

BENCHILL MEDICAL PRACTICE

SEPTEMBER 2025 NEWSLETTER



WELCOME BACK...

www.benchillmedicalpractice.nhs.uk

Benchill Medical Practice 

Welcome to the latest edition of the Benchill Medical Practice newsletter! We're excited to announce a positive change: this publication will now be issued monthly. Our aim is to keep you even better informed about important updates, health campaigns, news from our team, and useful resources from the Practice, on a more regular basis. We hope you enjoy this enhanced communication and look forward to connecting with you each month.

IMPORTANT UPDATES



New Members of Staff: This year we have Welcomed Natalie, our Community Paramedic. She is here to help to support patients with long term conditions and acute home visit requests for patients who are more vulnerable & are housebound.

Health TV: Last month we had a Health TV and new callboard in the patient waiting room. We hope this modern system makes your visit even smoother and more informative. It's all part of our ongoing commitment to improving our services for you.

LET'S GET VACCINATED

Measles, mumps and rubella (**MMR**) are highly infectious illnesses, with potentially life-changing complications, that can easily spread between unvaccinated people. Children need two doses of the safe and effective MMR vaccine. Both doses are needed to ensure full and lasting protection against measles, mumps and rubella.

If your child has missed either of these two doses, please contact us for an appointment. It's never too late to catch up and protect those around you.

BACK to SCHOOL

After a long summer, it can be difficult to settle back into the routine of early wake-ups and getting back to school. There are a few tips you can follow to help make it a little easier.

- Establish a sleep routine before school starts
- Always eat a good breakfast
- Try to get some exercise
- Prepare uniforms, bags and books the night before
- Discuss any emotions

If your child is transitioning from primary school to secondary, or starting school for the first time, this can be an especially anxious time. Help them adjust confidently by taking them to shop for their uniform and supplies, practising the routine before the day, visiting the school, and talking about any challenges they might have.

The first day is always the hardest but after a few days, they will soon find their feet.



The NHS App helps you to get well, stay well and manage your health care. Its a simple and secure way to:

- Order repeat prescriptions
- Find NHS services
- View your GP health record
- Get reminders and messages

and much more ...

If you need any support using the app please contact Reception and speak to one of our Digital Champions.

IMPORTANT DATES TO BE AWARE OF....

September is -

Blood Cancer Awareness Month

Urology Awareness Month

Vascular Disease Awareness Month

World Alzheimer's Month

Gynaecological Cancer Awareness Month

Awareness Weeks -

Know Your Numbers Week, 8th - 14th September

Sexual Health Week, 15th - 21st September

Male Cancer Awareness Week, 16th - 22nd September

Rheumatoid Arthritis Week, 16th - 22nd September

Migraine Awareness Week, 22nd - 28th September

National Eye Health Week, 23rd - 29th September

National Inclusion Week, 23rd - 29th September

Organ Donation Week, 23rd - 29th September

Awareness Days

World Suicide Prevention Day, 10th September

World Sepsis Day, 13th September

Every Woman Day, 16th September

Youth Mental Health Day, 19th September

World Contraception Day, 26th September



For health advice and important information on the above topics, please visit our Facebook page. We regularly share valuable resources and updates to help keep you informed and healthy.

Find us on Facebook by searching for "Benchill Medical Practice" or by clicking on the link provided on our website.