Queensway Surgery Newsletter

Issue 1 — Autumn 2025

# Welcome from the Practice Team

Welcome to the very first edition of the Queensway Surgery Newsletter!
This is our new way of keeping in touch with you — sharing health advice, practice updates, and community news. We hope you enjoy it and we would love your feedback for future issues – forms for this can be found in the surgery (entitled ‘Family and Friends)

# Health & Wellbeing Focus

Autumn Health Tips

🍂 Flu vaccinations are now available — book at reception or online.

🧣 Keep warm as temperatures drop — layers are better than one thick jumper.

🚶 Aim for 20 minutes of brisk walking a day to boost heart and lung health, if you feel you cannot walk briskly, just stroll or aim to do simple exercises at home to keep you moving – we include ideas at the end of this newsletter.

 Is our campaign for our October health awareness month. For further information on how to stop smoking please contact our Reception Team.

Did you know? Drinking enough water helps your mood and concentration — not just your body!

# Practice News

• New Faces at Queensway: We are delighted to welcome Sanpreet Mann, Clinical Pharmacist, who will be carrying out medication reviews, BP reviews and asthma reviews.

• Online Booking Reminder: You can now book nurse appointments and order prescriptions through our website — quick and easy!

• Opening Hours This Winter:
 Mon–Fri: 8:00am – 6:30pm
 Closed on Bank Holidays

Have you downloaded the NHS App? It is quick and easy to do and will save time when ordering medication and reviewing test results and consultation notes. We are having an NHS App open day on 7th October at 2pm at the Surgery. Come along and we can help you get started!

Have you used our contact us online service yet? It is open during surgery hours where you can request appointments, test results, fit notes and submit general queries. It can be found on the homepage of our website.

# Community Spotlight

# Recipe Corner

Simple Autumn Soup

• 2 carrots, 1 potato, 1 onion, 1 stock cube.
• Chop, boil, blend — and enjoy a warming bowl of homemade soup.

# Closing Note

Thank you for being part of the Queensway Surgery community. Stay well, stay connected — and see you in our next issue!

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