



newland news

Staff Announcements



Dr Rhona Fishburn will be leaving the practice on 2nd December after completing four months of training with us. We wish her every success in the future and thank her for her contributions during her time here

We're pleased to welcome Dr Rosemund Chong to the practice as our new Foundation Doctor. She will be with us for four months starting on 4th December. We wish her all the best during her training and look forward to working with her.

We're delighted to share some good news, Dr Stephanie Pierotti gave birth to a healthy baby boy in October. Congratulations to Dr Pierotti and her family on their newest addition.

Winter Illness



Advice about common winter illnesses and how you can help your symptoms at home!

A cold is a very common viral infection that usually clears up on its own. You don't typically need to see a GP, and most people start to feel better within 1 to 2 weeks. Rest, stay hydrated, and speak to your pharmacist for advice on over-the-counter remedies to ease symptoms. If your symptoms persist or worsen, do seek medical advice

When to seek medical advice.

- are more short of breath than usual
- have pain when breathing in or coughing
- feel confused, dizzy or lightheaded
- have a very high or low temperature – for example, you feel either hot or cold to touch or you're shivering
- have had a fever for more than 3 days
- have symptoms that are not improving or they are affecting your daily life

Have you planned ahead for the festive period?

Please remember to order your repeat medication well in advance for the festive period. Pharmacies may take longer to process prescriptions due to increased demand at this time of year. We encourage you to plan ahead to ensure you have everything you need.

Newland Christmas hamper raffle is back!

Christmas Hamper Raffle – Supporting Maggie's Centre!



We're delighted to announce the return of our **Christmas hamper raffle**, raising funds for Maggie's Centre, a charity close to our hearts.



We have some fabulous prizes up for grabs! We have a luxury toiletries hamper, luxury food hamper, Rituals basket and many more.

Tickets are on sale from 1st December for just £1 per strip, tickets can be purchased at reception.

The lucky winners will be drawn on **Wednesday 17th December**—just in time for the holidays! Thank you for your support, and best of luck to everyone entering!

Christmas and New Year Arrangements

Thursday 25th December – closed
Friday 26th December – closed

Thursday 1st January – closed
Friday 2nd January – closed

NHS 24 will be covering for emergencies only when the practice is closed, please phone 111 to contact them.

THE GP'S, NURSING AND ADMIN STAFF WISH ALL OF OUR PATIENTS A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR.

