



### Christmas & New Year Bank Holiday Hours



Monday	23 <sup>rd</sup>	December	8am-6pm
Tuesday	24 <sup>th</sup>	December	8am-6pm
Wednesday	25 <sup>th</sup>	December	CLOSED
Thursday	26 <sup>th</sup>	December	CLOSED
Friday	27 <sup>th</sup>	December	8am-6pm
Saturday	28 <sup>th</sup>	December	9am-12pm
Sunday	29 <sup>th</sup>	December	CLOSED
Monday	30 <sup>th</sup>	December	8am-6pm
Tuesday	31 <sup>st</sup>	December	8am-6pm
Wednesday	01 <sup>st</sup>	January	CLOSED
Thursday	02 <sup>nd</sup>	January	8am-6pm
Friday	03 <sup>rd</sup>	January	8am-6pm

The main surgery line 01275 332420  
is open and answered Mon-Fri 08:00-18:00  
Out of hours ring 111



### Please Protect Against Flu!

We still have Flu vaccines available,  
anyone aged 65 and over or are  
considered at risk Please call reception  
01275 332420 to make an appointment.



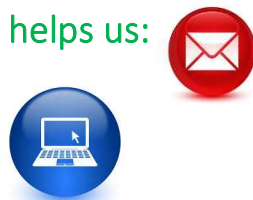
### with us.

If you've recently changed your  
mobile number/email address or  
haven't shared it with us yet,  
please take a moment to update  
your contact details.



### Having your Current number helps us:

- ✓ Send appointment reminders
- ✓ Provide important updates
- ✓ Ensures smooth communication.



If you already receive emails or texts from us, it means we  
have your current contact information on file.



Follow us on  
**facebook**

Don't forget to follow, Like and Share our New  
Facebook Page  
to keep you up to date with everything  
[@Chew Medical Practice](https://www.facebook.com/ChewMedicalPractice)



# WARM SPACES



Find a warm, inclusive and welcoming place in Bath and North East Somerset

Bath & North East Somerset Council [livewell.bathnes.gov.uk/warm-spaces-directory](http://livewell.bathnes.gov.uk/warm-spaces-directory)

Improving People's Lives

The [Warm Spaces Directory for Bath & North East Somerset](#) is now live on the [Live Well B&NES](#) website

There is a [handy map of Warm Spaces](#) to help everyone find their nearest venue.



## Wellbeing Courses Bath and North East Somerset

FREE courses for health and wellbeing for anyone living or working in Bath & North East Somerset

We offer a wide range of different courses for our local residents to use free of charge.

Whether you are looking to improve your mental wellbeing, fitness or just make some new friends, we have courses to help you do just that.

Healthy living, creative activities, outdoors & nature, music, mindfulness & yoga, getting active.



Book now on our new website:

[www.wellbeing-courses.co.uk](http://www.wellbeing-courses.co.uk)

Email us at:

[wellbeingcourses@hrcgcaregroup.com](mailto:wellbeingcourses@hrcgcaregroup.com)

Or call the Community Wellbeing Hub on:

0300 247 0050



## Is your medicine cabinet stocked up?

**NHS**  
Bath and North East Somerset,  
Swindon and Wiltshire  
Clinical Commissioning Group



## This winter use the right service

	<b>Self care</b> Care for yourself at home	Minor cuts and grazes Minor bruises Minor sprains Coughs and colds
	<b>Pharmacy</b> Local expert advice	Minor illnesses Headaches Stomach upsets Bites & stings
	<b>NHS 111</b> Non-emergency help	Feeling unwell? Unsure? Need help? Call or go online
	<b>GP Advice</b> Care from the GP Team	Persistent symptoms Chronic pain Long term conditions New prescriptions
	<b>Minor Injury Units and Urgent Treatment Centres</b>	Breaks and sprains Major cuts and grazes Fever and rashes
	<b>www.nhs.uk/mental-health</b>	Mental health support and advice
	<b>A&amp;E or 999</b> For emergencies only	Choking Chest pain Blacking out Serious blood loss

## Your winter checklist

- Have my Covid-19 vaccination or booster
- Have my flu vaccination
- Download the NHS App on my phone
- Sign up for access to online GP services
- Order and collect repeat medicines
- Make sure there's enough food and medicine in the house
- Keep an eye on elderly neighbours and relatives

Follow us on:



@nhsbswccg



**DRY JANUARY**<sup>®</sup>  
by Alcohol Change UK

**ARE YOU IN?**

Be part of Dry January<sup>®</sup> [dryjanuary.org.uk](http://dryjanuary.org.uk)

Find out more at  
[www.bswccg.nhs.uk](http://www.bswccg.nhs.uk)



Date of issue: November 2021

**NHS**  
Bath and North East Somerset,  
Swindon and Wiltshire  
Clinical Commissioning Group

**Christmas and New Year** can be a difficult time, straining us emotionally, mentally, physically and financially. There are many reasons why this time of year can be challenging.

It's okay if you're not feeling full of joy during the festive season.

**Talk about your feelings** - Sharing how you feel about Christmas with someone you trust may help them understand how best to support you during this time.



**Take time for yourself** - Christmas can feel quite daunting with various demands and expectations. Remember to take a break from it and do something that restores you.

**Be who you are** - You might feel pressured to buy presents, cook or entertain but you don't have to. Everyone has a right to be who they are and walk their own path.

**Take a winter walk** - Winter weather can make us stay at home and feel sluggish but getting outside for a walk will not only make you feel better but is a chance to connect with nature as well as others.

### Free listening services

These services offer confidential support from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

Call 116 123 to talk to Samaritans

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19



### LOCAL PHARMACIES OPEN OVER CHRISTMAS AND NEW YEAR

	24 <sup>th</sup> Dec	25 <sup>th</sup> Dec	26 <sup>th</sup> Dec	27 <sup>th</sup> Dec	28 <sup>th</sup> Dec	29 <sup>th</sup> Dec	30 <sup>th</sup> Dec	31 <sup>st</sup> Dec	1 <sup>st</sup> Jan	2 <sup>nd</sup> Jan
<b>Chew Pharmacy</b> 4 South Parade Chew Magna BS40 8SH <b>01275 333885</b>	09:00-18:00	Closed	Closed	09:00-18:00	Closed	Closed	09:00-18:00	09:00-18:00	Closed	09:00-18:00
<b>Swiftcare Pharmacy</b> St Chads Surgery Gullock Tynning Midsomer Norton BA3 2UH <b>01761 412249</b>	09:00-19:00	12:00-14:00	Closed	09:00-19:00	09:00-13:00	Closed	09:00-19:00	09:00-19:00	Closed	09:00-19:00
<b>Keynsham Pharmacy</b> 13-15 High Street Keynsham BS31 1DP <b>0117 986 3678</b>	09:00-20:00	10:00-12:00	17:00-19:00	09:00-20:00	09:00-20:00	10:00-16:00	09:00-20:00	09:00-20:00	17:00-19:00	09:00-20:00



Everyone here at Chew Medical Practice, would like to wish all our patients a Very Merry Christmas & Happy & Healthy New Year.

