

The Lennard Surgery

NewsLetter

September 2024



Photo taken by Dr Mutch

Our first NewsLetter!

Each GP Practice is required to have a Patient Participation Group (PPG). The PPG is made up of a group of volunteer patients, the Practice Manager and a GP from the Practice to discuss the services on offer and how improvements can be made for the benefit of patients and the practice. The Lennard Surgery PPG has just been re-established. If you think you may be interested in joining the PPG, please contact the practice (avoiding mornings).

We are trialling a Patient Newsletter where we keep you up to date on what is happening at the Lennard Surgery.

If the practice has your email address, a copy of our newsletter can be emailed to you. To update or add your email address to your records, please visit our website.

Did you know?

There is a wealth of information on our website including the ability to order repeat prescriptions and submit Patient Triage forms.

www.thelennardsurgery.co.uk

Social Media

We have a Facebook Page which posts up to date information about what is happening at the Practice such as staff training and vaccination programmes as well as information about local groups offering support such Dementia Awareness, health initiatives and statistics on numbers of telephone calls and appointments made.

[Lennard Surgery Facebook](#)

[If you "like" a post on our Facebook Page](#), you will receive more notifications.

The Lennard Surgery

IN AUGUST 2024

We provided over 963 Treatment Room Appointments and 461 Medication Reviews including Long Term Conditions

48 patients were seen by our Physiotherapist

Between our GPs, medical students and trainees we provided 1560 appointments.

Social Prescribing

Clare Bathurst is the Social Prescribing Link Worker attached to the practice. She is based at Knowle West Healthy Living Centre Tel 0117 3772252 www.knowlewesthealthpark.co.uk

Clare's role is to help you find services and activities to help improve your mental health and wellbeing. Check out the website as it is also possible to self refer to some groups.

Flu Clinic 2024

Eligibility for flu vaccination is based on the advice and recommendations of the Joint Committee on Vaccination and Immunisation (JCVI).

The following groups are to be offered flu vaccination in line with the announced and authorised cohorts:

From 1 September 2024:

- pregnant women
- all children aged 2 or 3 years on 31 August 2024
- all children in clinical risk groups aged from 6 months to less than 18 years

From October 2024:

- those aged 65 years and over
- those aged 18 years to under 65 years in clinical risk groups
- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- frontline workers in a social care setting without an employer led occupational health scheme.

We are running our mass vaccination clinic, like previous years, at **Headley Park Church on the 4th October 2024.**

This is by appointment only. To book please use the link in the text message you have been sent, or call the surgery after 2pm on 0117 9642211.

Did you know...

If you need to cancel your appointment you can do this by responding to the text message you received reminding you of your appointment

OR

You can log in to your NHS app and cancel via there

OR

Call the surgery as soon as you know you won't be able to make it.

STRESSBUSTING FOR PARENTS



This powerful ten-week course is FREE and explores stress that comes from being a parent or carer. Evidence tells us that in moments of stress we cannot easily remember parenting strategies. This course is unique because it trains the brain in a very different way.

By the end of this course, you will have a toolbox of mindfulness practices for every situation that will help you:

Manage strong emotions. Feel calmer. Be more accepting.

Respond to your children calmly in times of stress.

Be a more confident parent. Enhance your enjoyment.

Create precious moments with your children. Re-discover yourself.

FREE Stressbusting Course for Parents/Carers

Taster Session: Friday 20th September 2024 @ 9.30 – 11am

Course Dates: Friday 4th October for 10 weeks (term time only) until Friday 13th December 2024

Day/time: Fridays 9.30 am – 12 noon

Venue: Hartcliffe Nursery School & Children's Centre, Hareclive Rd., BS13 0JW

Contact: Suzanne on 07577 956911 or call Kimberley Taylor, Family Support Office Administrator at the Children's Centre on 0117 903 8633

Email: mpcp.bristol@gmail.com **Website:** www.mpcp.info



South Bristol Carer's Day

Free event

5th Oct 2024 10am-2pm

**Redcatch Community Garden
Redcatch Park
Knowle
BS4 2RD**

This event is for you if you look after a family member, partner or friend who needs help due to illness, disability, a mental health problem or an addiction and cannot cope without your support.

- Information Stands
- Activities for you and the person you care for
- Refreshments

All members of the community are very welcome.
No booking required.



Carers Support Centre Bristol and South Gloucestershire



Give us your feedback!

Let us know what you would like to see on our next NewsLetter
Email lennardsurgery@nhs.net with suggestions.