

# Merry Christmas

DECEMBER 2025

## from Lawrence Hill Health Centre

### WEEKLY GROUPS

Pregnancy  
Movement

Mon 1-2

At Barton Hill  
Family Room

Mindful Movement  
Gentle chair based  
exercise

Tues 10.30-11.30

At the surgery

Yoga Roots  
for refugee and  
migrant women

Tues 12.30-1.30

At the surgery

Well Played!

Free play and stay  
group for families

Tues 10-11.30

At Salvation Army

Postnatal Recovery

Wed 9.30-11

At Salvation Army

Gardening Group

Thurs 10.30-12.00

In the garden

### PRACTICE NEWS

- We're delighted to welcome three new permanent GPs:
  - Dr Jessica Heffer and Dr Jasmine Chingono have both completed their GP training with us and are now staying on as permanent members of the team.
  - Dr Harriet Barnard has been with us covering maternity leave and will now be joining the team permanently.
- We say a fond farewell to Dr Claire Hawcroft, who is moving to a practice closer to home.
- Our much-loved receptionist Daphne and admin team member Maria are retiring after many years of dedicated service. We thank them for their warmth and kindness, and wish them both a happy retirement!

### WINTER HEALTH ADVICE

- Winter often brings coughs, colds, sore throats, and flu. Here are some tips to stay well:
- Keep warm and hydrated
- Rest and use over-the-counter remedies for minor symptoms
- Get your flu jab if you haven't already
- Seek advice early if you have long-term conditions like asthma or diabetes



## HOLIDAY OPENING HOURS

Our practice will be closed during the festive season:

- Christmas: Closed from 6.30pm Wednesday 24th December until 8am Monday 29th December
- New Year: Closed from 6.30pm Wednesday 31st December until 8am Friday 2nd January

🔔 During the Christmas fortnight, we will be dealing with urgent matters only due to reduced staffing levels. Please bear this in mind when contacting us.

If you need medical help while we are closed:

- Call NHS 111 for urgent advice
- In an emergency, dial 999
- Local pharmacies can help with minor ailments



## PRESCRIPTIONS

- Please check what medication you have at home before the holidays.
- Order repeat prescriptions early to avoid running out.
- We ask for 3 working days to process prescription requests.
- Pharmacies also need time to dispense, so plan ahead.

### ♥ A Message from the Team

*We'd like to thank all our patients for your support this year. We wish you a Merry Christmas and a Happy New Year filled with good health and joy.*

✨ *From all of us at the Practice – stay safe, stay well, and see you in 2026!* ✨