

QUEDGELEY MEDICAL CENTRE PATIENT NEWSLETTER

September 2025

PRACTICE NEWS

PPG DROP IN SESSION

We would like to say a big thank you to the members of our **Patient Participation Group (PPG)** who hosted and supported the recent drop-in session for patients.

We were able to help several patients get setup and using the **NHS App**, making it easier for them to manage their health needs online.

We also obtained a good amount of feedback via the **NHS Friends & Family Test**, which demonstrated that patients are generally very happy with our services. We have also taken away comments about our follow-up processes and will be looking at how we can improve these.

BOUNDARY EXPANSION

We are pleased to announce that NHS Gloucestershire Integrated Care Board has approved our application to **increase the boundary of our Practice**, allowing us to accept patients from a larger geographical area. The [new boundary map](#) can be viewed via our website.

As well as supporting local housing developments, this expansion will enable us to increase our patient population which will in turn enable us to invest in and improve service delivery for our existing patients.

NEW GP REGISTRAR

Dr Ogo Okeke joined the Practice in August as a third year GP Registrar, and she will be with us for approximately one year. [Read more about GP Registrars on our website.](#)

TOP 10 PRACTICE IN GLOUCESTERSHIRE

We are delighted to have been named in the top 10 of Gloucestershire GP Practices in this year's GP Patient Survey.

Along with all GP Practices, we have felt the pressure and experienced the challenges of increasing demand and decreasing funding to meet that demand. We are really pleased that, despite this, we have been able to maintain a service that patients are largely happy with.

We continue to work hard to review and improve our services whilst maintaining the important doctor-patient relationship. Your feedback is essential to helping us achieve this so please do take a couple of moments after your next visit to **tell us how we did** either via the paper forms in the Practice foyer or [online via our website](#).

WAITING ROOM IMPROVEMENTS

After a long wait, we now have a new set of chairs in our waiting room. We hope this makes your visit to the Practice more comfortable!



We are also working on improving the range of patient information available in our waiting area, including the videos and information displayed on the TV screen.

IN THE SPOTLIGHT

FIRST CONTACT PHYSIOTHERAPY (FCP)

First Contact Physiotherapists (FCPs) are physiotherapists with many years' experience working within the musculoskeletal (MSK) speciality.

MSK conditions can affect joints, bones and muscles and sometimes associated tissues such as your nerves. They can range from minor injuries to long-term conditions.

You do not need to see a GP to get an appointment with an FCP, simply call the Practice, explain that you are having an MSK problem, and our reception team can book you directly in with the FCP.

The FCP service is not a physiotherapy treatment service.

The FCP will take a detailed history of your condition, they may also question some of your past medical history to gain a better understanding of your symptoms and to rule out other pathology. They will then carry out a physical assessment and aim to gain a detailed diagnosis, which will be explained to you.

The FCP and you will then come up with a plan moving forward, generally this is some rehabilitation exercises and advice on management of your condition.

The FCP can refer you for further investigations, such as x-ray, or refer you for further treatment either within community services or at the local hospital.

They liaise closely with GPs and Pharmacists here at the Practice to ensure all aspects of managing your condition are covered (e.g. prescriptions, sick notes).

[More information about the FCP service](#), including how to access an appointment and what to expect from that appointment is available on our website.

MEET OUR FCP

Our First Contact Physiotherapist here at QMC is Meghan.



Meghan is a Chartered Physiotherapist with a First-Class Honours BSc in Physiotherapy.

In her early career, Meghan gained foundational experience in acute hospital settings including intensive care, respiratory care, neurology, & care of the elderly.

She later went on to specialise in orthopaedic & musculoskeletal rehabilitation, refining her diagnostic & treatment skills with pre- & post-operative patients, as well as those with chronic & acute MSK conditions.

Meghan has completed multiple master's level modules in MSK practice, as well as specialist training in pain management, diagnostic imaging, tendinopathy, spinal rehabilitation, strength & conditioning, and injection therapy.

Meghan joined our team in 2023, when she first moved into primary care. She is passionate about delivering high-quality, patient-centred care & committed to advancing the role & benefits of physiotherapy within the Practice.

EVENTS & SUPPORT SERVICES

BLOOD PRESSURE

KNOW YOUR NUMBERS! WEEK

8 - 14 September 2025

Every September, [Blood Pressure UK](#) supports thousands of blood pressure checks aimed at preventing heart attacks and strokes.

Throughout the week, you can drop into one of the below local venues for a quick, convenient health check from an NHS professional. They'll talk to you about your blood pressure and ways to improve your heart health.

Monday 8th September 10am-3pm
B&M, Kingsway Business Park, GL2 2SN

Thursday 11th September 10am-3pm
King's Square, Gloucester, GL1 1AD

Sunday 14th September 10am-3pm
Frampton Country Fair, The Park, GL2 7HS

GET SALT SMART

Did you know too much salt in your diet can cause high blood pressure?

It is easy to have too much salt. Around three quarters of the salt we eat comes from packaged and everyday foods we buy, such as bread, breakfast cereals, meat products and ready meals.

It can also be found in takeaways, restaurant or café meals and fast-food outlets.

[FIND OUT MORE](#)

HOPE PROGRAMME FOR LONG COVID

Are you or a loved one living with long covid?

This free self-management course helping you to take control and meet others in a similar situation.



[Find out more](#)

MENTAL HEALTH SUPPORT FOR MEN AGED 16+

Are you feeling alone? Stressed? Depressed?

Unable to share your private problems? Bottling things up and feeling like life is no longer worth living?



The Man Cave UK is an online group providing a private, safe, non-judgemental community for men aged 16 and over who are struggling with mental health illnesses.

[Find out more](#)

MANAGING MEMORY TOGETHER - DEMENTIA

The Gloucestershire Managing Memory Together service is offering sessions to support those with **dementia** as well as the friends and families who care for them.



[Find out more](#)

UNPAID CARERS

Gloucestershire Carers Hub provides FREE sessions designed especially for unpaid carers across Gloucestershire.



[Find out more](#)

VETERANS

We are an armed forces friendly accredited practice.

This means we provide integrated care systems for commissioning of health services for veterans, reservists and service families.

We recognise that being part of the armed forces can lead people to experience very different lifestyles and therefore develop very different health and wellbeing needs.

Op COURAGE

[Op COURAGE](#) is an NHS mental health specialist service designed to help serving personnel due to leave the military, reservists, armed forces veterans and their families.



Op Restore

[Op Restore](#) is an NHS service that supports individuals who have served in, or are leaving, the UK armed forces and have continuing, physical health injuries and related medical problems attributed to their time in the armed forces.

Op Nova

[Op NOVA](#), delivered by the Forces Employment Charity and commissioned by NHS England, provides support for veterans who are in contact with the justice system, enabling them to access the services they need.

REPRESENT VETERANS BY JOINING OUR PPG

If you are a veteran and want to ensure that the voices, needs, and preferences of fellow veterans are shared and represented, why not join our Patient Participation Group? Complete [this brief form](#) to express interest.

SUPPORT & ADVICE

One of the biggest challenges facing veterans is the lack of information they receive about the services available when they leave the forces.

One Gloucestershire has provided a list of groups, organisations, and services available to veterans and their families.

[See the full list of support services here](#)

I SAID, I SERVED

If you are a military veteran, actively serving in the military, an armed forces reservist, or a family member of any of these, we encourage you to let us know.

We can then make sure that you receive useful information about new and changing support available, as well as be aware of factors and potential triggers that may affect how, when and why you access our services.

We have a supply of the below cards in our reception area that you can complete and hand in next time you're visiting.

 I SAID, I SERVED AND WOULD LIKE MY VETERAN STATUS CODED ON MY HEALTH RECORD	<small>(Please complete and hand into your GP Practice)</small> Name: _____ Date of birth: _____ Please tick as appropriate: <input type="checkbox"/> Military Veteran <input type="checkbox"/> Active-Serving Military <input type="checkbox"/> Family of Active-Serving Member <input type="checkbox"/> Armed Forces Reservist <input type="checkbox"/> Family of Veteran
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Alternatively, you can ring us on
01452 728882.