

Parkrun

A series of timed 5K runs called parkrun take place in parks across the UK, every Saturday morning at 9am, all year round. parkruns are suitable for any ability and both new beginners and recreational runners join every week. Junior parkruns (2K) take place every Sunday at 9am.

The South Gloucestershire parkruns are:

- Chipping Sodbury
- Pomphrey Hill
- Thornbury
- Cromhall (a closed event at Leyhill Prison).

Our junior parkruns are:

- Little Stoke
- Page Park (Staple Hill)

Why not join the run! You can choose not to run it; you can walk, skip or even hop!

We have decided to become a Parkrun practice!

Well over 1000 practices nationwide have now signed up for this, including 19 practices in Bristol and South Gloucestershire.

The goals of this initiative are:

- Improve the health and wellbeing of practice staff
- Improve the health and wellbeing of patients and carers, reducing the need for lifelong medication
- Raise awareness amongst the parkrun community of services that practices provide
- Contribute to the development of a local community and environment that is centered around wellness generation
- Support the UK-wide movement to scale up social prescribing activities



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The Orchard Grapevine

Patient Newsletter

Points of interest:

- [Hay Fever Self-Help Advice](#)
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- [Friends and Family Test Results](#)
- [New Website](#)
- [The Retreat Café](#)
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Friends & Family Test Results: May 2019

Extremely likely	60
Likely	9
Neither likely nor unlikely	3
Unlikely	3
Extremely unlikely	5
Don't know	0
Total responses	80

Hay Fever Self-Help Advice

- Put Vaseline around your nostrils to trap pollen
- Wear wraparound sunglasses to stop pollen getting into your eyes
- Shower and change your clothes after you have been outside to wash pollen off
- Stay indoors whenever possible
- Keep windows and doors shut as much as possible
- Vacuum regularly and dust with a damp cloth
- buy a pollen filter for the air vents in your car and a vacuum Cleaner with a special HEPA filter



Sun Protection

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.



There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

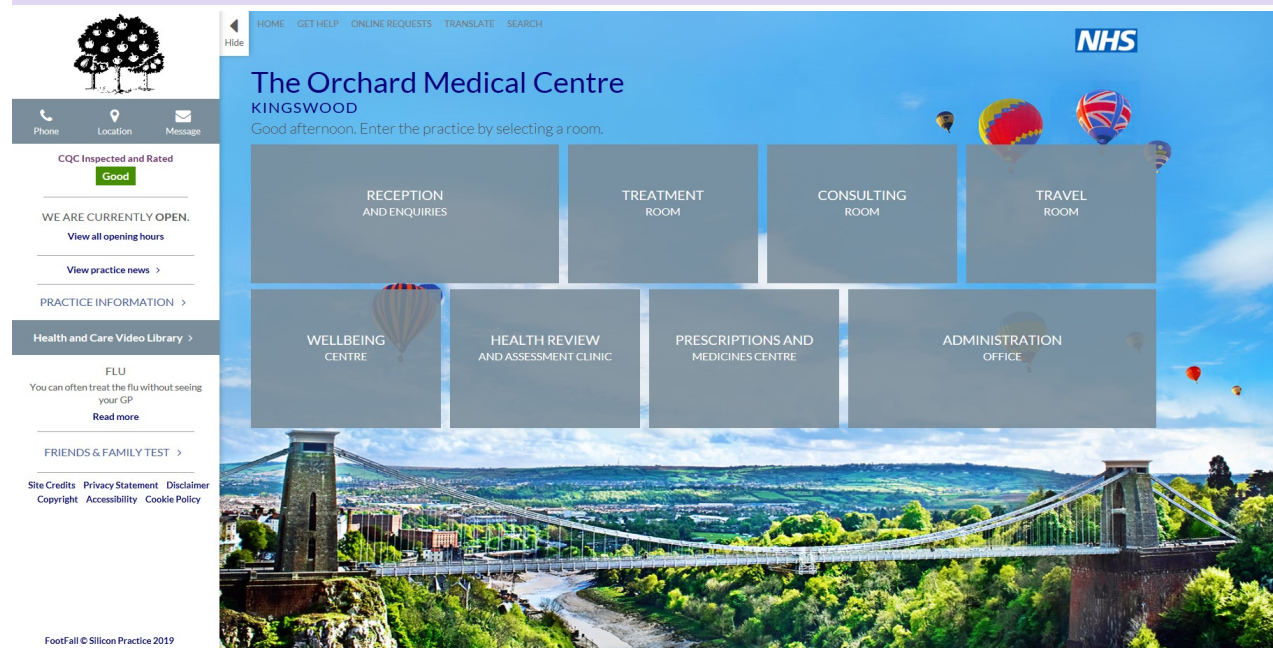
Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children

Our Interactive Website!



Since our new interactive website launched in March 2019, we have had a large amount of our patients requesting their prescriptions, sick notes, appointments and even asking the GP a question!

So far it has been successful—why not try it out for yourself!

Visit our website at www.orchardmedicalcentre.co.uk

The Retreat Memory Café—St Stephen's Church Hall, Speedwell

The Café runs on the second Monday of every month between 10:15am –12:15pm, and is open to anyone with dementia, and their carers. There are fun activities, crafts, singing and invited speakers. It's a great opportunity to meet, socialise and relax in a caring environment. Free Teas/Coffees and homemade cakes!

Carer's Support

Tell us if you are a carer by registering on our website:

<https://www.orchardmedicalcentre.co.uk/navigator/register-a-carer/>

Many people look after someone else but don't realise that they are carers. If you're looking after someone regularly to help them with their daily life because they're ill or disabled, or can't manage without your support, then you may be a carer. For further information visit <https://bit.ly/210klpG>



Patient Wi-Fi



We are due to install Wi-Fi for our patients to use! Once we have it up and running we will put out signs with the Wi-Fi code so you can connect to it!

Patient Participation Group (PPG)

Are you interested in being part of our Patient Participation Group. We are looking for new members to help contribute to the continuous improvement of service and quality of care. Help us to foster improved communication between the practice and our patients.

If you are interested please complete a registration form via our website .

<https://bit.ly/2FCfo12>

SMS Text Messaging Service

We can now remind you when you have an appointment booked with us and also communicate with you regarding your health record by sending you an SMS text message . If you would like to opt for this service, please let our receptionist know or if you would prefer not to be contacted by text, please let us know you want to opt out.



Appointment Not Needed Anymore?



We really appreciate it when our patients make contact to cancel any appointments that they no longer need. There are many ways you can cancel your appointment if needed, you can call us, text us back via your appointment reminder, cancel via our website or pop on in If your passing! Did you know, it costs the NHS on average £30.00 per missed appointment!

Have we provided a good service?

If we have provided a good service for you or you have positive feedback for any member of staff, please leave us a review on the NHS Choices website!

We would love to hear about your experience!

Visit www.bit.ly/feedbackTOMC

