



Practice Update

Welcome to our April practice newsletter. This update is designed to keep you informed about practice news, patient feedback, and important health information.

As we move into spring, we continue to manage high demand across the practice. Thank you to all our patients for your continued kindness, patience, and understanding since the introduction of our Total Triage system. Your cooperation helps us provide safe, timely care and ensure patients are directed to the right service as efficiently as possible.

April Focus - Spring Health & Wellbeing

Spring is a great time to focus on your health and wellbeing. As the weather improves, small lifestyle changes can have a big impact on your overall health.

Simple steps to improve your wellbeing include:

- Getting more fresh air and physical activity
- Eating a balanced diet
- Staying hydrated
- Looking after your mental wellbeing

If you have any ongoing health concerns or have been invited for a review, we encourage you to book an appointment.

Do you know your Blood Pressure?

High blood pressure often has no symptoms, but it can increase your risk of serious health conditions.

You can check your blood pressure without an appointment using the blood pressure POD in the surgery. Once you have taken your reading, please provide it to reception, who will ensure it is recorded in your medical record.

Regular checks can help identify problems early and keep you well.

Staying Safe in the Sun!

As the weather improves, it's important to enjoy the sun safely. While sunlight is a good source of vitamin D, too much exposure can increase the risk of skin damage and skin cancer.

Simple steps to stay safe:

- Use SPF 30 or higher sunscreen and reapply regularly
- Seek shade between 11am and 3pm
- Wear protective clothing, a hat, and sunglasses
- Take extra care with children and those with sensitive skin

Avoid sunburn where possible, as this can significantly increase your risk of skin problems in the future.

If you notice any new or changing moles, or any concerns with your skin, please contact the practice.

Allergy Season

Spring can bring an increase in hay fever symptoms such as sneezing, itchy eyes, and a runny nose.

We encourage patients to try over-the-counter treatments, available from pharmacies, before contacting the GP. Starting treatment early can help control symptoms.



Fit to Fly/Travel Certificates

Please note that we do not provide fit-to-fly certificates, as these are not part of NHS services and fall outside the GP contract.

These requests are considered private, non-NHS work, and assessing fitness to travel can involve specific considerations that are not routinely covered in general practice. Responsibility for determining whether a patient is fit to travel ultimately rests with the airline or travel provider.

If you require a fit-to-fly certificate, this will need to be arranged with a private GP or specialist medical provider, who may charge a fee for this service.

Online Booking for Screening & Immunisations

We will soon be making cervical screening and childhood immunisation appointments available to book via AccuRx booking links.

This will allow patients to book appointments quickly and conveniently using a secure link sent directly to their mobile phone.

Further information will be shared in due course.

Bank Holidays

Please note the practice will be closed on bank holidays. Ensure you order your repeat medications in good time to avoid delays.

This will help ensure you have enough medication to cover the closure period.

- **Friday 3 April 2026- Good Friday**
- **Monday 6 April 2026- Easter Monday**
- **Monday 4 May 2026- Early May Bank Holiday**
- **Monday 25 May 2026- Spring Bank Holiday**

Missed Appointments!

In March, there were 75 missed appointments, totalling 21 hours and 11 minutes of lost clinical time.

Missed appointments reduce availability for other patients and place pressure on practice services.

If you are unable to attend, please cancel your appointment with at least 3 hours' notice.

You can do this by calling the surgery and leaving a message on our 24-hour voicemail cancellation system.

Cancelling in good time allows us to offer appointments to other patients who need them.

Time to Learn

Time to learn - Tuesday 14th April 2026

We will be closed from 1pm on this date for our monthly time to learn meetings and training.

Please check our website for other upcoming clinics and planned closures.

A Thank You to Our Patients

We would like to take a moment to thank all our patients for your ongoing support, kindness, and understanding. We know accessing healthcare can sometimes be challenging, and we truly appreciate your patience and cooperation.

Your support makes a real difference and helps us continue to provide safe, effective care for everyone in our community.