



# DECEMBER NEWSLETTER



We're proud to be a  
**parkrun practice!**

Join in the fun at parkrun: walk, jog, run, volunteer or

## PARK RUN

As we aim to become an Active Practice, we invite you to join us for Parkrun every Saturday at 9 AM at Edgbaston Reservoir Park. A short weekly walk can significantly improve your life. Parkrun is a great chance for everyone, from seasoned runners to beginners, to connect, enjoy fresh air, and boost well-being. Bring family, friends, and pets for a fun, inclusive experience. Remember, your pace is your own! Every step contributes to a healthier lifestyle. Let's make this a regular community event and celebrate our progress together!

If you have any questions, please email us on [bearwoodmedicalcentre@nhs.net](mailto:bearwoodmedicalcentre@nhs.net)

## CLOSING DAYS

We will be closed on the following dates:

- Monday, December 25th
- Tuesday, December 26th
- Wednesday, January 1st

Please inform us in advance if you have any repeat medications due or require medication re-authorizations, so we can arrange everything for you ahead of time. Wishing you happy holidays and a Merry Christmas!



## MY PLANNED CARE



If you're waiting for a referral appointment, My Planned Care offers support and advice during the wait, including information on hospital waiting times and local services. Note that waiting time information does not apply to cancer pathway patients. For more details and hospital contact information, visit [myplannedcare.nhs.uk](http://myplannedcare.nhs.uk).

## HIV/AIDS AWARENESS MONTH



HIV and AIDS Awareness Month in December focuses on educating the public, dispelling myths, reducing stigma, and promoting understanding of the disease. It encourages prevention, testing, and support for those affected while fostering community solidarity and hope for a future free from HIV and AIDS through events and campaigns.

