



The Winchcombe Medical Centre
Patient Group

Welcome to our Summer 2026 Newsletter

Table Top Sale success

The table top sale at Abbey Fields in June was a great success and we raised nearly £450 to help buy a Pulse Oximeter with Paediatric Sensor to be used at the Medical Centre.



Roadshows

Following the success of the *Live Longer Better* event at Abbey Fields last year, smaller-scale events are being arranged to take services and support directly into local communities. The aim is to bring information, advice and support services directly into local communities by linking with existing coffee mornings and other activities that are popular with older residents.

Informal drop-in sessions are being held as follows:

- Alderton - Fri 11 Sept 3-5pm
- Snowhill - Sat 19 Sept or Sat 17 Oct or weekday morning to be confirmed
- Toddington - Thurs 1 Oct 10-12pm
- Gretton - Mon 26 Oct 10-12am

Specific locations will be posted on the Patient Group notice board in the Medical Centre waiting room when available.

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

Graham Ogden
Winchcombe Medical Centre Patient Group

WINCHCOMBE MEDICAL CENTRE

Vaccination Clinics

We are running vaccination clinics throughout the summer for Respiratory Syncytial Virus (RSV), Shingles and Pneumococcal vaccinations. Eligible patients will be contacted and invited to book an appointment. For further information about these vaccinations, please visit: <https://www.nhs.uk/vaccinations/>

New Team Members

We are currently welcoming a new GP and a new Receptionist to the Practice following recent staffing changes. We look forward to introducing them to our patients and are pleased to be strengthening our team.

Ordering Your Medication

Please remember to order your repeat medications in good time, particularly if you are planning to go on holiday. Due to supply chain challenges and the hot weather affecting our wholesalers, medication deliveries to the Practice have temporarily reduced from two deliveries per day to one. If you require additional medication because you are travelling or going on leave, please let us know as early as possible.

GP Appointments – Please Contact Us First

For all GP appointment requests, please use Anima online triage or call the Practice for us to help you complete this before attending in person. This helps us:

- Direct you to the right clinician first time
- Prioritise the most urgent cases
- Resolve issues without the need for a visit where appropriate
- Reduce waiting times and improve access for all patients

If you attend the Practice without contacting us first, you may need to wait while our team supports patients who have called or submitted online requests. If a face-to-face appointment is needed, we will always arrange this for you. Thank you for helping us provide safe, efficient and timely care for all our patients.

Finally...

We wish all our patients and their families a happy, healthy and enjoyable summer.

The Team at Winchcombe Medical Centre

OTHER NEWS

World Breastfeeding Awareness

The World Alliance for Breastfeeding Action (WABA) is a global network of individuals and organisations dedicated to the protection, promotion and support of breastfeeding worldwide. They lead research, measure progress and showcase global and regional statistics with highlights of what works and what needs further improvement.

The aim is to empower parents by protecting, promoting and supporting breastfeeding. Breastfeeding saves the lives of both babies and mothers, and also supports nutrition, development and lifelong health. Breastmilk is a low-cost, locally available nutrition, so it also encourages equality.

Everyone is invited to find out more, understand and share what is working in countries that are reporting good breastfeeding progress, to help promote a more equal and sustainable start in life for babies worldwide, as well as a reduction in poverty and better food security for them and their families.

Find out more, and learn about the hashtags you can use to increase awareness on social media at: <https://worldbreastfeedingweek.org>.

Water Safety

An average of 328 people in the UK and Ireland lose their lives to accidental drowning every year, and many more have accidents in and around water, sometimes suffering life-changing injuries.

The Royal Life Saving Society UK (RLSS UK) has produced the Water Safety Code to help keep you and people around you safe this summer, follow the four simple steps:

Stop and Think

Take time to assess your surroundings. Look for dangers and always research local signs and advice. Be prepared before you go in or near water – many people who are injured or killed in water entered it by accident. Before you go near water, learn how to float on your back and stay calm, and make sure you understand the risks:

- Warm weather does not mean warm water
- Open water stays dangerously cold, even when the weather is hot
- Cold water shock happens in seconds – take it seriously
- Cold water makes you gasp and lose control of your breathing
- Make sure you know your own limits:
- Even confident swimmers can quickly lose strength and control
- It can become hard to move or stay afloat
- Panic makes it worse
- Things can go wrong very quickly in open water

Make good choices to stay safe

Choose a lifeguarded location, only swim where help is available, and follow all the safety signs and advice

- Wear a well-fitted wetsuit to help keep you warm
- Make yourself easy to see by wearing a bright swimsuit and swimming hat and towing a brightly-coloured float

Stay together

- Never swim alone, always be with friends and family at a lifeguarded venue when around water
- Always keep young children within arm's reach
- Tell someone where you are going and when you will be back
- Take a means of calling for help, such as a fully charged mobile phone in a waterproof pouch, a VHF radio, or a pea less whistle



In an emergency, call 999

- Call 999, if you are at the coast, ask for the Coastguard
- Don't enter the water to rescue someone in trouble, as you might get into difficulties too
- Instead: Phone. Float. Throw
 - Phone 999
 - Encourage them to Float to Live
 - Throw something to them that floats



Float

If you fall in or become tired, stay calm, float on your back and call for help. If you see someone who has fallen in, or is struggling, throw something that floats to them

If you find yourself suffering the effects of cold water shock, get tired or cold, or are stuck in a rip current, Float to Live:

- Tilt your head back – Keep your airway clear and your ears under the water
- Relax and breathe – Fight the urge to panic, try to get your breathing under control
- Spread your limbs – Extend your arms and legs to stabilise yourself in the water
- Scull if needed: Gently move your hands and legs to help you stay afloat
- Wait for help – It is normal if your legs sink (everyone floats differently)
- Once your breathing is steady, signal for help or swim to safety

There are lots of resources, posters, information and ways to get involved in spreading water safety awareness at <https://www.rlss.org.uk/staying-safe-in-on-and-around-the-water>.

Keeping Active Over the Summer

Exercising can be difficult or even dangerous when the weather is very hot. Trying to push yourself to exercise in extreme heat can lead to dehydration, heat exhaustion, or a medical emergency heatstroke.

But we know it is important to stay active, so how can you and your children exercise safely this summer?

Choose your time – go for a run or cycle, play games and sports outdoors, or take a swim early in the morning or later in the evening. The hottest part of the day is between 11am and 3pm, so opting for an early morning run, or an evening session of your favourite sport will be cooler or safer.

Be careful when entering cold water – even at this time of year, the sea, lakes and rivers can still be very cold, and can cause our bodies to go into cold water shock. Enter the water slowly, don't swim where there are no lifeguards or other people to watch out for you, and if you feel yourself going into shock, lie back in the water with your ears submerged and float to save yourself.

Choose an indoor activity – many sports and activity centres and gyms have air conditioning, so you can exercise in comfort at any time of day.

Make a shady space – If your children are playing in the garden and there is little natural shade, consider erecting a relatively cheap sun-sail, or even a few tablecloths strung between fences, washing lines or sheds to provide some cover, and perhaps a paddling pool and ice lollies made of fruit juice to cool off.

Cool down following exercise - with wet towels, cool drinks, and sitting in the shade, maybe with a fan, is a good way to make sure you don't stay too hot for too long.

Find out more about exercising safely at <https://www.bbc.co.uk/future/article/20260618-how-keep-exercising-when-its-really-hot> and see some family activity ideas at <https://purephysiotherapy.co.uk/staying-active-during-the-summer-holidays-with-kids/>.

Staying Safe in the Sun

This summer has already been very hot, and the heatwaves seem likely to continue. Heat and UV rays can have a significant impact on all our health.

UV rays:

- Cause painful sunburn
- Damage skin, causing premature ageing
- Increase your risk of skin cancer
- Can damage your eyes

Excessive or prolonged exposure to heat can lead to heat exhaustion, which can become heatstroke if the person is not cooled down and given fluids quickly. The symptoms of heat exhaustion for both adults and children include:

- Tiredness
- Dizziness
- Headache
- Nausea or vomiting
- Excessive sweating and skin becoming paler and clammy
- Cramps in the arms, legs and stomach
- High temperature
- Being very thirsty
- Feeling irritable

The symptoms of heatstroke include:

- Very high temperature
- Hot skin without sweating
- Fast breathing and heartbeat
- Confusion and restlessness
- Seizure (fit)
- Loss of consciousness

Heatstroke is a medical emergency. Get immediate medical help if someone has the symptoms of heatstroke. You can find out more at <https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>.



To stay safe in the sun, follow these handy tips:

- Use the recommended amount of a good sunscreen with an SPF of at least 30, and at least 4-star protection against UVA rays, even if you have dark skin
- Remember to reapply sunscreen when you have been swimming
- Stay in the shade as much as you can to protect yourself from UV and extreme heat, particularly between 11am and 3pm in the UK
- Wear UV-protective sunglasses, a wide brimmed hat, and loose, long-sleeved clothes to protect your skin and eyes and stay cool
- Drink plenty of fluids to stay hydrated

Learn more about sunscreen and staying safe, and take a fun quiz to find out how much you know at <https://www.bbc.co.uk/newsround/48609398>.

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