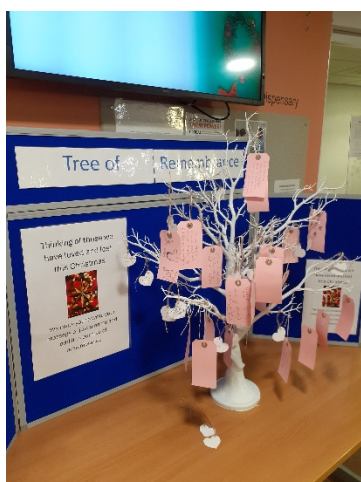




Patient Newsletter edition 30: January 2026

Tree of remembrance

Thank you to everyone who added a name or a message to the tree during December in memory of a loved one.



Practice closure dates 2026

The closed dates for 2026 are displayed in the Practice and below. Our next closed afternoon is Tuesday 3rd February 2026. The Practice closes at 1pm and re-opens the following day.

Future dates are:

Wednesday 11th March 2026

Tuesday 21st April 2026

Tuesday 12th May 2026

Wednesday 10th June 2026

Thursday 9th July 2026

Wednesday 9th September 2026

Thursday 8th October 2026

Wednesday 11th November 2026

Dementia Awareness FREE event

Gaynor from Approach (Dementia Support) will be at Greenmoss on Monday 19th January 4pm – 5pm to talk about Dementia and advice on how to support your loved one.

The event is free to all patients. Please book a place by calling in at Reception or emailing janet.weaver@nhs.net

What are 'Reasonable Adjustments'?

Reasonable adjustments are a legal requirement to make sure health services are accessible to all disabled people. A reasonable adjustment is when you ask for a change or consideration to ensure you are not disadvantaged because of a protected characteristic such as a disability.

You can request reasonable adjustments when accessing public services like the NHS. This is a right protected by law, and organisations must provide them. We commit to working with our patients to understand their requirements for reasonable adjustments and support them wherever possible.

Reasonable adjustments can be things like:

- making sure there is good access to the Practice
- providing plain English or easy read appointment letters

- offering a longer appointment if someone needs more time with a doctor or nurse to make sure they understand the information they are given
- having a quiet space available for people waiting for their appointment
- making sure there is a hearing loop system in consultation rooms

Depending on people's specific needs, these reasonable adjustments can be vital in ensuring they remain involved in everything to do with them and their health.

If you, or someone you support has a disability or long term health condition which means difficulty with medical appointments, please discuss with the doctor or nurse if there are any reasonable adjustments we can make so that you can access our services more easily. We can also put a note on your medical record so that any adjustments can be viewed by health and social care professionals wherever you need treatment please contact the Practice Manager janet.weaver@nhs.net to discuss reasonable adjustments that may help.

Dry January

Dry January is the UK's one-month alcohol-free challenge. It isn't about giving anything up, it's about getting something back, get your fun back, get your energy back, get your calm back.

What are the benefits of Dry January?

- 86% of people save money
- 70% of people sleep better
- 65% of people notice generally improved health

Tips for a successful dry January

- Find a substitute non-alcoholic drink: Especially when in social situations or when you are craving that glass of red wine after a busy shift at work. Instead of your usual, try alcohol-free beverages such as sparkling water, soda, or non-alcoholic versions of alcoholic drinks like a virgin mojito. Non-alcoholic beer or wine is also another option, but some brands still have 0.5% of alcohol by volume, so be sure to check the label. Another thing to be mindful of is that sugar is often added to these beverages to make them taste better, so try to choose ones which have lower sugar contents.
- Avoid temptations – out of sight means out of mind: Try to keep alcohol out of your house, and when going to visit a friend or family, bring your non-alcoholic drinks with you and tell them all about the amazing challenge that you are doing.
- Create a support group: Accountability is a great thing – the more family and friends you tell, the more encouragement you'll get to keep going. If you can, do the challenge with a friend and go dry together!
- Use the Try Dry app: This free app is great!! It helps you track your drinking, set goals and offers motivational information like calories and money saved from not drinking. It is aimed at cutting back or cutting out alcohol all together, depending on your choices.
- Don't give up! If you slip up, don't feel guilty – just begin again the next day.