NEWBRIDGE SURGERY

Dedicated, Quality Care

AUTUMN NEWSLETTER 2026

FOOD BANKS

Donations
Newbridge Surgery is a donation point for the Bath, Keynsham & Somer Valley Foodbank supported by the Genesis Trust, which is part of the national network of food banks.

This allows local people to help local people facing crisis.

For people on low incomes, a sudden change in circumstances such as redundancy, benefit delay or even an unexpected bill, can mean going hungry. The foodbank aims to support these people and ensure that everyone can access food when they need to.

Food that is kindly donated by you is collected by a team of volunteers that help deliver the service.

Needed food items often change and their website is regularly updated (https://bksv.foodbank.org.uk/give-help/donate-food/). For October needed items are:
Tinned: - Vegetable meals; Tomatoes; Custard; Rice pudding; Fish; Fruit; Squash/long life juice; Curry sauce (jars).



Receipt
If you find yourself in need of support from a foodbank you will need to obtain an electronic **Foodbank Voucher** from a referral agency:

- B&NES Welfare Support – 01225 472277
- Help Through Hardship – 0808 208 2138 (free national helpline)
- Community Wellbeing Hub – 0300 247 0050
- B&NES Council
- Citizens Advice

Carers

Why do we need to know that you are a carer or cared for?
This is a rewarding but stressful role to play whether this is done on a full-time basis or just ad-hoc. Being referred to the carers centre for free support is how we can support you. Just ask at reception and we will be more than happy to provide you with the information to do this.
The support can range from wellbeing activities, financial guidance and home energy support to self help services and emotional support.

Sometimes just knowing you are not alone can be all the support you need.

They are here to help unpaid Carers of all ages.
For more information and to see more of what the carers centre can offer please visit the www.banescarerscentre.org.uk

Keep Warm Keep Well

As the colder months approach ensure you are aware of the help and support available to you.

More information can be found on our website in the Patient care and support section, then go to What support do I need?

Advice on dealing with a cold or damp home can be sought from B&NES Council, B&NES Energy at Home Service and Citizens Advice.

Protect yourself from winter viruses with the flu, covid and RSV vaccines if eligible.



Welcome Karl Arbuthnot to the Newbridge Team as a phlebotomist (taking blood samples).

Sign up to the NHS App

Last year 68.2% of Newbridge patients (13+) had signed up to receive the benefit, **we are now at 86.3%**

Get:

- Secure access to your medical record
- Manage prescriptions
- Book or cancel appointments
- NHS 111 symptom checker
- Proxy access for children

Prescriptions

Please allow the surgery 48 hours to process your request once it is received. Please allow extra time if ordering ahead of bank holidays i.e. Christmas. Send us your request:

- **Via the NHS App**
- Online through Systmonline Patient Online Service (via our website)
- In writing to us: Forms available at reception; complete the request side on your paper prescription; email us at bswicb.newbridge@nhs.net
- Via your chosen pharmacy who will send the request onto us

I am afraid we CANNOT accept telephone requests and are unable to contact pharmacies (including JHI, a separate business next door) on your behalf.

Armed Forces veteran friendly accredited GP practice

As we approach Remembrance Day and give thanks to our military veteran's we would like to highlight that Newbridge Surgery is a **Veteran Friendly** practice. This means we will take specific steps to recognise, understand and care for patients who have served in the British Armed Forces.

Please inform us if you have a military history.



Freshers Week is over but is your immune system ready for University?

Essential vaccines for students

- **MenACWY:** Protects against four common strains of meningitis and blood poisoning (septicaemia). Available free **here** for anyone who missed it in school, up to their 25th birthday
- **MenB:** Protects against meningitis B and sepsis. Following recent outbreaks available at pharmacies for first-time undergraduate students under 25. Uptake is currently low, with only 26.6% of school leavers having received their first dose.
- **MMR:** Protects against measles, mumps and rubella. Contageous outbreaks are often seen in student housing. You will need 2 doses for protection and they are available **here**.
- **HPV:** Protects against human papillomavirus related cancers (such as cervical, head and neck cancers) and genital warts. Free **here** if you missed it at school up to age 25.