



PARKSIDE SURGERY NEWSLETTER

JANUARY 2026

Training Closure Date: Wednesday 14th January from 1:30pm.

We would like to wish you all a Happy New Year!

We have recently said a sad goodbye to Julie who is part of our reception and administration team. Julie has been with the surgery for 16 years and she will be missed by all!

Baby Checks and First Immunisation appointments. To ensure that new parents have the time to speak to the GP at the baby check appointment. These will now be offered at between 6-8 weeks. We will arrange a separate appointment with the practice nurse at 8 weeks for the first immunisations.



We raised a total of £155 for the Macmillan coffee morning which took place in September.



VIRTUAL PATIENT PARTICIPATION GROUP

Would you like to be more involved with the Parkside surgery and help us to shape and improve the service we offer?

**HAVE YOUR
SAY!**

We are looking for patients who would like to join our Virtual Patient Participation Group. We would send our practice newsletter on a monthly basis. We may contact you for feedback on the services we provide or any changes that we may be making. If this is something that you would be interested in, please contact us on the email address: ddicb.c81053-reception@nhs.net

We look forward to hearing from you!



PATIENT FEEDBACK

It was nice to be greeted with a smile from both reception staff and GP, when you feel poorly, a smile, and kind words make all the difference.

The nurse was so lovely and made me feel really safe and comfortable and heard.

Check in monitor not working as a result long queue at reception and only 1 person manning it.

The Dr and Nurse were both professional and courteous. However it remains extremely difficult to get an appointment.

Given an appointment on the same day I rang. Got to see a doctor the same day. Doctor was very thorough and professional. Great service as always.

Since COVID I found contacting doctors quite difficult. The systems now in place and incredibly pro-active help make the whole process much easier. Thank you kindly.

Dry January

Dry January runs from the 1st January to the 31st January. This initiative encourages people to give up alcohol for the month to promote health and wellbeing.

Long-term benefits of not drinking alcohol:

- lower blood pressure
- lower risk of stroke, hypertension, cancer and liver disease
- lower cholesterol levels
- better mood, memory and quality of sleep

Short-term benefits of not drinking alcohol:

- feeling better in the mornings
- being less tired and more energetic
- better-looking skin
- saving some money