



Opening Times

Monday 08:00-18:00
Tuesday 08:00-18:00
Wednesday 08:00-19:30
Thursday 08:00-18:00
Friday 08:00-18:00
Saturday 09:00-12:00

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

New Team Members

We are pleased to welcome:

Head of Nursing: Lucy Golston

Lucy has joined us from the Bristol Royal Infirmary and brings with her 8 years' experience as a Diabetes Specialist Nurse. Lucy is a non-medical prescriber and has previous experience as a practice nurse working in surgeries across Bristol.

SPRING 2025

At the heart of the health
of our community



Travel Vaccinations are Changing at Chew

If you are planning on travelling, you may need some vaccinations or medication. Patients travelling abroad should take some time to consider any potential risks in the areas being visited and ensure to allow enough time before travelling (a minimum of 8 weeks) Some vaccines may need more than one dose.

Chew Medical Practice does not provide a full travel clinic service. However, we do provide the agreed NHS vaccinations.

Patients are responsible for checking their own vaccine history and can find this using their NHS App or via patient online services. If you do not have access to a smartphone, you can download a copy from our website, failing that you can collect a hard copy of the form and leaflet from reception.

For these free vaccines please contact our reception team who will send you a link to complete a Pre-Travel Questionnaire.

When the forms are returned, they are reviewed by our Nursing team, and a text message confirming what vaccines are required will be sent asking you to call and book an appointment

If your travel scenario is complicated, such as back packing, long term aid working or travelling through several different countries, you will need to book a consultation at a *private travel health clinic* as there may be chargeable travel vaccines.

Please read NHS travel advice www.nhs.uk/conditions/travel-vaccinations/

Please check the recommended vaccinations for your destination on a vaccination website for example National Travel Health Network Centre <https://travelhealthpro.org.uk/>



For further advice or non-NHS vaccines you will need to book an appointment with one of the private travel clinics. You will be asked to complete a full risk assessment, and they will be able to offer you any private vaccines required.

Our Practice Vision



Kindness - Kindness and compassion cost nothing yet accomplish a great deal.



Collaboration - We are stronger and better working together with our patients and local providers.



Ambition - We set goals to achieve the best for our patients, teams, organisations and our partners.



Respect - We are respectful to everyone and are open, honest and fair.

Our Patients are at the heart of the health of our community, *'We would appreciate your feedback'*

Perhaps you'd like to rate our surgery and leave a positive comment on the NHS Choices website
<https://www.nhs.uk/services/gp-surgery/chew-medical-practice/XL81072/leave-a-review>

If you are ever unhappy with our services, please do let us know by talking to us in person
or emailing us on bswicb.secretarychew@nhs.net

You can find our full Practice vision on the Chew Medical Practice Website
<https://www.chewmedicalpractice.co.uk/about-the-surgery>

Swap smoking for Better mental health and more money

Illustration of a woman meditating with a piggy bank, symbolizing the benefits of quitting smoking.

Did You Know, Chew Medical Practice Has Smoking Cessation Advisers

Our advisers can support face to face and over the telephone. They can provide information on all treatments currently available, behavioural support techniques, and coping strategies. Even if you have attempted before there are plenty of new stop-smoking products available to try.

Give our reception a call and ask for an appointment with one of our advisers

<https://www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/>

Have you had your (HPV) human papillomavirus vaccine?

We urge young people to take up this potentially life-saving vaccine when offered.

Giving teenagers the HPV vaccine is cutting cases of cervical cancer by 90%, figures for England show.

Scientists say it works so well that this type of cancer could be eradicated in the near future.

You can contact us at Chew Medical Practice to arrange an appointment.

You remain eligible to receive the vaccine until your 25th birthday.

#ProtectOurFuture

Get your Free Vaccine



Congratulations to Georgia!

Georgia has completed and passed her NVQ Level 2 Dispensing Assistant qualification. Georgia joined our amazing dispensary team in January 2024



CONGRATULATIONS!

Save your stamps for RNIB



Did you know, we collect stamps for the RNIB at Chew Medical Practice.

Help us make a difference to blind and partially sighted people.

The RNIB raise £20 for every kilogramme of stamps they receive.

Bra Recycling It's time to bin your bra!



The bra recycling scheme takes your unwanted or unloved bras and through our network of bra banks raises vital funds for pioneering breast cancer research.

(Our Bra Bank is located to the left of the reception desk next to the information table)

Together with our recycling partners, our textile recovery project prevents these bras going into landfill before giving them a new lease of life.

Successful ventures like this provide employment and an income for people living in the UK.

Any bras that are genuinely beyond redemption are dismantled and disposed of properly.

For every tonne of bras collected, **Against Breast Cancer** receives £700 to fund our research.

With over 30 million women in the UK, you could really help make a difference!



Did you know?

Laughter can actually decrease pain and release happy hormones.

When you laugh, your body releases endorphins, which help you feel happier. These happy hormones boost your mental health. This can also lead to less pain.



If you're aged between 55 and 74 and have ever smoked, you may be offered an NHS lung health check.

If you're not sure the GP knows that you currently smoke, or have smoked in the past, Please send an email to bswicb.carecochew@nhs.net to inform us of your smoking status, so we can update your record.

This will make sure you are invited for a lung health check in the future.

Why lung health checks are done!

Lung cancer causes more deaths than any other cancer in the UK.

There are often no signs or symptoms of lung cancer at an early stage.

The targeted Lung Health Check programme aims to find lung cancer early, sometimes before you have symptoms.

Lung health checks look at how well your lungs are working and can help diagnose lung cancer as early as possible.

Early diagnosis can make lung cancer more treatable and make treatment more successful.