

# QUEDGELEY MEDICAL CENTRE PATIENT NEWSLETTER

January 2026

## PRACTICE NEWS

### WINTER PRESSURES & STAFF SHORTAGES

Here at QMC, we have seen an increase in demand on services which is typical during the winter months. We have largely managed to handle this additional pressure without too much impact on our wait times for appointments or call answering.

However, the same winter bugs and illness have also had an impact on our workforce, and we have seen a higher rate of sickness absence than usual over recent weeks. Whilst the staff here have worked extremely hard to try and maintain the best service possible during this difficult period, we have had to rearrange some appointments, and we are sorry for any inconvenience this may have caused patients. We thank you for your patience and understanding.

### THANK YOU FOR YOUR KINDNESS

Leading up to the festive period, we were overwhelmed with the kindness and generosity so many of our patients demonstrated with messages and cards of thanks and appreciation. Thank you to everyone who brought in biscuits, chocolates and fruit.

### GOODBYES

Dr Micheal and Dr Adaba, who have been with the Practice for the last 12 and 18 months (respectively) as part of their GP Registrar training will be moving onto the next stages of their careers in early February. We wish them both a fond farewell and the very best for their futures.

### WHAT'S ON THIS YEAR

#### Patient Drop-In Sessions

We plan to run more patient drop-in sessions throughout 2026 after the success of events such as the pharmacy drop-in session and the carers drop-in session last year.

#### Group Consultations

We will also be introducing group consultation: this is a way to bring together patients for support with long-term conditions, helping them to better manage their own health and share their experiences and learning.

The focus for this year's consultations will include frailty and dementia, menopause and HRT, and respiratory conditions such as asthma and COPD.

You can find details about upcoming events at <https://quedgeleymedicalcentre.nhs.uk/practice-events/> or in the reception waiting area.

### DON'T MISS YOUR ANNUAL REVIEW

If you have a long-term medical condition and/or you are prescribed certain medications, you may be eligible for an annual health check.

This health check allows us to assess how you are managing with your condition, if you have any other health needs, and if your current treatment plan and medication is still appropriate. We'll also offer advice and guidance on other ways to look after your health.

We will contact you by text or telephone to arrange your health check. It is important that you respond to us so that we can book you in or understand if you don't wish to go ahead with it.

# IN THE SPOTLIGHT

## CERVICAL CANCER PREVENTION

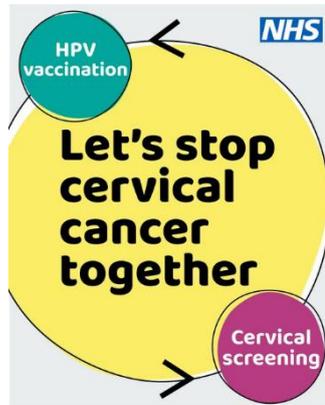
**Every day in the UK, two women and people with a cervix lose their lives to cervical cancer and nine more receive a life-changing diagnosis.**

Cervical cancer is almost wholly preventable, yet HPV vaccination and cervical screening uptake is still well below what is needed to reach the NHS goal of eliminating cervical cancer.

### HPV VACCINATION

The HPV vaccine helps protect against human papillomavirus (HPV). It is now routinely offered children in years 8 and 9 of school. There is currently a catch-up programme running offering those who missed the HPV vaccine at school to have the vaccine at their GP Practice.

[Read more about HPV here.](#)



**Overdue your cervical screening?**

**Missed your HPV vaccine?**

Call us to book – 01452 728882

### TOP TIPS & ADVICE

**Preparing for your cervical screening will help make the appointment go as smoothly as possible.**

**There are some really good ideas here that are worth thinking about before your appointment, to help you feel more at ease.**

#### **Make sure you're not on your period**

Book your appointment for the middle of your cycle if you can so you're not on your period.

#### **Wear something comfy**

A dress, skirt or long top means you can leave your clothes on and help you feel less exposed.

#### **Tell the nurse you're nervous**

Our nurses are highly trained and understand that many women find cervical screening uncomfortable and anxiety-provoking. Let the nurse know you're worried and she can take extra care to put you at ease in a way that best suits you.

## CERVICAL SCREENING (SMEAR TEST)

Women and people with a cervix aged 25-64 are screened every five years.

Cervical screening checks the health of your cervix. The cervix is the opening to your womb from your vagina. It's a test to help prevent cervical cancer. The test checks for human papilloma virus (HPV) infection and changes in cells in the neck of your womb. These changes could later develop into cervical cancer, if they are not treated.

There's no getting away from it, the test is intimate. But it just takes a few minutes and it's all done.

### Step 1

The nurse will ask you to lie on your back, and give you a new, clean paper sheet to cover the lower half of your body. She will ask you to bring your ankles up towards your bottom and let your knees go floppy. She will gently put a new, clean speculum into your vagina. A speculum is a smooth plastic cylinder with a round end.

### Step 2

Once inside your vagina, the nurse will open the speculum slightly and take a small soft brush to quickly take a sample of cells from your cervix. It will probably feel a bit strange but should not be painful.

### Step 1

The speculum is then removed and that's it! The whole process usually takes less than 5 minutes.

# NEW YEAR, NEW HEALTH GOALS

## HEALTHY CHOICES QUIZ

**A new year often brings new motivation to make changes to our lifestyles and to improve our overall health... but it's always tricky to know how or where to start.**

The NHS Healthy Choices quiz is a free, quick and easy way to find out how healthy your current lifestyle is, which can help you to determine which areas to focus on changing.

[TAKE THE QUIZ NOW](#)

## WEIGHT LOSS

Healthy Lifestyles Gloucestershire have already supported thousands of people across Gloucestershire to make healthy changes through a range of services, including:

- One-to-one time with your own coach
- Meetings at a time and place convenient for you within the Gloucestershire area
- FREE 12-week personalised programme
- FREE weight checkpoints at our Weigh 2 Go drop-in
- FREE recipes & tips

[FIND OUT MORE HERE](#)

*It's not about the weight you lose,  
it's about the life you gain*

**Healthy Lifestyles Gloucestershire are here to help you!**

## STOP SMOKING

**We all know that smoking is bad for the person doing it, but do you also know about the dangers of that smoking can have on others?**

Second-hand smoke means breathing in other people's smoke. Second hand tobacco smoke comes from cigarettes, pipes, cigars and shisha pipes (hookah).

Third hand smoking refers to the tobacco-related gases and particles that become embedded in materials, such as carpets, walls, furniture, clothes, blankets, and toys.

Healthy Lifestyles Gloucestershire offers a range of support services to help quite smoking.

[FIND OUT MORE HERE](#)



# CHILDHOOD IMMUNISATION

## WHAT IS VACCINATION?

Vaccination is the safest way to protect your child against an infectious disease. Once your child has been vaccinated, they should have the ability to fight off the infection if they come into contact with it. They will have a level of protection, or immunity, against the disease.

## HOW DO I KNOW WHAT MY CHILD NEEDS?

We work closely with the Child Health Immunisation Services (CHIS) to keep track of the vaccinations a child has had and those that they are due. If your child is due or overdue vaccinations, either CHIS or we will contact you to inform you and to offer an appointment.

When your child attends for their vaccination, the nurse will conduct a further check to ensure that your child receives the correct vaccination(s) according to their age and vaccination history.

## MYTH BUSTER

### **Myth: Vaccine overload a child's immune system**

Fact: Vaccines use only a tiny portion of the immune system's capability. Everyday children touch, eat, and encounter things that give their immune system much more to deal with than a vaccine does.

### **Myth: Natural immunity is better than vaccine-acquired immunity**

Fact: Natural infection can lead to serious complications. Vaccines offer safe, effective protection without the risks of the disease itself.

### **Myth: Vaccines contain harmful ingredients**

Fact: All vaccine ingredients are present in safe amounts and are thoroughly tested for safety and effectiveness.

### **Myth: Childhood illnesses like measles aren't serious**

Fact: Measles can lead to pneumonia, brain inflammation, and even death. Vaccination helps prevent these severe outcomes.

### **Myth: The MMR vaccine causes autism**

Fact: There is no link between the MMR vaccine and autism. This myth stems from a discredited study that has been thoroughly debunked.

### **Myth: The flu vaccine gives you flu**

Fact: Fact: The nasal spray contains weakened viruses that cannot cause flu. Your child might get a runny nose, but this isn't flu.

## NEW MMRV

**From 1 January 2026, the MMRV vaccine replaced the MMR vaccine in the UK routine childhood schedule.**

MMRV is now offered in two doses at 12 and 18 months.

The single injection provides high-level protection against four viruses:

- **Measles**
- **Mumps**
- **Rubella**
- **Varicella (chickenpox)**

These infections spread very easily between people and can lead to serious problems including meningitis, inflammation of the brain, pneumonia, and hearing loss.

After 2 doses:

- around 99% of children will be protected against measles and rubella
- around 88% of children will be protected against mumps
- around 97% of children will be protected against chickenpox

The vaccine is safe, with common, temporary side effects including fever, rash, or injection site pain.

[READ MORE HERE](#)

# GET ONLINE WITH THE NHS APP

**NHS**

## Share health information with family or carers to support your care needs

Download the NHS App and take control of your healthcare.



**NHS**

## Quickly and easily order repeat prescriptions on your device

Download the NHS App and take control of your healthcare.



**NHS**

## Access to health information and symptoms at the touch of a button

Download the NHS App and take control of your healthcare.



**NHS**

## Save time and manage your healthcare appointments online

Download the NHS App and take control of your healthcare.

