

The Lennard Surgery Newsletter

April 2025



Photo taken by Dr Mutch

Bedminster Down Community Farm Needs YOU!

At last the worst of winter is behind us and we can look forward to longer, lighter days and hopefully some sunshine. If you have a couple of hours a week to spare, want to get outdoors and do something useful then Bedminster Down Community Farm is looking for you. They urgently need volunteers who want to get involved with planting or helping with the animals. You can see a little of what they do on their Facebook page and you can find them by Bedminster Down C Allotments, Bedminster Down Road, BS13 7AF, (near the cattery)

email address:

bedminsterdowncommunityfarm@outlook.com

Knowle West Healthy Living Centre

A number of activities are available at the Knowle West Healthy Living Centre, Downton Road, BS4 1WH. They include a pop up cafe, walking groups, Tai Chi for over 50s, groups for men and women to name but a few. The social prescribing service can also help put you in touch with community groups and activities to help support your health and well being.

For more information you can either telephone 0117 3772252 or visit their website: knowlewesthealthpark.co.uk

The Lennard Surgery

IN MARCH 2025

We provided over 1,114 treatment room appointments and 211 medication reviews including long term conditions

42 patients were seen by our physiotherapist

422 Patients submitted a Patient Triage

Collective Action

As members on the Avon LMC to let you know about the changes to our practice services. They are part of the necessary Collective Action by General Practice in Bristol, North Somerset and South Glos. For more information on how this will affect the services offered to you in the next couple of months please visit our website - <https://thelennardsurgery.co.uk/collective-action/>

Travel Vaccinations

Some of our patients have asked about travel vaccinations. This is something the surgery can offer but there can be a charge for some as they are not provided under the NHS. Please contact the surgery after 11am roughly 6 weeks before travel to start the process.

DID YOU KNOW?

There is help available from the Library Service for people who want to improve their IT skills.

IT Buddy sessions are run by volunteers. Bedminster Library has two sessions on Mondays between 5.30- 6pm and Wednesdays 1.00-1.30pm. Enquiries tel 0117 9038529

The Central Library sessions are one hour long and bookable. Enquiries tel 0117 9037234

One of the PPG members has used this service and this is her experience:

"I'm quite good with my computer skills to keep in touch with family and friends and posting photos on Facebook and Instagram.

But found booking doctor's appointments and ordering Repeat Prescription online quite scary so decided to seek help.

I discovered that some Libraries are providing very friendly and knowledgeable volunteer Digital Buddies in South Bristol - Marksbury Road Library, Bedminster Library and also Central Library.

I have been attending IT sessions with Rob at Central Library. I take my own laptop to transfer the information.

Thanks to my Digital Buddy I can now order my Repeat Prescription and it worked! I don't know who was the most surprised me or the Pharmacy!

The next project is Banking online!

Type Two Diabetes - Healthy Living Programme recommended by a member of the PPG

A diagnosis of Type 2 diabetes isn't uncommon these days but it can still come as a bit of a shock. We may think we are fit and healthy and eat sensibly but we can still have Type 2 diabetes. However there is help at hand through the NHS.

The Healthy Living programme is a free online service designed to provide help and support to people living with type two diabetes. It helps people to manage the condition and perhaps even to reverse it over time. The programme is very responsive to peoples' individual needs. You can either join a face to face group or have an online buddy to help you.

The advice you get is sensible but realistic. They don't suggest massive changes straight away. You get help to eat more healthily and to manage your diet. There is a lot of online information that you can easily access. This includes exercise tips and suggestions to up your activity, recipes and suggestions to lose weight. The online mentors are encouraging and helpful and check in once a week for a brief consultation. They also send you a lot of very useful information and acknowledge any progress you make,

This helpful programme was originally developed by Kings College London. It really does seem to help many people to take charge of and to monitor their own health and well-being. There are also lots of helpful resources online. Another really great aspect of the online support is the patient experiences . In these people explain how making relatively small lifestyle changes has really helped them. They have been motivated to act. Some motivations may be different but the end goal is the same - to reverse or stop type two diabetes from developing into a huge problem. Some people are motivated to lose weight, others to up their exercise, some to modify their diet, some all of these. This programme is empowering though, as you take matters into your own hands. It's motivational because it shows that you can do something to change your health for the better. I can definitely recommend it.

For more information visit the NHS website.

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

May is Bristol Walk Festival month. There are lots of events to suit all ages and abilities, for more info please visit - <https://www.bristolwalkfest.com/events/>