

The Westgate Practice Newsletter

WINTER EDITION 2025



SOCIAL PRESCRIBING

Taking care of our health involves more than just medicine. Social Prescribing can help with things going on in life that are not medical but are having an impact on your physical or mental health.

Social Prescribing looks at all aspects of wellbeing and can be a way to connect you with the most appropriate activity or support, to feel more in control of your own health and be part of the community.

Your doctor, nurse or other healthcare professional may suggest a referral to Social Prescribing.

The Social Prescriber Link worker will then make an appointment with you to discuss what is affecting your wellbeing and what matters to you.

They can then signpost or refer you to a number of different services or groups depending on your individual needs.

Appointment Booking Reminder

The Practice would like to remind patients about our online triage booking form. Following its launch in July, we have seen many patients engage with this new way of booking appointments. This form is not for urgent or on the day queries requiring a response in less than 3 working days.

Any forms received for urgent/on the day queries will be directed to call the practice and may delay the care we can give you. If you need contact with a clinician more urgently than 3 days, please call the practice on 01543 416633, 111 or 999 in an emergency.

We would also like to encourage patients (where possible) to complete the form themselves as this would free up staff to answer calls and deal with other enquiries. Patients who can no longer attend their pre-booked appointment, are requested to cancel their appointment as soon as possible.



Have you downloaded the NHS App? This offers a range of services and functions and is becoming increasingly useful for patients to engage and manage their health.

For example, you can view booked appointments and parts of your GP health record. You can also view your NHS number and use NHS111 online.

We would encourage all our patients to access the NHS App and to ensure they have their notifications switched on. This can be done in the NHS App or in the device settings.

The NHS App messaging service provides a secure inbox that allows patients to receive messages from health and care providers including their GP Surgery.

<https://www.nhs.uk/nhs-app/>

Better Health – Kick start your health journey!

Healthy changes start with small changes. Whether you want to lose weight, drink less alcohol, get active or quit smoking, there are lots of free tools and support through the NHS website Better Health. Visit: www.nhs.uk/better-health/

Quit Smoking

Quitting smoking is one of the best things you can do for your health. Whether you are just thinking about quitting, ready to quit or need help to staying smoke free, there is advice and support.

Reducing your Alcohol Intake

Whether its participating in Dry January, wanting to reduce your alcohol intake or building in those alcohol-free days, there are many benefits

Losing weight

Losing weight is not about getting it right all the time, it's about getting started. Making small, simple changes to your diet and lifestyle can really help lose those pounds.

Get Active

Physical activity is good for your body and mind. Aim to be active every day or incorporate some small changes that will make a difference. For example, take the stairs rather than the lift or take a walk in the fresh air and meet a friend along the way.

OTHER NEWS

PRACTICE CLOSURES

The Practice will close at 1pm on Tuesday 14th Jan, 18th Feb and 18th March for **Protected Learning Time**. This is allocated training time for practice staff.



WELCOME

We would like to welcome Dr Siddique and Dr Jilani to the Practice. We also welcome Vanessa, our new phlebotomist to the nursing team.



PATIENT PARTICIPATION GROUP

Our last PPG meeting was held on Wed 18th Dec 2024 with Dr Moss as GP Representative. Our next meeting has been scheduled for Wed 19th March 2025.

PPG minutes are available to view on our website.

PLEASE REMEMBER!

Let us know if any of your details change including:

- new address
- changed your mobile number
- become a carer

KEEP UP TO DATE WITH THE PRACTICE

To book non urgent appointments, find out the latest practice news and to complete health forms on the website, please visit:

www.westgatepractice.co.uk

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