

Lawrence Hill Health Centre



New Staff Updates

Dr. Jessica Heffer has joined us as a GP trainee and will be with us for the next year. We are looking forward to her contributions and the fresh perspective she will bring to our practice.

We are pleased to announce that Dr. Harriet Barnard has re-joined our team following her maternity leave. We are delighted to have her back.

Update on Pharmacy Relocation

In our last newsletter, we shared concerns about the potential relocation of Easton Night & Day Pharmacy from Lawrence Hill Health Centre to Church Road, Redfield. We understand how important this issue is for our patients.

We are pleased to inform you that we have secured an extension on the pharmacy's lease, allowing it to remain open at its current location until April 2025. This extension ensures continued access to pharmacy services for our community while discussions about the future are ongoing.

We will keep you updated on any further developments. In the meantime, we encourage patients to continue sharing their thoughts with NHS England and local representatives to ensure the needs of Lawrence Hill are considered.

Contact NHS BNSSG ICB: england.pharmacysouthwest@nhs.net

Protect yourself this winter: Flu vaccinations



As winter approaches, it's vital to get vaccinated against the flu. The flu can lead to serious illness and hospitalization, and the vaccine helps protect you and our community, especially the most vulnerable.

Who Is Eligible?

Eligible patients will receive an invitation via text or letter to book their flu vaccination. You can make appointments online or by calling our reception. We're running weekly flu clinics throughout October for:

- Adults
- Children aged 2-3 years (at the clinic)

School-aged children will be vaccinated at school.

Getting vaccinated early ensures protection throughout the flu season.

Please note: We will not be providing COVID-19 vaccinations this year. For information on eligibility and locations, visit the NHS website or contact local pharmacies

Keep warm and get help with heating

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.



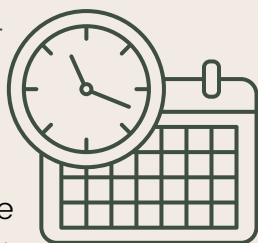
Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.

Check your heating and cooking appliances are safe. Contact a Gas Safe registered engineer to make sure they're working properly. You can find an engineer from the Gas Safe Register website. Make sure your home is fire safe.

For fire safety advice specific to you and your home, visit the online home fire safety check website to complete a safety check for your home.

Make sure you're getting all the help that you're entitled to. There are grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills. Find out more about ways to save energy in your home from [GOV.UK](https://www.gov.uk), or call the government helpline on 0800 444 202. You can also find out more from [GOV.UK](https://www.gov.uk) about benefits and financial support if you're on a low income.'

Understanding our Appointment System



At Lawrence Hill Health Centre, we are continuously working to improve your experience with us. We understand that navigating the appointment system can sometimes be challenging, and we want to ensure you have clear information on how to access care and understand our processes.

Understanding Our Triage Process

When you contact us, our reception team follows a triage system to ensure we prioritise patients with the most urgent health needs. This system allows us to:

- Ensure urgent cases are seen promptly, often on the same day or within 48 hours.
- Book routine appointments several weeks in advance, depending on the current demand.

Our triage team will assess your needs and direct you to the most appropriate healthcare professional. Not every situation requires a GP appointment; sometimes, a nurse, pharmacist, paramedic or physician associate can help manage your care more efficiently.

Save Time with Online Appointment Requests

Did you know that you can request appointments online through our website? Many patients are still unaware of this option, which can significantly reduce waiting times on the phone and ease pressure on our reception team.

Here's how it works:

- Visit the Lawrence Hill Health Centre website.
- Click on the Online Appointment Request section.
- Complete the simple triage form, this is looked at by the triage team on the same day and you will receive a response depending on the clinical urgency of the problem
- Requesting an appointment online can be quicker and more convenient for many patients, especially for non-urgent appointments.

Our Approach to Scheduling

Appointments

Online and phone requests are treated the same. Due to high demand, we aim to book routine appointments within 2-4 weeks, although this can vary depending on the time of year and patient volume. If your need is urgent, we aim to arrange a same-day or next-day appointment when possible.



Help Us Reduce Medicine Wastage



Did you know that unused medicines are a serious issue for the NHS? For every £25 spent on prescriptions, £1 is wasted. In Bristol, South Gloucestershire, and North Somerset alone, £8 million worth of medication goes unused each year, contributing to a national waste of £300 million.

The NHS pays for every medicine dispensed, there is no such thing as a free prescription and unused prescriptions lead to additional disposal costs. Here's how you can help:

- Check before you leave: Open your bag when collecting your prescription to ensure you have what you need.
- Only order what you need: Be mindful with repeat prescriptions to avoid stockpiling.

By reducing waste, we can help the NHS allocate funds to other vital healthcare services.

COMMUNITY EVENTS

October, 2024

INTRODUCING: WELL PLAYED! GROUP

What's on at Lawrence Hill..

- Mindful Movement on Tuesday, 10:30am - 12pm
- Gardening group on Thursday, 10:30am - 12pm
- Well played on Tuesday (Salvation Army), 10:30 - 12pm

CULTURALLY EDUCATION DIABETES COURSE IN NOVEMBER (SOMALI)

Dates: 5th and 12th November
Somali version:

Where: Wellspring Settlement Site, Ducie Rd. Barton Hill, Bristol, BS6 0AX

Do you have type 2 diabetes?

Diabetes and You is a course for anyone who has been diagnosed with type 2 diabetes. It is run by NHS dietitians, diabetes specialists and Health Links workers. Together we'll learn about: What diabetes is and how it could affect you
Care available and how to ask for it

How to self-manage your diabetes

Living life with type 2 diabetes
Local support and information
Dispelling myths and an opportunity to ask questions

How to book:

Ask your Diabetic Nurse at Lawrence Hill if you are interested. You can also Call 0300 124 5908 or email sirona.dans@nhs.net to secure your free space. You can also book through the Health Links team - call 0117 902 7115 or email healthlinks@nhs.net

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Sonkorowga iyo Adiga waa koorso loogu talagalay qof kasta oo laga helay cudurka macaanka nooca Waxa lagu heli karaa luqada Ingiriisiga, Soomaali iyo Urduu waxaana maamula dhakhaatiirta NHS ee ku takhasusay cuntada, khabiirada sonkorowga iyo shaqaalaha xidhiidhka caafimaadka
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We are excited to announce the launch of Well Played! A free weekly group for children registered at Lawrence Hill GP. It's the perfect opportunity for little ones to play, learn, and socialise while parents and caregivers can meet and connect.

Details:

 Tuesdays, 10:00-11:30am

 Salvation Army, Hassell Drive

What's in store?

Fun with toys, story time, and singing. A short health talk to keep families informed
Meet other families, make friends, and enjoy free drinks and snacks!

This group offers a great space for children to explore, and for parents to relax and engage with the local community. Whether it's your first time or you're a regular, all are welcome! We look forward to seeing you and your little ones there!

WHAT'S ON...



TRINITY CENTRE

CREATIVE EMPLOYABILITY AT TRINITY

NEW COURSE STARTING IN JAN 2025

WEEKLY COURSE FOR ADULTS AGED 19+

ENTRY LEVEL 3 QUALIFICATION

A SUPPORTIVE GROUP EXPLORING HOW TO GAIN USEFUL EMPLOYABILITY SKILLS USING CREATIVE TECHNIQUES

TRINITY CENTRE,
TRINITY RD
BRISTOL, BS2 0NW

IF YOU ARE INTERESTED, PLEASE CONTACT QUEENSROAD@SGSCOL.AC.UK

SUPPORT WITH TRAVEL COSTS AVAILABLE ON REQUEST.

PLEASE CONTACT JEN@TRINITYBRISTOL.ORG.UK
0117 925 1200 TO ASK ABOUT TRAVEL SUPPORT

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TRINITY:

Employability Course by Bristol School of Art

Bristol School of Art is hosting an Employability Course here at Trinity Centre! This course is open to local residents who want to gain valuable skills and explore new opportunities.

Sign up now to join a supportive, engaging environment designed to boost your career potential.

Creativity at Trinity.

Join Creativity at Trinity every Wednesday from 10 am to 12 pm (except October 30th for half-term). This weekly program welcomes adults of all ages to try various art techniques in a friendly, relaxed setting. No experience necessary—just come, get creative, and enjoy refreshments and good company!

Festus Market

Saturday 7th December, 12 pm – 6 pm

A celebration of Afro-Caribbean and Black British culture, crafts and creativity. There will be music, food and lots of original gifts, ethical products, cards, books etc from local makers and sellers. There are some stalls remaining for local makers and creatives – information and how to apply to host a stall via the link below



<https://www.trinitybristol.org.uk/w-hats-on/2024/creativity-at-trinity>

