

# Martins Oak Surgery Newsletter

[www.martinsoak.co.uk](http://www.martinsoak.co.uk)

Volume 3 Issue 1

Late Winter/Spring 2025

## Editor's Comments

**(Sam Bridgewater – Co Practice Manager)**

As we move through winter and into spring, colder weather can affect both our physical and mental wellbeing. Shorter days, chilly temperatures, and financial pressures can make this time of year challenging, so it's important to stay warm, stay connected, and look after yourself. Small steps can make a big difference.

We'd also like to say a **huge thank you** to all our patients who brought in chocolates, biscuits, and gifts for our staff over the Christmas period—your kindness and generosity were truly appreciated! Take care, stay warm, and enjoy the read!

### Winter Health



Winter can be tough on our health, making existing conditions worse and increasing our risk of seasonal illnesses like colds, flu, and respiratory infections. Cold weather affects circulation and breathing, which can be particularly challenging for those with heart or lung conditions.

But it's not just our physical health that suffers—shorter

days, miserable weather, and financial pressures can take a toll on our mental wellbeing too. Seasonal Affective Disorder (SAD), stress, and loneliness are common at this time of year.

Here are some simple ways to protect both your body and mind this winter:

- ✓ **Keep Warm** – Layer up, heat your home safely, and stay active to keep your circulation moving.
- ✓ **Eat Well** – Nutritious meals help boost your immune system and keep energy levels stable.
- ✓ **Stay Connected** – Reach out to friends, family, or support groups if you're feeling low.
- ✓ **Get Sunlight & Fresh Air** – Even a short daily walk can help improve mood and boost vitamin D levels.
- ✓ **Seek Help When Needed** – If you're struggling with your physical or mental health, don't hesitate to reach out for support.

If you have any concerns about your health this winter, our team is here to help.

**Contact the practice for advice or speak to your local pharmacist for minor ailments.**

## VE Day 80th Anniversary – Honouring Our Veterans



On Thursday 8th May 2025, the UK will commemorate the 80th anniversary of Victory in Europe (VE) Day, marking the end of World War II in Europe. This is a time to remember the sacrifices made by those who served and to reflect on the impact of their bravery and dedication.

As an Armed Forces Veteran Friendly Accredited GP Practice, we are committed to providing the best possible care for our veterans. We recognise the unique health needs of those who have served in the Armed Forces and are here to support them with dedicated services and referrals when needed. If you or a loved one is a veteran, please let us know so we can ensure you receive the appropriate care and support. If you'd like more information about our support for veterans, please ask for Vicki, our Armed Forces accredited champion.

### Poppy Appeal



Last year's Poppy Appeal raised an incredible £12,500 for the Royal British Legion from the Battle community.

This year, the aim is to reach £13,000, helping to provide vital support for serving and ex-serving members of the Armed Forces and their families.

If you'd like to get involved in this year's Poppy Appeal, whether through fundraising, volunteering, or spreading awareness, please contact our Armed Forces lead, Vicki, who can provide more information.

### Prescription Requests



To help make ordering your repeat prescriptions easier, we'd like to remind patients that you can post your prescription requests in the letterbox outside the surgery. This saves you time and helps reduce queues at the front desk.

We're also pleased to announce that we will soon be installing a small, secure wall-mounted letterbox inside the surgery. This means you'll be able to drop off your prescription requests without waiting in line.

Keep an eye out for the new letterbox coming soon! Thank you for helping us keep things running smoothly.

### It's not Access – It's Capacity

We know that getting an appointment at the GP practice can sometimes feel frustrating, but it's important to understand that demand for services is higher than ever. Despite this, general practice remains the only part of the NHS offering even more appointments than before the pandemic (according to NHS Digital).

Our team is working incredibly hard to provide the best care possible, but with increasing patient needs and limited resources, we ask for your kindness, patience, and understanding. Every member of our team is doing their best to help you.

You can also help by:

- ✓ **Using online services where possible** – such as NHS 111 online or the NHS App for repeat prescriptions.
- ✓ **Speaking to a pharmacist** for minor ailments – they can often provide quick advice and treatment.
- ✓ **Cancelling appointments you no longer need** – to free up space for others.

### NHS App



Did you know you can book appointments, order repeat prescriptions, and access your medical records all from your phone? The NHS App makes it easier than ever to manage your healthcare without needing to call or visit the surgery. Download the NHS App today on the **App Store** or **Google Play** and take control of your healthcare from the comfort of your home!

### Did You Know?



Good news for chocolate lovers! A recent study has shown that dark chocolate (not milk chocolate) may help reduce the risk of Type 2 diabetes. Rich in antioxidants and flavonoids, dark chocolate can improve insulin sensitivity and support heart health when eaten in moderation.

Of course, balance is key – opting for high-quality dark chocolate (70% cocoa or more) and enjoying it as part of a healthy diet is the best approach.

So, if you needed an excuse to indulge in a square or two of dark chocolate, here it is!

### Stay Connected



Did you know we're on **Facebook**? We use our page to share important updates, health advice, and practice news. If you haven't already, give us a follow to stay informed!

[www.facebook.com/martinsoakbattle](https://www.facebook.com/martinsoakbattle)

### Help Shape Our Newsletter

We want our practice newsletter to be as informative and helpful as possible, and we'd love your input!

Is there a topic you think our patients should know more about? Do you have advice or updates that could benefit our community?

If you have any suggestions, please let a member of the team know or email us at [sxicb-esx.admin.martinsoak@nhs.uk](mailto:sxicb-esx.admin.martinsoak@nhs.uk)

### Closed



We are closed:

We will be **closing at 12:30 PM on Tuesday, 1st April** for staff training. Normal service will resume on Wednesday, 2nd April 2025.

### **Easter Bank Holiday**

Good Friday 18<sup>th</sup> April 2025  
Easter Monday 21<sup>st</sup> April 2025  
During this time if you need medical advice please use NHS 111.