Dry January can have many more benefits than you'd expect – not only will your bank balance see a positive change but your health will thank you! In just 30 days, you'll find you sleep better, your energy levels and concentration will increase, and by the end of the month, you'll have reduced your risk of developing cancer.

You can even keep motivated with the free Try Dry® app; download it today: <https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january>

Why not give an alcohol-free January a try?

<https://alcoholchange.org.uk/blog/benefits-of-dry-january-and-when-you-can-expect-to-see-them>

## Love Your Liver Month

Did you know your liver performs over 500 jobs to keep you alive? So, it's important to show it some love! When it's damaged, the liver can repair itself, but only up to a point. Nine out of ten cases of disease could have been prevented. However, people with liver disease often don't have any symptoms until the disease has progressed and it's far too late for treatment. So, look after your liver with these top tips:



- Focus on a balanced diet
- Stay hydrated
- Minimise alcohol
- Take the correct dosage of medications
- Ensure safe hygiene to reduce the risk of hepatitis

<https://britishlivertrust.org.uk/information-and-support/love-your-liver/>

<https://britishlivertrust.org.uk/love-your-liver-month/factsheets/>

## Obesity Awareness

National Obesity Awareness Week (NOAW) runs annually in January to raise awareness of the dangers of obesity while educating about managing weight.

Losing weight has many benefits for your health, if you're currently overweight. Not only will you feel better in yourself, but it may help to reduce the risk of high blood pressure, heart disease and type 2 diabetes.

While it may seem daunting, making small changes to your diet and lifestyle can really help to lose the pounds. Why not try some of these ideas?

- Swap sugary drinks for water
- Read food labels – choose green choices rather than red
- Choose wholegrain alternatives for bread, cereals and pasta
- Eat five portions of fruit and vegetables daily
- Restrict alcohol intake

Weight loss is always more successful with support. If you don't want to join a group, share your plan with someone close to you to motivate you on the days when you're struggling.

<https://www.nhs.uk/better-health/lose-weight/>

## **Sexually transmitted infection**

Many common STIs, such as chlamydia, can take around two weeks to show up on a test. If the festive season included unprotected sex, now is a good time to think about getting tested and looking after your sexual health.

Many STIs can exist without showing any symptoms or may be mistaken for something else. Regular testing is important for your health and those you're intimate with, and in most locations, you'll be able to access free testing.

## **Samaritans' Brew Monday, 20th January**

The third Monday in January is often termed 'Blue Monday', but we're putting on the kettle and turning it into 'Brew Monday'!



There's nothing better than a cuppa and a chat to lift your spirits. Samaritans' Brew Monday encourages us to take a moment to check on each other, particularly during the cold, darker days which can lead to feeling low.

It's a simple reminder that looking out for others can make a big difference.

## **Cervical Cancer Prevention Week, 22nd–28th January**

During Cervical Cancer Prevention Week, we're encouraging women to attend their cervical screening appointment – it really does save lives. Cervical screening is a free health test that can prevent up to 75% of cervical cancers and is estimated to save around 5,000 lives every year.

While it can sometimes feel worrying, understanding what to expect during your appointment can help to put you at ease and make attending easier. The test itself usually takes less than five minutes. While it may feel briefly uncomfortable, it's an important check that could save your life. If you're due, book your test today.

## NHS App

If you're new to using the NHS App and you're not sure how to access the information, there is lots of information around to help you. Download the NHS App on your smartphone or tablet via the Google play or App store. You can also access the same services in a web browser by logging in through the NHS website.

Did you know that using the NHS App can help you access lots of information about your health?

Request repeat prescriptions

Check the status of your prescriptions

See upcoming appointments

View your health records

<https://www.nhs.uk/nhs-app/nhs-app-help-and-support/>

<https://www.youtube.com/watch?v=Q0SCcLtw8JA>

<b>Useful telephone numbers</b>			
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	<u>116 123</u> 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