

QUEDGELEY MEDICAL CENTRE PATIENT NEWSLETTER

March 2025

WELCOME

Welcome to our new patient newsletter!

Before the COVID-19 pandemic, we produced a regular patient newsletter, and we are thrilled to be relaunching this initiative as a way to keep patients informed and involved.

The newsletter will include information about:

- Services we provide.
- Health and lifestyle advice.
- Events we will be running.
- Practice developments and changes.
- National and regional developments in healthcare.

The newsletter will be shared via email, where patients have provided and consented to use of an email address.

It will also be published to our website and to our social media pages.

This use of electronic communication will support our efforts to be a greener and more sustainable Practice.

WHAT'S ON

Healthy Lifestyles (HLS)

Tuesday 25th March 2025
11am-1pm

Quedgeley Medical Centre

Find out about the support available from HLS, including weight loss, giving up smoking and getting more active.

[FIND OUT MORE](#)

Stress Management Event

Monday 28th April 2025
1pm

Quedgeley Medical Centre

Come along to talk about stress management, explore stress reduction resources, and learn how to use self-care.

[FIND OUT MORE](#)

EMAIL OPT-OUT

If you have previously provided us with your email address, you will automatically receive email notifications from us. If you wish to opt-out of email correspondence, please update your communication preferences via [our website](#) or by calling us on 01452 728882.



@quedgeleyGP

MANAGING YOUR HEALTH ONLINE

There are a number of ways you can manage your health and view your health records without needing to visit or call the Practice:



Online forms

Through our website, you can request a sick note, ask about test results, and contact us about an admin request.

[Find the full list of available forms here.](#)



SystmOnline (Airmid)

The SystmOnline website (or Airmid App) allows you to view medical information, check appointment dates, and request medication.

You'll need to request online services first, which you can do [here](#).



NHS App

The NHS App will allow you to see even more information about your medical care and history from us and other healthcare services. You can also access 111 services. [Find out more here.](#)

NHS BOWEL CANCER AWARENESS CAMPAIGN

Bowel cancer is the UK's fourth most common cancer but if diagnosed at the earliest stages, bowel cancer is treatable and curable.

The NHS bowel cancer awareness campaign will commence on 17th March 2025 through to the end of April 2025 to align with Bowel Cancer Awareness Month (April 2025).

You'll automatically be sent an NHS Bowel Screening Kit when you become eligible. It's the most important post you'll receive, so don't ignore it.

Regular screening can detect early signs of bowel cancer, even before symptoms appear.

[Find out more.](#)





GET INVOLVED

We want to ensure patients, and their families/carers are represented and heard from at all stages of their care.

Our **Patient Participation Group (PPG)** is a group of volunteer patients who meet with us regularly to discuss the services on offer, and how improvements can be made for the benefit of patients and the Practice.

If you're interested in joining the PPG, [visit our website](#) to find out more.

COVID BOOSTERS

Spring Booster Vaccinations for eligible patients will begin in April 2025.

If you are eligible, we will contact you nearer the time to offer you an appointment.

IN THE SPOTLIGHT

SOCIAL PRESCRIBING

Health is more than just tablets and medicines.

Our health is also shaped by practical, social, and emotional factors. It is these factors that make each of us unique and individual. Sometimes, these factors can improve our health, but sometimes they can make our health worse.

Social prescribing helps us to see which of these factors might be making our health worse and can help us to change them.

This improves our health and well-being. It can even prevent us from developing diseases.

Our team of Social Prescribers has a range of specialist knowledge and experience, meaning they can assist with a range of social, emotional, and practical matters.

If they cannot help directly, they will signpost to a huge range of services and organisations that can.

It is important to note that Social Prescribing is NOT an urgent / emergency service and that Social Prescribers DO NOT prescribe medication or medicinal treatments.

Social prescribing can help find you support for:

- Healthy lifestyle
- Loneliness and isolation
- Housing and homelessness
- Mental health and counselling
- Finances
- Employment

[Visit our website](#) for more information and details on how you can self-refer to our social prescribing service.