



# Yoxall Health Centre and PPG Newsletter

## Winter 2025

Welcome to the latest edition of our Practice Newsletter. We hope you find the information contained here useful.

As always we hope to make our Newsletter as informative as possible. We will continue to let you know of any upcoming events.

We hope you enjoy this newsletter and would like to take this opportunity to wish you a safe, happy and healthy time over the festive period.

The image above is the Rod of Asclepius.

The symbol of the Greek God Asclepius, associated with healing and medicine. It is also the symbol for the World Health Organisation.



### DISPENSARY OPENING HOURS

Monday 22 <sup>nd</sup> December	8.30am - 12.30pm	2.30pm - 6.30pm
Tuesday 23 <sup>rd</sup> December	8.30am - 12.30pm	2.30pm - 6.30pm
Wednesday 24 <sup>th</sup> December	8.00am - 4pm	

### CLOSED 25<sup>th</sup> and 26<sup>th</sup> December

Monday 29 <sup>th</sup> December	8.30am - 12.30pm	2.30pm - 5.30pm
Tuesday 30 <sup>th</sup> December	"	"
Wednesday 31 <sup>st</sup> December	"	"

### CLOSED 1<sup>ST</sup> January 2026

2 <sup>nd</sup> January 2026 (as normal)	8.30am - 12.30pm	2.30pm - 5.30pm
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### Appointment Timings

Please note that if you arrive late for your appointment you may be asked to sit and wait until the end of the surgery or may even have to rebook. We do appreciate that some delays are unavoidable and it will be at Doctor's discretion when you will be seen

### Home Visit Requests:

For our housebound patients who require a home visit, please call our Reception Team before 11am to enable our Clinicians to plan their days.

Calls after this time will be triaged by our Duty Gp.

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Please ensure you order your medication ready for Christmas in plenty of time. Please only order the medications you need to avoid wastage.

## How do I order repeat medication??

You can do this in the following ways:

1. Using the NHS App, if you need any help we have an NHS APP Ambassador at the Practice who will be happy to help with any queries.
2. By emailing the Dispensary Team on [yoxall.dispensary@staffs.nhs.uk](mailto:yoxall.dispensary@staffs.nhs.uk)
3. You can bring your repeat medication slip to the Practice and post it in the repeat box.



**Home Deliveries:** 2 weeks of trays will be delivered on Tuesday 23<sup>rd</sup> December. Next delivery will be Thursday 8<sup>th</sup> January.

## Patient Participation Group

Yoxall Health Centre have an active Patient Participation Group

### Group Update:

We have been busy supporting the Practice in the last few months. We attended the Village fete and it was lovely to speak to patients and give out information from the Practice.

Some of the Group have been assisting in the Practice Waiting Room during the Flu and Covid vaccination sessions to help with the smooth running of busy vaccination clinics. It was nice to hear wonderful feedback on the clinics and we look forward to supporting these again in the future.

We are currently planning to hold a Men's Health Event at the Practice next year. This is planned for 16<sup>th</sup> April 2026. More information to follow.

(PPG). This is a group of patients who help the Practice to identify service issues and meet with the Managers and Partners to discuss these. The PPG offers patients the opportunity to input ideas and suggestions as to how the service can improve and better communicate with all patients. The PPG are currently recruiting new members—if you wish to join, please contact us.



Please make a diary note to order your medication in time for the Christmas period.

# DIABETES UK

Dear Colleagues,

Firstly, I hope you are all keeping well. I wish to inform you that we will be holding our next East Staffordshire and Surrounds Diabetes UK Patient Network Virtual meeting, via Zoom, on **Thursday, 4th of December 2025**, between 7pm and 8.30pm. Full details are below:

You are invited to a Zoom meeting.

When: Dec 4, 2025, 07:00 PM London

Register in advance for this meeting:

<https://us02web.zoom.us/join/zoom/register/y1whkrs1TECSZZFCxrXAMw>

After registering, you will receive a confirmation email containing information about joining the meeting.

I am pleased to inform you that we have as our speaker for the meeting is Mike Sweeney, who will be giving a presentation on **Diabetes Care: stop managing, start reversing.**

Mike has been a dietitian for over 10years and currently works for the Midlands Partnership University NHS Foundation Trust as a PCN Dietitian for North Staffs. He has a BSc + PhD and worked 7yrs in Primary Care.

He is also recognised for his expertise in translating complex nutritional research into practical applications. He has contributed extensively to the National Health Digest, NHD Magazine, which is the magazine for dietitians, nutritionists and Healthcare professionals. His special interests include Diabetes, Irritable Bowel Syndrome (IBS), and bridging the gap between research and everyday dietary practice.

The rest of the Agenda will include:

1. Welcome and Introduction
2. Feedback on events and meetings attended.
3. Information relating to upcoming events
4. Members' Feedback
5. News from Diabetes UK
6. 2026 Meeting Dates
7. Any Other Business
8. Date of next meeting

We hope you will be able to join us and take part in the discussions

Please pass on this email to family, friends and colleagues who you consider would be interested in attending.

Kindest regards

John

John Bridges

Chair East Staffordshire and Surrounds Diabetes UK Patient Network

Mobile 07590379892



## Self care

Keep a well-stocked medicine and first aid cupboard for minor ailments



## Pharmacy

Pharmacists are highly trained professionals who can treat or advise on minor illnesses



## NHS 111

Urgent medical help fast, available 24/7



## GP Practice

Urgent and routine appointments on weekdays, evenings and weekends



## Urgent Care

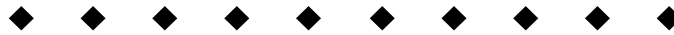
Call 111



## A&E or 999

For life threatening emergencies and serious injuries only

Sometimes, you may be unsure what to do when you're experiencing a medical concern. Depending on your symptoms, your GP Practice may not be the most appropriate form of care that you need. The Choose Well campaign is designed to help NHS patients understand the options available to them, and equip them with the information to choose the right help, at the right time. For more information visit: [www.nhs.uk/livewell](http://www.nhs.uk/livewell)



Having trouble getting through to us on the phone? Why not register for the NHS APP. You can book GP appointments, order prescriptions and view aspects of your health records. For further information see the handy guides in this newsletter, visit our website or ask at reception.

### Practice Website:

[www.yoxallhealthcentre@org.uk](mailto:www.yoxallhealthcentre@org.uk)

Patients can find a wide range of information on the practice website; and we are happy to receive feedback on website improvements, feel free to use the send us a message page.



### PRIVATE WORK

Please note, that any private work that is requested from the surgery can take up to 28 days to complete. Fees may be chargeable; please enquire within the surgery for a pricing list. Private work may include completion of forms for insurance purposes, holiday cancellation forms etc. The surgery will contact you once the work has been completed.

### **Support Numbers:**

Cruse (Bereavement) 0808 808 1677

Good Grief Trust [hello@thegoodgrieftrust.org](mailto:hello@thegoodgrieftrust.org)

### **Shout 85258**

24/7 Mental Health Support

<https://giveusashout.org>

Text SHOUT to 85258

### **Alzheimers Dementia Support 0333 150 3456**

If you are affected by dementia, worried about a diagnosis or you are a carer, trained staff are ready to give you the support you need.

Opening hours: Mon to Weds: 9am - 8pm, Thurs and Fri: 9am - 5pm,  
Sat and Sun: 10am - 4pm

### **Mind [www.burtonmind.co.uk/contact-us](http://www.burtonmind.co.uk/contact-us)**

01283 566696

[info@burtonmind.co.uk](mailto:info@burtonmind.co.uk)

**Andy's Man Club** Meet every Monday at 7pm except Bank Holidays.  
Just turn up.  
Lichfield Fire Station or Netherstowe Social Club

### **Macmillan [www.macmillan.org.uk/cancer-information-and-support](http://www.macmillan.org.uk/cancer-information-and-support)**

0808 808 0000 8am-8pm

Online chat 8am-8pm

**St Giles 0300 330 9410**  
[enquiries@stgileshospice.com](mailto:enquiries@stgileshospice.com)

### **Age UK Staffordshire**

01785 788 477

[info@ageukstaffordshire.org.uk](mailto:info@ageukstaffordshire.org.uk)

## Burton Albion Community Trust

Health and Wellbeing sessions for all



**INSPIRE | ENGAGE | EDUCATE**

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**Burton Albion Community Football Centre | Princess Way | Burton upon Trent | Staffordshire | DE13 0AR**

**bactadmin@burtonalbionct.org   www.burtonalbioncommunitytrust.co.uk   01283 246207**



## The Farming Community Network

To talk to a sympathetic person who understands farmers and rural life, call:

**Helpline: 03000 111 999**

Calls will be answered in person from 7am-11pm every day of the year.

Picking up the phone and calling can be difficult. We have written a helpful article about what to expect when you call the FCN Helpline that we hope will encourage you and put your mind at ease. See the link on our website at

[Farming Community Network - Farming Community Network \(fcn.org.uk\)](https://www.fcn.org.uk)

For information and general enquiries, FCN's national office can be contacted either by phone on **01788 510866 between 9am to 5pm on weekdays** or email **help@fcn.org.uk** - we'll get back to you shortly!

