

# The Banks and Bearwood Medical Practice Newsletter



01202 593444

## Greetings to all our patients

As 2019 draw to a close, we would like to take this opportunity of thanking our patients for their goodwill and co-operation. We are all aware of the problems faced within the NHS and it's with your help that we are able to work efficiently and effectively to provide our health services to you.

We are delighted that so many patients have now taken advantage of our online service, but at the same time, we would reassure anyone who prefers a traditional approach that you are most welcome to continue as before.

The flu clinics had a great turnout, but if you missed out, please contact us to arrange your jab.

At the second clinic, a number of patients spent a few moments talking with the Champions about the Twiddle Muff Project. These knitted muffs are a help to patients who have restless hands, perhaps because of dementia, and the Champions are thrilled with the donations many of you have made of wool and cash to help provide materials for this worthwhile initiative.

Whilst mentioning our Practice Champions, we would like to thank them for their efforts on behalf of our patients. Please read more about them on the back page of this newsletter. By the way, they are recruiting and if you have an hour or two to spare occasionally, please get in touch.

If you would like to go along to one of their coffee mornings, please see the invitation on page 3. The Christmas event looks like it's going to be a lot of fun and, best of all, it's completely free!

With our best wishes to you all from everyone at Banks and Bearwood.

December 2019

Christmas Edition

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## Feeling unwell over Christmas?

Our normal and Christmas opening hours are shown on the back page of this newsletter.

If you become unwell over the Christmas and New Year holiday season, please note that outside of our normal hours, a call to 111 or a visit to their website [111.nhs.uk](http://111.nhs.uk) is your first step to obtaining help and advice.

You can speak to a pharmacist for minor ailments such as coughs, colds and tummy upsets.

On the basis that it's better to be safe than sorry, it's sensible to make sure that you have ordered your repeat prescriptions in good time and also to check your first aid box is well stocked.

Typically, plasters, gauze dressings and an elastic bandage, plus a triangular bandage (you can use this as a sling) should be there, together with safety pins, tweezers and some disposable gloves. You can buy

ready made kits, or assemble your own and keep it in a waterproof box in an accessible place, out of reach of young children.

If you haven't had any first aid training, perhaps a good New Year's resolution might be to arrange to attend a course.



As you may know, we belong to the North Bournemouth Primary Care Network, along with Kinson Medical Centre, Talbot Medical Centre and The Village Surgery. Our plan for 2020 is to have a separate patient/community group that covers the four Practices so we can gather patient feedback and pass on information that may affect the 55,000 patients in our Network area. If you would be interested in participating in this group, please contact Sarah Wilson, Practice Manager.

# No one should be alone this Christmas

Enjoy a Festive Warm Welcome over Christmas week at any of these local events...

## Monday 23rd December

**Holy Epiphany Church**  
Castle Lane West, BH9 3LH  
Tea Cosy: Coffee, cake and carols  
9:45 to 11:30am, all welcome  
For more information call  
the church office on  
01202 514711

## Wednesday 25th December

**Winton Salvation Army**  
Latimer Road, BH9 1JY  
Christmas Day Lunch  
Call Debra on 01202 517989 to book  
Transport may be available.

## Wednesday 25th December

**St Luke's Church**  
St Luke's Road, BH3 7LR  
Christmas Day Lunch from 12pm  
To book, call the church office on  
01202 521600 or email  
dave@parishofwmc.org.uk

## Thursday 26th December

**Bournemouth Community Church**  
Wimborne Road, BH9 2AU  
Boxing Day Tea, 2pm-4pm  
Open to all, including couples  
Transport may be available  
To book, call 07912 272077 or email  
tess@pramalife.org

## Friday 27th December

**St Peter's Church**  
Hinton Road, BH1 2EE  
'Twixmas' Lunchtime Concert with  
MUSK Milton Ukelele Strummers Club  
1pm to 3pm, no need to book  
Parry's Café will be open for  
refreshments  
For more info contact the church  
on 01202 290986

## Saturday 28th December

**Immanuel Church**  
Southbourne Road, BH6 3QJ  
Film (2pm) and Afternoon Tea  
(3:30pm).  
Come for one or both!  
For more information  
call the church office on  
01202 419506

## Monday 30th December

**Holy Epiphany Church**  
Castle Lane West, BH9 3LH  
Tea Cosy: Coffee, cake and chat  
9:45 to 11:30am, all welcome  
For more information call  
the church office on  
01202 514711

# Christmas *Coffee morning*

Come and join us for a fun morning

- \* Carols with Carolyn
- \* Free raffle
- \* Coffee, tea, mince pies
- \* Crafty corner
- \* Chat and laughter

18 December 2019 10.00 - 12.00

*Bearwood Community Centre  
King John Avenue*

*Plenty of parking nearby*

It's all FREE

**Banks and Bearwood Medical Practice Champions  
are proud to host this event**



01202 593444

[bearwoodmedicalpractice.co.uk](http://bearwoodmedicalpractice.co.uk)

**Our surgery addresses:**

The Banks Medical Centre  
272 Wimborne Road  
Bournemouth  
BH3 7AT

Bearwood Medical Centre  
Knights Road  
Bournemouth  
BH11 9ST



**Normal Opening Hours:**

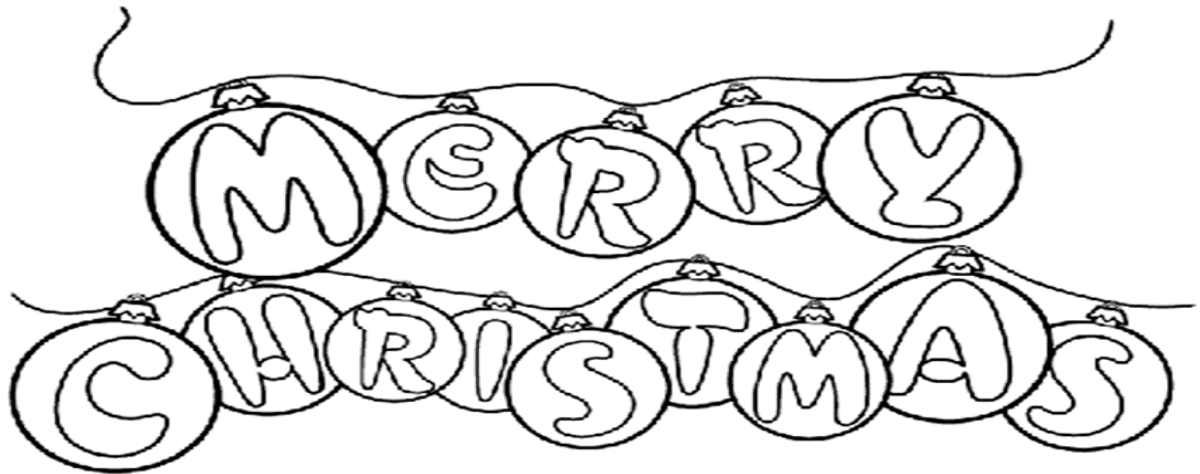
**Monday**  
08.00am - 6.00pm  
**Tuesday**  
08.00am - 8.30pm  
**Wednesday**  
08.00am - 6.00pm  
**Thursday**  
08.00am - 6.00pm  
**Friday**  
08.00am - 6.00pm  
**Saturday and Sunday**  
Closed

**CHRISTMAS AND NEW YEAR OPENING HOURS**

Monday 23rd December - as normal  
Tuesday 24th December - as normal  
Wednesday 25th December - closed  
Thursday 26th December - closed  
Friday 27th December - as normal

Monday 30th December - as normal  
Tuesday 31st December - as normal  
Wednesday 1st January - closed  
Thursday 2nd January - as normal  
Friday 3rd January - as normal

A few minutes' peaceful colouring in



**Banks and Bearwood Practice Health Champions**



The Champions are volunteers working with The Banks and Bearwood Medical Practice trying to identify areas of need in our community which we could possibly help with. We hope this will ultimately contribute to the well-being of our neighbourhood.

Please help us to help you, by telling us what you need. You don't have to be referred by a doctor or nurse, and there are self-referral forms available in the waiting rooms for you. Why not come along to our

monthly get-together? It's FREE! We've got all sorts of ideas for themed coffee mornings. We recently had great sing-along mornings and we've taken up knitting; do you have any ideas for a fun activity or would you like to hear a talk from a representative of a helping organisation?

Join us for a cuppa and a chat on the third Wednesday of the month, from 10 - 12 in the front lounge at the Bearwood Community Centre. We've got lovely cups!

**Next date is 18 December 2019**

Remember the NHS app is now available and is being connected to practices across the country. In addition to booking appointments and requesting repeat prescriptions, the app will lead you to lots of health information to help you manage your condition.

*Altogether Better*