

## **Welcome to the Spring 2025 Edition of the Cadbury Heath Healthcare Newsletter.**

### **Opening Times:**

**Monday: 07:30-18:30**

**Tuesday: 07:30 – 18:30/ 18:30-20:00 extended access**

**Wednesday: 07:30 – 18:30**

**Thursday: 07:30 – 18:30**

**Friday: 07:30 – 18:30**

*Some old-fashioned things like fresh air and sunshine are hard to beat. (Laura Ingalls Wilder)*

### **PRACTICE NEWS:**

Since our last newsletter we have welcomed to Cadbury Heath Healthcare Dr Carrie St John Wright, Dr Louise Clift, Dr Anna Harrison, Cheryl Miall and Chloe Fowler.

We have said goodbye to Deb Alway. Deb has worked at the practice for over 22 years, she originally worked for The Park Medical Practice prior to the merge. We had a lovely retirement afternoon which was attended by current and ex colleagues. We wish Deb well in her retirement.

### **PRATICE STATISTICS:**

**April 2025**

**91 patients did not attend their appointments.**

**2099 patient were seen.**

**3497 telephone calls were answered.**

## Bank Holidays:

Monday 26<sup>th</sup> of May 2025

Monday 25<sup>th</sup> of August 2025

Please note that the practice is closed over all UK Bank Holidays.

If you need medical advice when we are closed, please call NHS 111.

## National Walking Month

May is National Walking month; this is a campaign to encourage people across all ages and backgrounds to get outside and embrace the simple yet profound health benefits of walking.

Walking is free, accessible and for most people easy. Walking offers numerous health benefits including improved cardiovascular health, weight management, stronger bones and muscles, enhanced mood and a boost to your immune system.



## International Nurses Day (12<sup>th</sup> of May)

International Nurses Day is celebrated around the world on the 12<sup>th</sup> of May as this is the anniversary of Florence Nightingale's birth.

Cadbury Heath Healthcare has a fantastic nursing team that provides care and support to all our patients, and we always acknowledge this day.

## Hay Fever ([Hay fever - NHS](#))

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.

Please visit your local community pharmacist who will be only too willing to help and advise you.

Please note your GP will not prescribe anti histamines.

## Summer Holidays

Many of you will be counting down the days until your annual summer holiday.

For those of you lucky enough to be travelling abroad please ensure your travel vaccinations are up to date. Please visit [Travel vaccination advice - NHS](#) for further information.

Please note that the doctors at Cadbury Heath Healthcare will not prescribe Diazepam for fear of flying.

## Cervical Screening

Cervical screening, which used to be called a smear test, is a test to check the health of the cervix and help prevent cervical cancer. It's offered to women and people with a cervix aged 25 to 64.

Please don't fear your smear, it really could save your life. Please call our reception team if you need to book an appointment or you would like to check when your next screening is due.

[Cervical screening - NHS](#)

## Friends and Family

We really appreciate every patient that takes the time to respond to our Friends and Family text request.

Here are a few examples of how our patients feel:

*Always so efficient and I have nothing but praise. Best thing is notification when surgery struggling, and it feels like you're kept up to date with everything. Best surgery I've known.*

*I would love to be able to get an appointment when needed. I fully understand the pressures on the NHS, and I hope the chemists being able to resolve issues will help with demand for doctors' appointments.*

*A very professional GP service- always looking to make things run more smoothly. Totally understand the pressure on the service but always feel that Cadbury Heath Health Centre are always looking for solutions. Thank you for all that you do.*

*Friendly and very helpful staff.*

*My review with the nurse was very good - it was the best review I have had as I felt she was interested in me and really listened to me.*

## [Health and Happiness Hubs – Southern Brooks Community Partnerships](#)

Health and Happiness Hubs are for people with a long-term health condition who want to make positive changes to improve their health and happiness.

Join us on one of our positive 10-session programmes which will support change to improve your health and wellbeing.

Sessions are friendly, informal and fun, and an opportunity to learn about us, recognise our barriers to change and work to overcome them, with support.

We explore a range of topics, such as dealing with anxiety, increasing self-confidence, improving sleep and seeking joy.

You will be able to talk, learn and laugh with others, and make plans for positive change.

We also have a Health & Wellbeing Coach on hand, who can arrange to meet you on a 1:1 basis if you like.

We have five hubs in South Gloucestershire. Booking is essential, and you may have to wait if a group is already full.

Please visit the above website for further details.