

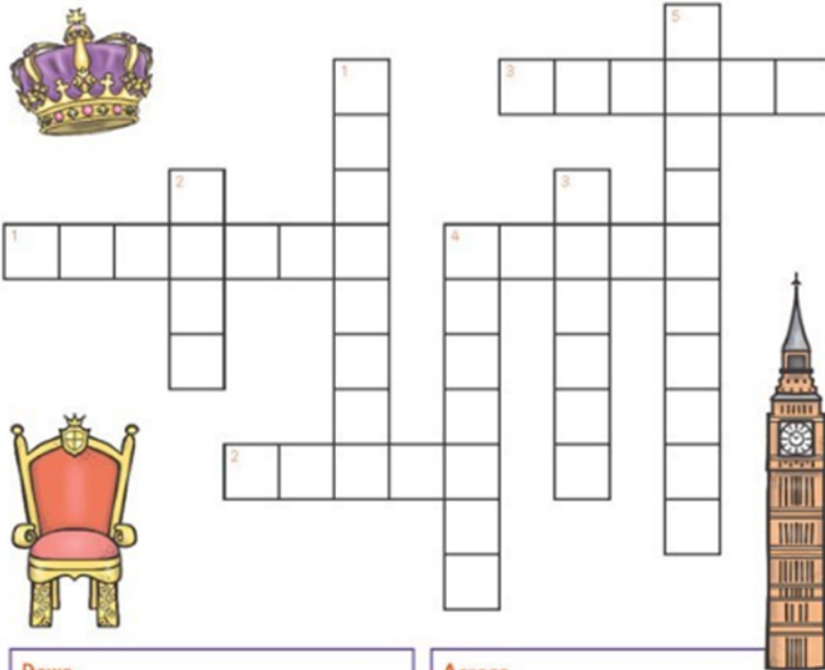


The Orchard Outpost Patient Newsletter



Coronation Crossword

Use the clues about the coronation to fill in the crossword below.



Down

1. The royal family is also known as the British _____. (8)
2. ____ Charles III and Camilla will be crowned at the coronation. (4)
3. This is the city where the coronation will happen. (6)
4. _____ became the Prince of Wales aged 9. (7)
5. The _____ is the ceremony where a person is made king or queen. (10)

Across

1. _____ is the Queen Consort. (7)
2. King Charles is part of the _____ family. (5)
3. This is a special seat for a king or queen. (6)
4. A king or queen would wear this on their head. (5)

Coronation Weekend Opening Hours

Saturday 6th May 8am—1pm pre booked appointments (phone lines closed)

Sunday 7th May Closed

Monday 8th May Closed Bank Holiday

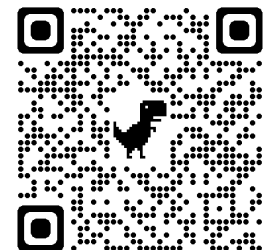
If you require any medical assistance during this time please call 111

Please note we will also be closed on all other Bank Holiday Mondays in May 2023



The city's hugely popular, annual walking festival—**Bristol Walk Fest**—is back. Join us throughout the national walking month of May to take part in a wealth of in-person walking related events and activities. There's something for everyone, from nature trails, scenic hikes and historical tours to walking sports, family-friendly strolls and cultural walks.

Scan the QR code or visit the website
<https://www.bristolwalkfest.com/>



Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier. You don't have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise.



Challenge yourself
in May

A mile each day in May

Walk a mile in your shoes every day in May. That's about 2,000 steps, so roughly a 20min walk

Move More, Sit Less

Commit to not sitting down for more than 4hours (not including sitting for work where required or lying down to sleep!) each day throughout May?!

Walk to Work in May

Why not set yourself the goal to walk to work a few times each week in May? For those on the 'WFH' front, why not commit to walking around your local area for 20-30mins before you start at your home desk for the day?!

Walk to School in May

Parents, how about committing to walking your children to school each day throughout May? Older children, why not aim to walk to school with classmates each day in May?!



Alive Activities is a local charity, dedicated to improving the quality of life of older people and their carers. We run a range of activities and training across the area, working both with people living in the community and with care homes. For more information please visit our website: www.aliveactivities.org or call the office on 0117 3774756



DEMENTIA SAFEGUARDING SCHEME

The Dementia Safeguarding Scheme (Herbert Protocol) is a national scheme encouraging carers, family and friends to provide useful information which can be used in the event of a vulnerable person going missing or in need of assistance. The information is captured in a form and is used by the police to help locate vulnerable individuals.



You can register for the Dementia Safeguarding Scheme via the Avon and Somerset Police website - search 'Avon and Somerset Dementia' in your web browser or simply scan the QR code below.

When you register, you can request a wearable wristband or hangtag device which stores electronic information about the wearer, such as their name and next of kin. The device will be scanned by emergency services if the individual is found lost or in distress.



Private Fees Information

Claims forms	£30
Letters “To Whom It May Concern” – including confirmation of medical conditions, travel letters for proof of medication, letters in support of blue badge/housing	£24
DVLA Medical Examinations	£130
Copy of medical records	FREE (one copy only)
Other requests please enquire at Reception	

We are currently advising a 5-6 week turnaround for private fee services and you will be contacted either via telephone or text when your request has been completed.



Medication Update

To ensure limited NHS funds are spent effectively, we regularly review and follow the latest guidance.

Medication to treat hay fever, is available from all pharmacies and supermarkets.

In line with local NHS guidance, we will no longer prescribe these items from April 2023 to treat hay fever (this includes fexofenadine).



Armed Forces Veteran friendly accredited GP practice

We are an Armed Forces Veteran friendly accredited GP practice.

This means that we have a dedicated clinician who has a specialist knowledge of service related health conditions and Veteran specific health services. This is important in helping Veterans to get the best care and treatment.

If you are a Veteran, please let your GP know to help ensure you are getting the best possible care.

To find out more, ask your nurse or GP.

As a Veteran Friendly GP Practice, We:

Have a clinical lead for veteran health, who is supported by the whole Practice to improve veteran health services.

Ask patients ‘Have you served in the Armed Forces?’ to help identify veteran patients.

Support veteran patients to access dedicated health services.

Undertake regular training and development to meet the health commitments of the Armed Forces Covenant and better understand the needs of veteran patients.

If you are a veteran patient, please let us know that you have served so that we can make sure that we understand your health needs.

More than 1,400 practices are now veteran friendly accredited and a University of Chester study revealed that 99% of accredited practices would recommend the accreditation.

To find out more about the Veteran Friendly Practices accreditation scheme,

visit www.rcgp.org.uk/veterans

Friends and Family Test Results March 2023

Extremely likely	273
Likely	43
Neither likely nor unlikely	10
Unlikely	2
Extremely unlikely	5
Don't know	2
Total responses	335

How likely are you to recommend the practice?

Thank you for all your responses



Tea and Memories' Community Café

Tea and Memories' community café is held on the second Thursday of the month at Hanham Baptist Church at 2.30pm, where attendees watch film clips from the 1940s -80s and share their experiences over a cup of tea. It is free and open to all.

Please contact Anne- Louise Critchlow, the Chaplain for the Abbeyfield Society, for more information:
A.Critchlow@abbeyfield.com



FILM CLUB

STARTING 25TH APRIL

TUESDAY'S 12PM-4PM

**LUNCH AT 12PM
FILM STARTS A 1PM**

£4 INCLUDES A LIGHT LUNCH

**BOOKING IS
ESSENTIAL**

FILM CLUB MOVIE LIST

TUESDAY 25TH APRIL - TOP GUN MAVERICK

TUESDAY 2ND MAY - JURASSIC WORLD
DOMINION

TUESDAY 9TH MAY - DADDY'S HOME

TUESDAY 16TH MAY - LONDON HAS FALLEN

TUESDAY 23RD MAY - THE GREATEST
SHOWMAN

TUESDAY 30TH MAY - MATILDA

TUESDAY 6TH JUNE - JACK THE GIANT SLAYER

TUESDAY 13TH JUNE - INSTANT FAMILY



The Park Centre is a community centre located in the centre of Kingswood, where various groups gather for group activities, social support. The Centre is a single story fully accessible building, is on a bus route to/from the town centre. The Centre is primarily run as a venue for hire for individuals, clubs, agencies, and organisations which provide activities, opportunities, and services to the community.

Orchard Gardening Club

A weekly gardening session in a beautiful walled garden...where we grow flowers, learn about garden design and development, and try garden crafts eg willow weaving, hanging baskets, nature art. This is a gentle gardening session, and people of all physical abilities are welcome and included

The Orchard Medical Centre, Kingswood, BS15 8NJ
Tuesdays 10:30-12noon

For more information, please contact:

Georgina Green, Green Spaces Coordinator

Telephone: **07814 288916** or
email georginagreen@southernbrooks.org.uk



Check in and Chat



**Would you like
a chat?**

**Our volunteers can help.
Call 0808 196 3646 now.**

Fancy a chat? @NHSVolunteerResponders are here to offer you or someone you know a friendly phone call and a listening ear through their newly launched Check In and Chat service.

Whether it's just a one-off conversation, or regular chats, you can use this service by calling 0808 196 3646.