

QUEDGELEY MEDICAL CENTRE PATIENT NEWSLETTER

May 2026

PRACTICE NEWS

COVID-19 Spring Vaccinations

If you are eligible but haven't yet had your COVID-19 Spring booster vaccination, we'll be getting in touch to offer you an appointment in one of our upcoming clinics. [Read about how the booster vaccine can protect you this spring/summer.](#)

NEW Chatty Café

Every Monday | 10am to 11.30am | Classico Caffe

In partnership with St James' Practice, we'll be facilitating a weekly Chatty Café from Monday 11th May at Classico Caffe in Quedgeley.

Chatty Cafe's aim to tackle loneliness and social isolation by creating friendly spaces where people can come together for a chat, a coffee, and maybe a cheeky slice of cake!

[To find out more about the Café and where to find it, visit our website.](#)

Medication Query Drop-in Clinics

The next Pharmacy drop-in clinic on Wednesday 20th May has changed to the later time of 10am to 11am

This is an opportunity to drop-in and have a brief chat with our Pharmacy Technicians about any issues you are having with ordering or understanding your medication. [Read more here.](#)

NEW Weekly Walking Group

Every Monday | 5.30pm to 6.30pm

Our new weekly walking group will start on the evening of Monday 11th May 2026, and run weekly thereafter (excluding bank holidays).

The walks, aimed at patients looking to start exercising gently, will initially last around 30mins and increase to 60mins over several weeks.

We also recommend the group to patients looking to tackle isolation and loneliness.

[Read more and sign up here.](#)

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: The signs to the consultation rooms upstairs are not clear. **We Did:** Installed more signs to direct patients upstairs to consultation rooms 9 to 13.

TELEPHONE SYSTEM UPGRADE

Our telephone system will be upgraded later this month as part of our efforts to improve efficiency. This will include an **automatic call back function** for patients to reduce the time you have to wait for calls to be answered.

[Read more about the upgrade here.](#)

LET'S GET DIGITAL

ONLINE EVENTS & SERVICES

Worried about your child's emotional well-being?

Let's Talk Well is offering FREE Live Zoom webinars designed to support parents and carers of young people aged 11-18 in Gloucestershire by providing practical tools, expert guidance, and a welcoming space to help you strengthen your child's resilience.

[Visit the Let's Talk Well website for more details.](#)

Live Better to Feel Better Online Course

This FREE six-week self-management course is aimed at people aged 18+ who are living with a diagnosed long-term physical health condition. The course, co-facilitated by Peer Support Workers who have lived experience of long-term conditions, covers practical skills to help you manage your health and wellbeing.

[Click here for full details.](#)

NHS Healthy Choices Quiz

How healthy is your lifestyle? Take the NHS quiz to find out!

You'll get NHS apps and advice to show you how to make changes where they matter most.

[Start the quiz here.](#)

Need help getting online?

The Gloucestershire Digital Hubs work to increase digital inclusion across the county by offering free, accessible, tailored support to individuals.

[Find out more here.](#)

WHAT'S NEW IN THE NHS APP

The NHS App has been updated to make it easier to use. Some things have moved, but you can still do everything you could before.

1. NEW HOME SCREEN

On the new home screen, you'll find services and all your health information placed together in clearer categories.

There is no longer a **GP health record** section, but all the information is still in the app. You can find it by selecting the relevant option on the new home screen:

- prescriptions
- appointments
- test results
- vaccinations
- health conditions
- documents

Consultations and events are now described as **Appointment notes and other updates**. You can find them in **Appointments**.

2. SIMPLER NAVIGATION

The updated app has 3 main areas:

- Home
- Messages
- Profile

You can move between these areas using the app menu bar.

3. UPDATED PROFILE AREA

In your profile, you can view your NHS number and update your personal details or health choices.

This is also where you can manage health services for family members or people you care for (sometimes called proxy access).

[CLICK HERE FOR MORE INFO](#)



HEALTH AWARENESS

Each month, we share useful information and advice and offer signposting to various support services in accordance with the national health campaign calendar.

Keep an eye on our website, follow us on Facebook, or pop into the Practice for the latest information and support.

CARERS WEEK | 8-14 JUNE 2026

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

Find out about the support available to carers from the [Gloucestershire Carers Hub](#).



MEN'S HEALTH WEEK | 8-14 JUNE 2026

Led by the Men's Health Forum to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.

[Get support and advice from Men's Health Forum.](#)



DIABETES AWARENESS WEEK | 8-14 JUNE 2026

This year, the focus is on changing out diabetes is talked about and striking out the stigma.

8 out of 10 people living with diabetes say they've faced negative attitudes because of their diabetes - people passing judgement, making sweeping statements, or blaming and shaming people living with diabetes.

If you've experienced diabetes stigma or you want to understand what someone with diabetes experiences, [visit the Diabetes UK website.](#)



BREAST CANCER AWARENESS

Breast Cancer Prevention week takes place 18-24 May.

REDUCE YOUR RISK

Take [this simple quiz](#) from Breast Cancer UK to start to **reduce your risk** of breast cancer.

A healthy lifestyle can help lower your risk of breast cancer.

[Read more about lifestyle risk factors.](#)

DID YOU KNOW?

There are **harmful chemicals** found in cosmetics, food packaging, cleaning products and more, which can interfere with our hormones and may increase breast cancer risk.

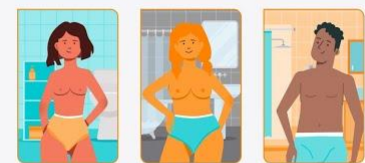
These are known as endocrine disrupting chemicals (EDCs).

[Find out more about EDCs and how you can reduce your exposure to them here.](#)

CHECK YOUR BREASTS & CHEST

Breast cancer can affect anyone. No matter age or gender. Getting to know what looks and feels normal for you could make all the difference.

This short video demonstrates how to check your breasts and chests for unusual changes:



Know what is normal for you

MENTAL HEALTH SUPPORT

In support of Mental Health Awareness Week 2026 (11-17 May), we have provided details of a range of support services available to children, young people and adults in Gloucester:

FOR ADULTS:

Talking Therapies

Talking Therapies offers a variety of services to people experiencing depression/anxiety/stress and to those looking to improve their general wellbeing.

Phone: 0800 073 2200

Website:

www.ghc.nhs.uk/our-teams-and-services/letstalk/

Let's Talk

Let's Talk offers talking therapies to people aged 18 and over, registered with a GP in Gloucestershire, who are experiencing mild to moderate anxiety and/or depression.

Phone: 0800 073 2200

Website:

www.talk2gether.nhs.uk

CALM

Anyone can hit crisis point. CALM runs a free and confidential helpline and webchat – seven hours a day, seven days a week for anyone who needs to talk about life's problems.

Phone: 0800 58 58 58

Website:

www.thecalmzone.net

Mind

Mind provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

Phone: 0300 123 3393

Website:

www.mind.org.uk/

Rethink Mental Illness

Rethink Mental Illness provide expert, accredited advice and information to everyone affected by mental health problems.

Phone: 0121 522 7007

Website:

www.rethink.org/

Samaritans

Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal. Call Samaritans free, 24 hours a day, 365 days a year.

Phone: 116 123

Website:

www.samaritans.org/

FOR CHILDREN & YOUNG PEOPLE:

The Mix

The Mix is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn.

Phone: 0808 808 4994

Website:

www.themix.org.uk

Talk Well

Previously TIC+, Talk Well provides support to children and young people aged 9-25 and their families living in Gloucestershire.

Website:

www.talkwell.org.uk

Kooth

Free anonymous online chat for young people to discuss their mental health issues.

Website:

<https://kooth.com/#>

URGENT HELP AND ADVICE

Dial 999 if you think that your life, or that of another person, is at immediate risk.

Dial 111 and select option 2 if you or someone you know needs help in a mental health crisis.



@quedgeleyGP

Follow us for regular updates and information