



**Contacting us:**

☎ **01454 616767**

For non urgent appointments or other enquiries please phone after 10:00 when it is less busy

**Useful direct dials** ☎ :

Prescription Enquiries

**01454 205224**

(Please note we cannot take repeat prescription requests over the phone)

Referrals: **01454 205223**

Medical/Insurance reports

**01454 205225**

✉ [concordmedicalcentre@nhs.net](mailto:concordmedicalcentre@nhs.net)

**Opening Times:**

Monday	08.00 to 18:30
Tuesday	08.00 to 18.30
Wednesday	08.00 to 18.30
Thursday	08.00 to 18.30
Friday	08.00 to 18.30
Saturday	08.30 to 13:00

We are working together with other NHS organisations to offer patients access to more appointments in the early mornings, evenings or at weekends. To find out more about these services, please contact the practice.

**Patient Information**

We are collecting information about organisations and services available locally that may benefit patients. These can cover a variety of areas, ranging from help with specific medical conditions to information about local clubs and activities that can help reduce feelings of loneliness and isolation.

If there is an area you would like us to provide more information about, please contact Bex by calling the practice or via e-mail at [rebecca.loveys@nhs.net](mailto:rebecca.loveys@nhs.net).

**Practice Health Walks with the Concord Ramblers**

We are delighted to be trialling practice health walks with the Concord Ramblers during the next few weeks, which anybody is welcome to join us on. As part of Concord Be Active, the Ramblers will be going on a gentle mile-long walk from the surgery around Little Stoke Park. Our next walks are scheduled for:

Friday 8th March at 11:30 AM

Wednesday 13th March at 1:00 PM

Thursday 21st March at 1:30 PM

Friday 29th March at 11:30 AM

Anybody taking part will need to sign a short disclaimer at the start of their first walk with us, copies of which will be available on the day at the surgery. Please arrive at the surgery main reception five minutes prior to the walk start time.

We would be very grateful if walkers could walk to the surgery or find off street parking to keep our car park available for patients who have been asked to attend the surgery by their doctor.

If you cannot make this session but would like to register your interest for future walks, please speak to a member of the reception team or e-mail [concordmedicalcentre@nhs.net](mailto:concordmedicalcentre@nhs.net) to join our mailing list.



**When the Surgery is Closed**

If you require urgent medical assistance that cannot wait until the surgery re-opens please call **111**

If you have a life threatening emergency go to **A&E** or call **999**





## We are a Parkrun Practice!

We have teamed up with Eastville parkrun to become a parkrun practice! Parkruns are held every Saturday morning at 09:00 and are free to attend for runners, joggers, walkers and volunteers. Originally started in London, parkrun is now an international initiative which encourages people to get active in a friendly and supportive environment.

Eastville parkrun takes place at Eastville Park on Fishponds Road, Eastville, Bristol BS5 6PX.

Visit [www.parkrun.com](http://www.parkrun.com) to register, meaning you can track your times, or speak with a member of the surgery team to find out more.

## Dementia Friends Information Session on Friday 22nd February



Concord Medical Centre is hosting a Dementia Friends Information Session on Friday 15th March at 08:00. Run by a trained Dementia Friends Champion, in under an hour Information Sessions teach people about dementia and small things they can do to help those affected by dementia, including people with the condition, their carers and their families.

Information Sessions are free of charge to attend. If you would like to attend our early morning session on Friday 15th, to discuss another session that you can make, or if you would simply like to know more, please feel free to contact Bex, our Patient Services Manager, by calling the practice or via e-mail at [rebecca.loveys@nhs.net](mailto:rebecca.loveys@nhs.net).

We have a limited number of spaces available for each session and these will be allocated on a first come, first served basis, however we will be running more sessions over the coming months so please let Bex know if you would like to attend a future session.

## Weekend Opening

Improved access appointments continue to run on every Sunday until the end of March 2019. On top of our standard Saturday opening hours, this means that we can offer a seven day service. Slots are for routine pre-bookable appointments and include appointments with doctors as well as with nurses.

We have been collating patient feedback from Sunday morning sessions and, whilst many of you have appreciated this improved availability, there does not seem to be sufficient demand for us to continue opening on Sundays after March. As a result of this, we will not be offering Sunday appointments after March so please make the most of these whilst we continue to offer them. The last session will be on Sunday 31st March.

We will continue to open on Saturday mornings as normal for pre-bookable appointments.

As these appointments must be booked in advance, if you are unwell at the weekends please continue to contact 111 for advice.

