

The Grange Newsletter

Welcome...

A few words from Dr Kathryn Bannell, Senior GP Partner

A huge merry Christmas and a Happy New Year to all of our patients from our staff here at The Grange Surgery. This time of year is packed with fun for some but can be a difficult time for others. We are here for you whatever your Christmas feelings are!

Some links:

<https://www.cruse.org.uk/understanding-grief/managing-grief/christmas/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health/>

<https://www.youngminds.org.uk/young-person/blog/looking-after-your-mental-health-at-christmas/>

Winter viruses are also prevalent. Get vaccinated if you are eligible, don't push yourself into Christmas activities if you are feeling unwell, and rest if you are feeling poorly. Your local pharmacy will be able to help you with symptom control but if you are feeling worse despite all of these measures, then do contact us for advice.

Get your prescription requests in early if you are going to run out of medicines over Christmas period. Our opening hours are listed below but don't run out - speak to our team if you are concerned.

And lastly, probably not a surprise for those that know me well — if Christmas isn't your 'thing', then get out into the fresh air, finish planting those bulbs and get started on your rose pruning!

Happy Christmas!



You can register with us online →

NHS

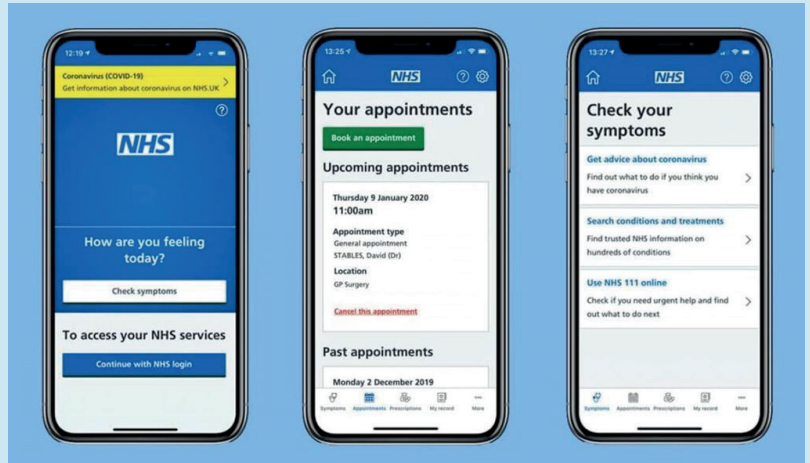
You don't need proof of address or immigration status, ID or an NHS number to start registering with a GP surgery. It's easy and will save everyone time.

Visit our website to register or speak to reception



LET'S GO DIGITAL

Did you know that more than 62% of residents in Hampshire and the Isle of Wight are using the **NHS App** to **order prescriptions, make appointments and view their test results**. It is a great resource that gives residents a simple and secure way to access a range of NHS services at their fingertips.



The **NHS App** allows patients to view their GP health record and helps people to better manage their condition without having to phone their GP surgery. People can also access consultation notes, test results and future appointments.

Patients are being encouraged to switch on their 'notifications' within the NHS App, to ensure that they receive messages directly from their GP practice.

Methods of ordering your Repeat Prescriptions

If you regularly take a prescribed medication, you will be given a Repeat Prescription Request Form, from your pharmacy. Please send us your request 7-10 days before needed using one of the methods listed below:

- **Via the NHS App** – Owned and run by the NHS, the **NHS App** is the most simple and secure way to access a range of NHS services on your smartphone or tablet. The NHS App is available now on iOS and Android.
- **NHS Online Login** – You can view your current repeat medication and order the items you require. This is for patients who have a NHS login.
- **Online Request Form** – <https://www.thegrangesurgery.org.uk/practice-information/prescriptions>
- **Patient Access Online** – <https://www.patientaccess.com>
- **By repeat slip or on paper** – You can put your request in on paper by dropping it through the letterbox.


Would you like to join our virtual Patient Participation Group (PPG)?

This is a group of The Grange Surgery patients and practice staff who meet to discuss local health issues and patient experience to help improve our services. Our current PPG is restructuring to ensure it reflects our diverse patient population.

For more info visit: <https://www.napp.org.uk>

If you are interested in becoming a **virtual member** and would like more information, please email your details along with your expression of interest to: hiowicb-hsi.tgsppg@nhs.net

Please provide your: Full Name / D.O.B / Email address / Mobile number

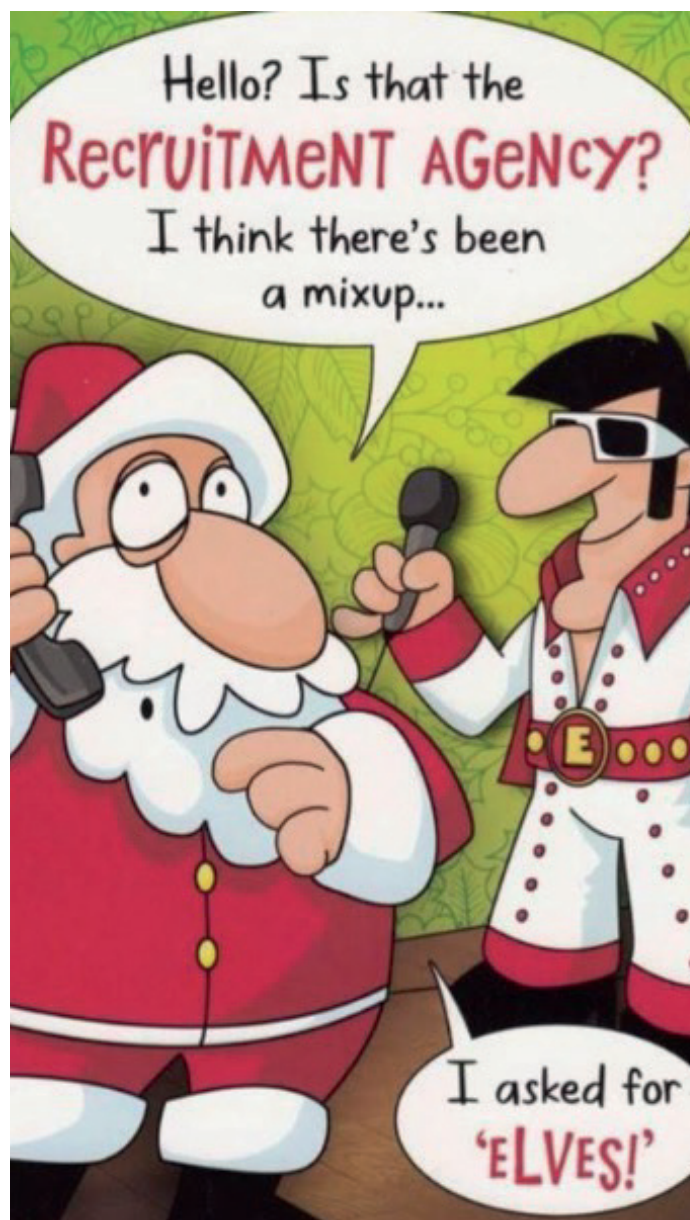
The NHS logo is positioned in the top right corner of the advertisement. It consists of the letters 'NHS' in a bold, white, sans-serif font, set against a blue rectangular background.A photograph of a pregnant woman with long brown hair, wearing a white top and a beige cardigan, smelling a large bouquet of pink and yellow flowers. The background is a soft-focus garden scene.

**Are you pregnant?
You can protect your baby
from serious lung infection**

Every year, thousands of babies need hospital care for respiratory syncytial virus (RSV).

Vaccination from 28 weeks of pregnancy is the best way to protect your baby.

Speak to your maternity service or GP surgery to get your free vaccine.



The Grange Surgery would like to say a MASSIVE THANK YOU...

To the Friends of Petersfield Hospital who kindly helped us facilitate a local legacy and included us in their thoughts.

Due to this donation, we have been able to purchase some fantastic and much-needed medical equipment, as well as our new chairs for the waiting room. We hope you like them! It's like all our Christmases have come at once.

How does Prevent protect people from radicalisation?

Radicalisation means someone developing extreme views or beliefs in support of terrorist groups or activities. Prevent helps to guide people away from radicalisation, and the dangers it presents.

Some of the help offered through Prevent's support programme, Channel, includes:

- Mentoring and ideological interventions
- Mental health support such as counselling
- Education or career development support
- Online safety training for parents

Being supported through Channel is voluntary, confidential, and won't go on someone's criminal record.

Get help if you're worried about someone being radicalised, visit **GOV.UK/PREVENT**



The Grange Surgery Christmas Opening Hours

Monday 22nd December	8:00 am to 8:00 pm
Tuesday 23rd December	8:00 am to 6:30 pm
Wednesday 24th December	8:00 am to 6:30 pm
Thursday 25th December	CLOSED
Friday 26th December	CLOSED
Saturday 27th December	CLOSED
Sunday 28th December	CLOSED

Monday 29th December	8:00 am to 8:00 pm
Tuesday 30th December	8:00 am to 6:30 pm
Wednesday 31st December	8:00 am to 6:30 pm
Thursday 1st January	CLOSED
Friday 2nd January	8:00 am to 6:30 pm
Saturday 3rd January	CLOSED
Sunday 5th January	CLOSED

Monday 6th January onwards Business as usual

When CLOSED please call 111 or in a medical emergency dial 999

Local Pharmacy Christmas Opening Times

Swan Pharmacy

Christmas eve	08:00 am to 9:00 pm
Christmas day	09:30 am to 7:30 pm
Boxing day	09:30am to 7:30 pm
Saturday 27th Dec	09:00 am to 9:00 pm
Sunday 28th Dec	CLOSED
New Years Eve	08:00 am to 9:00 pm
New Years Day	09:30 am to 7:30 pm

Boots Petersfield

Christmas eve	09:00 am to 5:30 pm
Christmas Day	CLOSED
Boxing Day	CLOSED
Saturday 27th Dec	09:00 am to 5:30 pm
Sunday 28th Dec	10:00 am to 4:00 pm
New Years Eve	09:00 am to 5:30 pm
New Years Day	CLOSED

Day Lewis

Christmas eve	09:00am to 5:30 pm
Christmas Day	CLOSED
Boxing Day	CLOSED
Saturday 27th Dec	09:00 am to 1:00 pm
Sunday 28th Dec	CLOSED
New Years Eve	09:00 am to 5:30 pm
New Years Day	CLOSED



PACT* CHRISTMAS DAY LUNCH

If you, or someone you know, will be spending Christmas Day alone, we warmly welcome all to join our PACT lunch celebrations.

Thursday 25 December | 12:30 – 3:00pm
Petersfield Community Centre, Love Lane, GU31 4BW

For more information or to RSVP
(by Wednesday 10 December), please email
christmaslunch.pact@gmail.com or call Caz on 07568 451 989.

Alternatively, please pop into
Winton House, 18 High Street, Petersfield to collect a form.

Please note: transport to-and-from the lunch can be provided if required.



Christmas Family Day

Tuesday 23rd December

from 10am - 2pm

Amery Hill School, Alton

Come along for FREE
There will be a FACE PAINTER for the kids,
lots of GAMES and ARTS & CRAFTS for you
to do as a family and a hot lunch provided.

Families must be on benefit-related
free school meals to attend.



<https://smokefreehampshire.co.uk>

Let's quit
together.

Get free, friendly support to stop smoking for good.

Join today



hello@smokefreehampshire.org.uk



01264 563039

0800 772 3649

Our phone lines are open
8am – 5pm Monday – Friday

If you're not able to reach us
when you call, leave us a
message with your name and
phone number and we'll call
you back within 2 working
days.



Smokefree Hampshire, Thrive
Tribe, Queen Elizabeth
Olympic Park, Plexal, Here
East, London, E20 3BS



Website: www.thegrangesurgery.org.uk **Telephone:** 01730 267722

Mental health

The festive season can be fun, but it can also be **overwhelming**. It's okay to feel a mix of emotions and it's important to **make time for yourself**. It can be **difficult to cope** if you struggle with your mental health, you have other things happening in your life or you're alone.

Here are some tips to help you manage:

- Set boundaries: It's okay to say "no".
- Take breaks: Rest is just as important as celebration.
- Talk: Speak to someone if you feel lonely or stressed.
- Be kind to yourself: You're doing your best.



For more support, this website is helpful:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health/>

Care for older adults

No one should feel lonely over Christmas. For older people in our communities who are waiting for the phone to ring, just having someone to talk to can make their day.

Age UK offer a telephone friendship service which can bring much-needed comfort to those in need alongside a 24-hour advice line.

If you have older neighbours or relatives, keep in touch this festive season – it can mean the world to them!

Age UK advice line: 0800 678 1602. Free to call 8am–7pm, 365 days a year.

<https://www.ageuk.org.uk/get-involved/brighter/>

<https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/>

Food banks

With the cost of living soaring, more and more people are struggling to feed themselves and their families.

There's nothing worse than hunger when you're cold, and if you're struggling to feed yourself or your children, a food bank can supply an emergency parcel with enough food for at least three days.

To receive support from a food bank, you'll need a referral for a food voucher.

Contact your local Citizens Advice:

<https://www.citizensadvice.org.uk/debt-and-money/food-bank/using-a-food-bank>

Remember, if you are in need, your local foodbank is there to help:

<https://www.trussell.org.uk/emergency-food/find-a-foodbank>

Petersfield Health Hub

Come and talk to the professionals

Hampshire and Isle of Wight

Petersfield Community Centre
Love Lane , Petersfield
GU31 4BW

Drop-in service on:

WEDNESDAY 17th DECEMBER 2025

10am to 4pm

**Hub supported by The Grange Surgery and
East Hants Primary Care Network**



Social Prescribing Service

What can we support with:

**DWP Disabilities
Social Prescriber Referrals
SHAW trust
MIND for groups
CAB**

Many other services joining this.

Bring services to local people.



Roasted Brussels Sprouts with Goat Cheese & Pomegranate

Ingredients

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- 1 cup crumbled goat cheese
- ¼ cup pomegranate seeds

Directions

1. Preheat oven to 400°F. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large, rimmed baking sheet.
2. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with 2 to 3 teaspoons vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

Enjoy!



Over 40?

You need to know
your blood pressure

Talk to us for more information



**High blood pressure
can increase your risk of
having a heart attack or stroke.**

**Knowing what your numbers
mean could save your life.**

The Grange Surgery

Your health, in Your hands, with Our help

www.thegrangesurgery.org.uk

