



*The Winchcombe Medical Centre*  
**Patient Group**

## **Welcome to our Spring 2026 Newsletter**

### **A date for your diary**

As mentioned in the previous edition, the Patient Group successfully raised funds towards the purchase of a Doppler Ultrasound machine for the surgery. We are now working to raise more funds so we will be ready when the next request for much needed equipment arrives.

Our first event of the year will be a Table Top sale on 6<sup>th</sup> June at Abbeyfields Community Centre from 10 am to 2.00 pm.

If you have any plants, you are able to give for sale, please email Else at [ges2619@gmail.com](mailto:ges2619@gmail.com). If you have any items, you wish donate e.g. bric-a-brac, toys, books etc. please email Kath at [kathsouthwell52@icloud.com](mailto:kathsouthwell52@icloud.com). We look forward to your support.

### **School Health Awareness**

After being unable to run the event in 2025, the plans for the Winchcombe Secondary School health awareness day in September, for years 7 and 8, are progressing well. We hope that this will now continue to be an annual event as it was in the past.

### **Patient Group noticeboard**

We now have our own noticeboard which is located to the left of the TV screen in the WMC waiting room. The minutes of our meetings, copies of the Newsletter and contact details are all displayed there.

### **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**

Our surgery continues to be extremely busy due to both current staffing pressures and continued ongoing high demand for appointments.

We delivered over 4,000 appointments in March 2026, answered over 2,350 calls with the average wait time being under 4 minutes and made over 4,500 outbound calls to patients. Processed over 2,700 results (bloods & scans) and processed over 2,100 documents.

### **Travel Vaccinations**

If you are planning to travel, please ensure you request any required travel vaccinations early.

- Travel requests must be submitted at least 6 weeks before you travel.
- Please complete the Travel Assessment Questionnaire via your Anima account:
  - Select Admin Request
  - Choose Travel Assessment
  - Link: <https://tinyurl.com/3maafk6r>
- Please list all countries you are visiting on the form. There is no need to contact reception if you are travelling to more than one country.
- Your request will be reviewed by our nursing team.

If you are unable to complete the form online, you can collect a paper travel questionnaire from reception, complete it, and return it to us.

### **Covid Vaccinations**

We will be delivering Covid vaccinations throughout April and early May and invitations have gone out, any queries please call reception.

Thank you for your understanding and support while we continue to provide care as safely and efficiently as possible.

## **OTHER NEWS**

### **Bowel Cancer Awareness Month, 1st– 30th April**

Bowel cancer is the fourth most common cancer in the UK. It is most often seen in people over 50, but it can affect anyone of any age. This month is aimed at increasing awareness of the importance of early diagnosis and knowing the symptoms, which include:

- Bleeding from your bottom
- Blood in your poo
- A change in your pooing habits
- Losing weight but you're not sure why
- Feeling very tired all the time but you're not sure why
- A pain or lump in your tummy



These symptoms don't mean you definitely have bowel cancer, but it's important to check. The earlier bowel cancer is spotted, the more treatable it is, and the more likely it can be cured. Bowel screening kits are being sent to eligible people in the post, but if you have symptoms, don't wait, ask your GP about an at-home test.

Why not get involved in Bowel Cancer UK's ActiveApril campaign. Get active while fundraising to support people with bowel cancer! Sign up on their website: <https://www.bowelcanceruk.org.uk>

## World Autism Acceptance Month, 1st– 30th April



Autistic people face discrimination and barriers across all sectors of society: 8 out of 10 autistic people experience mental health problems

55% of autistic people avoid going out, being worried how people will treat them  
Only 26% of autistic pupils feel happy at school  
Only 30% of autistic people are in employment  
Autistic people, and their families and carers, need support to overcome those barriers, and opportunities to explore interests, develop skills and lead fulfilling lives.

World Autism Acceptance Month is a time for everyone to get involved in fundraising, sharing resources, raising awareness and helping to create a society that works for autistic people. Walk, run or fundraise your own way!

Find out more and sign up at <https://waam.autism.org.uk>

## MS Awareness Week, 20th–26th April



More than 150,000 people in the UK have Multiple sclerosis (MS), a condition that affects the nerves in your brain and spinal cord. The coating (called myelin) that protects your nerves is damaged, and this causes a range of symptoms like blurred vision and problems with how you move, think and feel.

MS affects people from many different ethnic backgrounds, and about two and half times as many women as men. It is a lifelong condition, but treatments can help to manage the condition and its symptoms.

MS Awareness Week is designed to raise awareness about the condition and the issues people with MS are talking about. In 2026, the focus is on challenging MS assumptions and the harm they can cause. You can find out more at <https://www.mssociety.org.uk/get-involved/ms-awareness-week>

## Allergy Awareness Week, 22<sup>nd</sup> – 28<sup>th</sup> April

An allergy is when the body's immune system reacts inappropriately to normally harmless substances such as food, pollen, animal products, insect stings or medicines. This can be minor, such as localised itching, but in more severe cases it can cause anaphylaxis, a condition which can lead to upper respiratory obstruction and collapse and can be fatal.



Allergy affects more than a quarter of the UK population, yet many people still struggle to recognise the symptoms or access the support they need. So, this year, Allergy Awareness Week continues the 'I Wish I Knew' campaign, highlighting 'Diagnosis Matters'.

You can find out more about the campaign and learn about allergy symptoms, next steps and anaphylaxis on the Allergy UK website: <https://www.allergyuk.org/allergy-awareness-weeks/>

## World Immunisation Week, 24<sup>th</sup>–30<sup>th</sup> April



The ultimate goal of World Immunisation Week is for more people and communities to be protected from vaccine-preventable diseases. This year's theme is, 'For every generation, vaccines work,' and this awareness week will promote how vaccines have safely protected people, families, and communities for generations—and continue to safeguard our future.

To find out more about the importance of immunisation, or to get involved, visit <https://www.who.int/campaigns/world-immunization-week/2026>

<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	<a href="tel:116123">116 123</a> 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