

15 December 2025

NEWSLETTER



Firdale Medical Centre October-December

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Prescriptions

Please bear in mind that we will be closed 25th & 26th December. If you are due a prescription in the upcoming days to Christmas, or in the week between Christmas and New Year, please allow plenty of time when requesting this.

Please also note that your nominated pharmacy may also be closed, so please give plenty of time for the surgery and pharmacy



to process your request.

The Firdale Flame



The flame continues on its journey! It has travelled through Northwich, Knutsford, Winsford & Crewe



Miles travelled so far= 57.16

Stops so far= 15

It will soon be back at its home, Firdale!





Beating the Winter Blues

For some people, the cold weather and short days can cause them to feel low in mood.

Here are some tips that will hopefully ease this. If you suffer from SAD (Seasonal

Affective Disorder) and the below tips don't work, you are welcome to make an appointment with a GP to discuss it further.

- **Stay Active**– 30 minutes of exercise a day may help to prevent depression. Get yourself out for a walk (if conditions are safe to do so) or even try marching on the spot for a few minutes, a few times a day.
- **Enjoy the sunlight**– Natural light helps to increase our mood, so if you can get yourself out in the garden or take a stroll down the street. If these aren't possible, sit next to a window and enjoy the rays that way.
- **Get good sleep**– Lack of sleep can take a toll on your mood. 7 or more hours a night should help you to feel well rested, and if you stick to a consistent schedule, you should feel more energised!
- **Socialise**– Socialising is a great way to lift our mood! Meet up with friends for a coffee or utilise the many local clubs Northwich has to offer. If you struggle to leave the home, you can join the 'Buddy & Befriending' service with Changing lives together. You can either volunteer or sign up for a weekly phone call– www.changing-lives-together.org.uk/buddy-and-befriending
- **Give yourself grace**– In many ways! The holiday season can

feel overwhelming, with so much going on, don't put too much pressure on yourself to attend every event if it feels too much. Express gratitude for the things you have, reflect on people, experiences & simple pleasures such as a warm drink on a cold snowy afternoon. An act of kindness can not only impact your mood, but boost someone else's as well, if you are in a position to help someone else then this could make you both feel good.

DID NOT ATTEND

Throughout the months October–mid December patients did not attend 161 appointments.

This equals 41 hours of our clinicians' time wasted.

The Firdale Family

Introducing Adrienne, our Assistant Practice Manager!

How long have you worked for Firdale? 18 years !!

What are your daily tasks?

Assisting the Practice Manager in the day to day smooth, efficient running of the practice. Assisting in maintaining HR compliant documentation and systems. Contact for day to day enquiries from the staff. Creating sessions for GP's, Trainee GP's, Nurses, Pharmacists, Social Prescribers, Counsellors. Managing extended hours rota and reports. Induction/Training of new Trainee GP's. Assisting with recruitment, onboarding, and induction of new staff members

What is your favourite thing about your job/working at Firdale? Every day is different, and we have the best team

What is something that you have learnt since working here? Working for the NHS has taught me the importance of compassion, teamwork, and the ability to stay calm under pressure especially in the fast paced and sometimes pressured environment we work in. I've learnt how to adapt to constant changes whether it be procedures, systems, patient needs, and to work confidently in delivering good patient care.