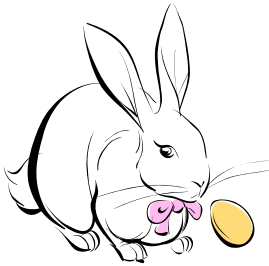




Welcome to the March Newsletter

Easter Opening Hours



All Surgeries will be closed from Good Friday 30th March through to Tuesday 3rd April.

For any urgent medical conditions, please call 111.

Please think ahead and remember to order your Prescriptions in time for Easter and Bank Holidays.

Mendip Vale Merger with Sunnyside and Riverbank Surgery

The proposed merger between MVMP, Riverbank Medical Centre and Sunnyside Surgery is still progressing. The Partners are working closely together to identify opportunities to improve services for Patients and ensure the sustainability of the Practices for the future. We are looking to get agreement from NHS England for a merge in April 2018.

Memory Café at St Georges



We will be holding a Memory Cafe at St Georges Surgery on Saturday 17th March 2018 between 10am – 12pm. Patients from Langford, Wrington, Congresbury and Yatton are all welcome. Free Tea, Coffee and Biscuits will be available.

Congresbury Surgery

Congresbury Surgery will reopen in the afternoons as of Monday 5th March.

Scam Awareness



Every year, millions of people become victims of scams. This can be perpetrated over the Internet, Phone, via Post or at the Persons Home. Age UK will be offering advice to Patients of Mendip Vale to help raise awareness on how to avoid becoming Victims of Scams.

Linda Griffin from Age Concern will be in the Receptions of the following Surgeries on these dates between 9.30am – 11am.

Langford

Monday 30th April
Tuesday 29th May
Monday 2nd July

Yatton

Monday 16th April
Monday 21st May
Monday 25th June

Congresbury

Tuesday 1st May 9.00

March is Ovarian Cancer Awareness Month



What are the symptoms?

Persistent Bloating
Feeling full quickly and or loss appetite
Pelvic or abdominal pain (tummy or below)
Urinary Symptoms

Occasionally there can be other symptoms:

Changes in bowel habit (e.g. diarrhoea or constipation)
Extreme fatigue (feeling very tired)
Unexplained Weight Loss

If you regularly experience any one or more of these symptoms, which are not normal for you, it is important that you see your GP. It is unlikely that your symptoms are caused by a serious problem, but it is important to get checked out.

Volunteers Wanted to Befriend Patients



RSVP is a voluntary organisation that runs a Befriending Service for Patients. Volunteers can offer to visit Patients for a cup of tea and a chat. If you would like to become a Volunteer, please contact Sue Millard, Service Manager at MVMP at sue.millard6@nhs.net