

QUEDGELEY MEDICAL CENTRE PATIENT NEWSLETTER

March 2026

PRACTICE NEWS

SOCIAL PRESCRIBING DROP-IN DAY



Thursday 26th March 2026



10am to 2pm and 6pm-7.30pm



Quedgeley Medical Centre

To celebrate Social Prescribing Day 2026, we will be hosting two open sessions for patients to drop into the Practice for a chat with our social prescribers.

We'll also have a clinician on hand to offer blood pressure and weight checks.

No booking required.

What is social prescribing?

Health is more than just tablets and medicines.

Our Social Prescribers support patients with a range of social, emotional and practical matters, covering:

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

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

You can ask a member of our team to refer you to the service, or you can self-refer at any time via our website: <https://quedgeleymedicalcentre.nhs.uk/our-practice/social-prescribing/>

PHARMACY DROP-INS

In December, we held a Pharmacy Technician drop-in session where patients were invited to drop into the Practice and chat with our Pharmacy Technician.

The turnout was excellent, and we were able to support numerous patients with queries such as:

"Do I really need to be taking all these medicines?"

"How can I get all my prescriptions to start and finish at the same time?"

"I'm struggling with ordering my medication each time it's due."

Following the success of this session, we will be running a regular drop-in session once a month. The next sessions will be:

- Wednesday 15th April 2026, 9am-10am
- Wednesday 20th May 2026, 9am-10am
- Wednesday 17th June 2026, 9am-10am

YOU SAID, WE DID

Patient experience is extremely important to us, and we take your feedback seriously. Here's what we've done with some of your recent feedback:

You Said: Our policy on Assistance Dogs is not clear.

We Did: Put new signs up in the Practice and published our policy online: quedgeleymedicalcentre.nhs.uk/policies/assistance-dogs/



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IN THE SPOTLIGHT

MISSED APPOINTMENTS

As we work hard to keep our wait times for appointments down, we ask patients to consider how they can help us to reduce wasted appointment time...

Over the last 12 months, QMC patients have not turned up to...

856 appointments.

This is the equivalent of **247 hours** of lost appointment time.

Of these missed appointments...

311 were with a **doctor**.

That's the equivalent of **12 days** of a doctor's time.

Missed appointments are where patients have not turned up without giving prior notice, turned up too late, or cancelled with very short notice.



“ I really needed the appointment that you didn't turn up to...

KEEP IT OR CANCEL IT

We understand that life happens, and sometimes unforeseen, unpredictable circumstances can prevent you from attending an appointment.

In such circumstances, we ask that you let us know **as soon as possible** that you will not be attending.

If you no longer need or are no longer able to attend an appointment, please let us know with as much notice as possible.

You can do this by:

- Cancelling your appointment via the **cancellation link** in your confirmation text.
- Cancelling your appointment via **online services** (e.g., NHS App).
- Calling on **01452 728882**.
- Coming **into the Practice** and informing the Receptionist.
- Submitting a “Cancel an appointment” form **via our website**.

SPRING HEALTH

COVID-19 SPRING CAMPAIGN

Don't contact us; we'll contact you.

The next COVID-19 vaccination campaign will begin on 13th April 2026. Prior to that, **we will contact eligible patients** to invite them to book in for an appointment here at the Practice.

Eligibility now includes:

- Patients aged 75 or over
- Patients aged 6 months to 74 years with a weakened immune system because of a health condition or treatment.
- Patients who live in a care home for older adults.

ALLERGIES

Spring is in the air – and so are allergies!

For many, Spring can bring sneezing fits, itchy eyes, and a constant battle with tissues. If that sounds familiar, you might have a seasonal allergy like hay fever.

If you have spring allergies, your local pharmacy should be your first stop. With the Pharmacy First scheme, pharmacists can give advice and recommend treatments without you needing to see a GP.

TRAVEL VACCINES

If you're planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world.

You can find out which vaccinations are necessary or recommended for the areas you'll be visiting on the Travel Health Pro website - travelhealthpro.org.uk/countries.

If you think you might need vaccines for travel, fill in our online form - quedgeleymedicalcentre.nhs.uk/form/travel-risk-assessment - at least 6-8 weeks before you're due to travel. Our Practice Nurse will review your vaccine history and get back to you.

SPRING WELLNESS

With longer days and (hopefully) better weather, spring is the perfect time to refresh our minds and focus on our wellbeing.



Soak up the sun

Sunlight improves mental health by triggering the release of hormones associated with calmness and boosted mood. It also helps to regulate circadian rhythms for better sleep.

Daily exposure of 20-30 minutes can help reduce anxiety, stress, and symptoms of seasonal affective disorder (SAD).



Eat with the season

Make the most of nutrient packed fruit and vegetables that are in season during spring.

You'll be able to enjoy delicious foods such as spinach, purple sprouting broccoli, radishes, watercress, asparagus and rhubarb.



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SELF-MANAGEMENT

NHS DIGITAL HOPE - GROUP & INDIVIDUAL SUPPORT

The **NHS Digital HOPE** programme is a proven, effective self-management tool that supports patient activation and wellbeing.

Patients can choose to participate in a group-**facilitated** programme or a **self-guided** course. The self-guided courses cover long term conditions, hip and knee pain, and cancer. Find out more at <https://www.h4c.org.uk/hpsw>.

Upcoming group-facilitated courses

- 15th April - Hip or Knee Pain – [Register here](#)
- 29th April - Long Term Conditions – [Register here](#)
- 29th April - Parents/Carers of Autistic Children - [Register here](#)
- 13th May - Hip or Knee Pain – [Register here](#)
- 20th May - Carers – [Register here](#)
- 20th May - Long COVID – [Register here](#)

Hope Programme for Carers

This course supports anyone looking after a family member, friend or neighbour with health needs. It covers topics such as managing fatigue and sleep, setting boundaries to avoid burnout, improving communication and relationships, and getting active, creative and eating well.

Hope Programme for Parents, Carers and Guardians of Autistic Children

Co-designed with parents, clinicians and researchers, this course is tailored to the specific experiences of families of autistic children. It helps parents manage stress and fatigue, set boundaries, and improve communication and relationships at home and with services, while celebrating their children's and their own strengths.

Hope Programme for Hip or Knee Pain (Hope Move)

HOPE-MOVE supports people living with osteoarthritis and hip or knee (including those on a waitlist for community musculoskeletal services or surgery) to stay active, eat well and manage their mental health. Topics include movement quality and strengthening, coping with pain, managing fatigue, getting better sleep and focussing on what matters to the person.

Find out more and sign up at <https://www.h4c.org.uk/hpsw>



HEALTH PROMOTION

CANCER AWARENESS

OVARIAN CANCER AWARENESS

In the UK, over 7,000 women are diagnosed with ovarian cancer every year. Two thirds of women are diagnosed with ovarian cancer too late when the cancer is harder to treat.

Make sure you know the key symptoms of ovarian cancer:

- 📍 Persistent bloating (not bloating that comes and goes)
- 🍽️ Feeling full quickly and/or loss of appetite
- ⚡ Pain in your tummy or pelvis (the area between your hip bones)
- 🚽 Needing to wee more urgently or more often than usual.



PROSTATE CANCER AWARENESS

Prostate cancer is the most common cancer in men. If you're over 50, or you're Black, or you have a family history of the disease, then your risk is even higher, but the earlier you find it, the easier it is to treat.

The first step is to **check your risk**:

<https://prostatecanceruk.org/risk-checker>



BOWEL CANCER AWARENESS

Bowel cancer is one of the most common types of cancer in the UK. It can affect anyone, whatever your age, gender, ethnicity or where you live.

Symptoms can include:

- bleeding from your bottom
- blood in your poo
- a change in your pooing habits
- losing weight but you're not sure why
- feeling very tired all the time but you're not sure why
- a pain or lump in your tummy

Having these symptoms doesn't always mean you have bowel cancer, but it's still important to find out what's causing them.

