

# Newbury Group Practice NEWSLETTER

January 2025



Wishing our patients a very  
Happy New Year.

## What our practice done in December

The number of face-to-face  
consultations: **4572**

The number of telephone  
consultations: **2709**

The number of home visits: **85**

The number of physio appointments: **193**

The number of cervical smears the  
practice nurse done: **58**



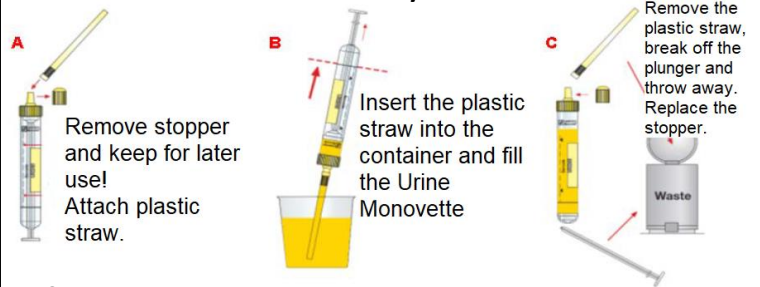
Thank you to our generous  
patients and staff who helped to  
raised **£80** for Save the Children.



## IMPORTANT NOTICE

If you have not attended your annual  
review e.g. Diabetic review, Asthma  
review or Hypertension review etc. Please  
book your appointment at reception

today.



If you have had your diabetic review but  
you have not completed the ACR urine  
test or are unsure if you have completed  
one this year, please ask at reception and  
we will help you. This is also an important  
part of your diabetic health review that.

The pneumococcal vaccine helps protect  
against serious illnesses like pneumonia  
and meningitis. It's recommended for  
people at higher risk of these illnesses,  
such as very young babies and adults aged  
65 and over.

<https://www.nhs.uk/vaccinations/pneumococcal-vaccine/>

### Symptoms of Pneumonia



High fever.



Cough, sometimes with yellow,  
green or bloody mucus.



Sweating  
or chills.



Chest or  
abdominal pain.



Loss of  
appetite.



Tiredness  
(fatigue).



Rapid breathing  
or heart rate.



Shortness of  
breath.



Bluish skin, lips  
or nails.



Confusion or altered  
mental state.

GP APPOINTMENT?  
CAN'T MAKE IT?  
DON'T NEED IT?

**CANCEL IT!**

If you no longer need your appointment, it is vital that you cancel it. This appointment will help someone else. The total of missed appointments last month equvalate to a whole clinic worth of appointments and cost the NHS **£13.4k**

## Do more with the NHS App!



**NHS App**

- 🔑 Order repeat prescriptions
  - 📅 Book appointments
  - 👁️ View your records
- And much more...

## Calendar of national monthly campaigns



**DRY JANUARY®**



**WORLD RELIGION DAY**

**HOLOCAUST MEMORIAL DAY**  
**27 JANUARY**



Friends & Family Feedback.

Please use the QR code to give us your feedback on your recent visit.

Protect yourself from serious lung infection



If you're aged 75 to 79, your GP will contact you about getting your free respiratory syncytial virus (RSV) vaccine

Better Health

Smoke free

**NHS**

Make 2025 the year you quit smoking.

Get the free NHS quit smoking app that's proven to help you quit.



New year, new challenges

Thinking of changing your lifestyle for the new year? Whether you're trying to exercise more, improve your diet or give up a habit, support can make the difference between success and lapsing into old ways. Choose a support link, based on what you're focusing on:

<https://www.nhs.uk/better-health/quit-smoking/>