

QUEDGELEY MEDICAL CENTRE PATIENT NEWSLETTER

November 2025

PRACTICE NEWS

FLU & COVID VACCINATIONS - DROP-IN SESSION

We have been running clinics for flu and covid vaccinations over the last few weeks and uptake has been good.

To help catch those patients who have not yet managed to get an appointment, we will be running a drop-in session on:

Saturday 15th November, 9am to 12pm
Quedgeley Medical Centre

This service is **only** for patients who are eligible for the vaccinations. We will contact you in the coming days via text or written letter to invite you to the drop-in session.

CARERS RIGHTS DAY - DROP IN SESSION

We will be running a free drop-in session as part of Carers Rights Day on **Thursday 20th November** between **9am and 12pm** in the Quedgeley Medical Centre waiting room.

If you care for a relative or friend, this session will provide a valuable opportunity to ask questions, collect resources, and find out more about local services available to them.

Come along and find out what rights you have.

PHARMACY TECHNICIAN - DROP IN SESSION

Our in-house Pharmacy Technician will be holding a drop-in session on **Wednesday 3rd December** between **9.30am and 12pm** in the Quedgeley Medical Centre waiting room.

The session is aimed at supporting patients who have questions about:

- Ordering medication
- How medication is reviewed and monitored by us
- Medication you have been prescribed

Pop in and have a chat!

VETERAN FRIENDLY PRACTICE

Since introducing our “We Said, We Served” cards, we have seen an increase in the number of patients informing us of their military status.

 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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You can pick up one of these cards from the foyer of the Practice. Simply fill in your name and date of birth, tell us which status is most appropriate to you, and hand it into our receptionist.

Armistice (Remembrance) Day can be hard. We want to remind patients of the services available to support veterans, serving personnel, and family members:

- [Op COURAGE](#)
- [Op Restore](#)
- [Op NOVA](#)



REPEAT PRESCRIPTION REMINDER

We would like to remind patients of the timescales for repeat prescription requests:

- It takes the Practice up to **72 hours (3 days)** to review and issue a prescription.
- It can then take your nominated community pharmacy **3-5 days*** to prepare the medication ready for collection.

We therefore recommend that you order your repeat medication **at least 8 days** in advance of needing it.

**Please check exact times with your chosen pharmacy as these can vary.*

IN THE SPOTLIGHT

MEN'S MENTAL HEALTH AWARENESS

Poor mental health can affect people of all genders, but outcomes for those who identify as men – including trans men – and those who are perceived or expected to behave in traditionally 'masculine' ways are often shaped by distinct social pressures and stigma.

Reaching out to a loved one or trusted friend about how you are feeling can be an important first step in the right direction. Finding a community of people where you feel safe to talk about your mental health can also be helpful.

12.5%

of men in England have a mental health disorder.

3 times

more men are likely to die by suicide in England than women.

Almost double

the rate of men die from alcohol-specific causes than women.

Spotting the signs that a partner, relative, friend or co-worker might be struggling is important to check in with them.

Signs that someone could be in distress might include:

- Not sleeping
- Eating less or more than usual
- Forgetting grooming (no clean clothes, not showering or brushing teeth)
- Avoiding social situations
- Missing social or sports events
- Going quiet on social media or messaging apps
- Being more irritable than usual
- Talking of death and dying or increased hopelessness

[Find out more about how you can check in and help.](#)

SERVICES & SUPPORT



Andy's Man Club is a men's suicide prevention charity with free-to-attend peer support groups across the UK.

[Visit website](#)



Men's Sheds encourage men to come together to make, repair and repurpose, supporting projects in their local communities.

Improving wellbeing, reducing loneliness and combatting social isolation

[Visit website](#)



A leading charity changing the face of men's health.

[Visit website](#)

COMBATTING LONELINESS

WHAT IS LONELINESS?



Loneliness isn't the same as being alone.

You may feel content without much contact with other people. But others may find this a lonely experience.

Some people may only feel lonely at certain times. But some people may experience chronic loneliness. This is a deep feeling of loneliness that goes on for a long time. You may be around others and still feel like you're alone.

Feeling lonely can have a negative impact on your mental health, especially if you've felt lonely for a long time.



Loneliness is associated with an increased risk of certain mental health problems, e.g., depression, anxiety, low self-esteem and sleep problems.

**TIPS TO MANAGE
LONELINESS**

LONELINESS IN OLDER PEOPLE

Winter can be difficult for older people, and they can experience a greater degree of loneliness.



- Ways to feel less lonely - [click here](#).
- Support for individuals feeling lonely - [click here](#).
- Support if you're worried about someone else - [click here](#).

COMPANIONSHIP AND BEFRIENDING

The Bespoke Life provides companionship, befriending and support in daily tasks, activities and travel for patients within Gloucestershire.

Their companions have dedicated quality time to support people in daily activities, promoting independence, as well as that important chat and cup of tea.



[Find out more](#)

UNDERSTANDING LONELINESS

The Marmalade Trust, the UK's leading loneliness charity, reminds us that loneliness is a normal human emotion - not a weakness. It can affect anyone.

There are different types of loneliness:

- **Emotional loneliness:** When someone you were very close with is no longer there.
- **Social loneliness:** When you feel like you're lacking a wider social network of friends, neighbours or colleagues.
- **Transient loneliness:** A feeling that comes and goes.
- **Situational loneliness:** Loneliness which you only feel at certain times like Sundays, bank holidays or Christmas.
- **Chronic loneliness:** When you feel lonely all or most of the time.



[Find out more](#)

CHILDREN & YOUNG PEOPLE

LUMI NOVA: TALES OF COURAGE

Lumi Nova: Tales of Courage is a fun digital therapy app to help children self-manage their worries.

The app is free for families in Gloucestershire and is aimed at children aged 7-12 years with mild to moderate anxiety.



[Find out more](#)

CHILDHOOD VACCINATIONS

It's important that vaccines are given on time for the best protection.

The image to the right explains which vaccines your child should receive when.

If you believe your child has missed a vaccine or have concerns about vaccinations, get in touch with us and we will arrange for one of our team to talk you through and ease your concerns.

[Find out more](#)

HPV VACCINATION

The HPV vaccine helps protect against human papillomavirus (HPV). It's recommended for children aged 12 to 13 years old.

Most children will be offered the vaccination in school. For children who have missed this or previously declined the vaccination, we are contacting them / their parents to offer a free catch-up vaccination.

[Find out more](#)

