

We are pleased to send you another edition of our Practice Newsletter. This edition contains Practice News, updates and announcements which you can expect to receive on a quarterly basis.

Missed Appointments

If you are unable to attend your GP appointment, please let us know as soon as possible so we can offer the slot to someone else. In February 2026 we had **238** Missed Appointments.

Fear (Phobia) of Flying

Sedative Drugs and Fear of Flying

We are often asked to prescribe sedatives like diazepam for fear of flying. For safety and medical reasons, our practice will **no longer discuss or prescribe these drugs** for this purpose.

Diazepam can make you drowsy, impair reactions in an emergency, and increase the risk of blood clots on long flights. Some people may experience agitation, disinhibition, or legal issues. It can also affect drug testing and is **contraindicated for phobias** under medical guidelines.

Fear of flying is real and distressing. A **Fear of Flying course** offered by airlines is a safer, more effective approach.

Easy Jet:

<http://www.fearlessflyer.easyjet.com>

British Airways:

<https://www.flyingwithconfidence.com/about>

Virgin:

<https://www.flyingwithoutfear.co.uk/fear-of-flying-courses/adult-course/>



The PPG is a great way to have your say, share feedback, and help shape the services we

provide at the practice. We welcome patients of all ages and backgrounds to ensure the group reflects our community. Please contact the practice for more information or complete the form via this link to our website:

[Patient Participation Group Sign Up - Bedminster Family Practice](#)

Are your contact details correct?

To ensure we can reach you with appointment reminders and important health information, please make sure your contact details are up to date. If you've changed your phone number, email, or address, please let us know so we can keep update our records. You can do this quick and easy by visiting our website [Change of Contact Details - Bedminster Family Practice](#)

Stay Connected with the NHS App

The NHS App lets you manage your health quickly and securely.



You can book GP appointments, order repeat prescriptions, view your medical records, and access trusted health information whenever you need it. It works on **smartphones and tablets** (iOS and Android), making it easy to stay in control of your care wherever you are. Download the app today and make managing your health simpler.

[Downloading the NHS App - NHS App help - NHS](#)

NHS Cancer awareness campaigns

The National Health Service runs regular cancer awareness campaigns to help people recognize early signs and symptoms and seek medical advice promptly. Detecting cancer early can make treatment more effective and save lives. If you notice any unusual or persistent changes to your health, please contact the practice to arrange an appointment.



National no Smoking Day - 11th March
[Smoking - BHF](#)

Stress Awareness Month - April
[The Stress Management Society - From Distress to De-Stress](#)

National Walking Month - May
[National Walking Month](#)

Pharmacy First

The [Pharmacy First](#) scheme continues to support practices across Bristol by enabling patients to access treatment for seven common conditions, without needing a GP appointment. The service improves patient access, reduces pressure on general practice, and frees up GP capacity for more complex care. To find your local pharmacist visit [Find a Pharmacy](#)

Hay fever

With warmer weather approaching, hay fever season won't be far behind. Your local Pharmacist can offer help and advice; you can also visit the [NHS website](#) for helpful guidance.

 WHAT3WORDS

What3words is a free app that helps emergency services find you quickly and accurately in an emergency.

Instead of relying on landmarks, descriptions, or long GPS coordinates, what3words divides the world into 3-metre squares and gives each one a unique three-word address. This means you can share your exact location easily, even if you are in a rural area, on a beach, in the countryside, or somewhere unfamiliar.

In an emergency, being found quickly can make a critical difference. If you are unwell, injured, or unable to clearly explain where you are, sharing your three-word address with the 999-call handler can help emergency services locate you faster and send help directly to you.

The app is free to download for both iOS and Android and works entirely offline – making it ideal for use in areas of the UK, even with an unreliable data connection. What3words can also be used via the online map at: <https://what3words.com> and the technology is available in over 40 languages, as well as being accessible anywhere in the world. The app is already being used by NHS emergency services across the UK. Patients are encouraged to download the app in advance, so it is ready to use if needed.

In an emergency:

- Open the what3words app
- Find your three-word address
- Share the three words with the 999 call handler

This simple step could help emergency services reach you sooner and support faster, safer NHS care.

Bank Holiday Closures

Please note that the practice will be closed on the following Bank Holidays:

Good Friday	Friday 3 April
Easter Monday	Monday 6 April
Early May Bank Hol	Monday 4 May
Spring Bank Hol	Monday 25 May

During these dates the practice and Klinik will be closed.

If you require urgent medical advice while we are closed, please contact NHS 111 or visit [NHS 111](#) for out-of-hours support.

For life threatening medical emergencies, please dial 999.

Facilities at Knowle West Health Park

Did you know that Knowle West Health Park offers a range of facilities and community spaces that support health and wellbeing for local residents?

Are you looking for ways to stay active, meet new people, or try something creative? Activities include weekly walking groups, gentle strength and balance exercise sessions, and Tai Chi for over-50s. Social and creative groups include Art Ease, the Fun & Fab Women's Group, Man Alive (a men's group with monthly breakfasts), and Housing Matters, which provides advice and support for local residents. A weekly pop-up café on Wednesday mornings offers free tea, toast, and a chance to chat.

These groups are a great way to stay active, try something new, and connect with people in the community. For more information and a full list of activities, visit knowlewesthealthpark.co.uk

Thank you for your Feedback



We would like to thank all our patients who have taken the time to complete the **Friends and Family Test questionnaires**.

Your feedback is incredibly valuable to us. It helps us understand what patients are happy with and highlights areas where we can continue to improve our services.

We really appreciate you taking the time to share your thoughts with us, and we encourage patients to continue completing the survey whenever possible.

Many of your kind comments have been shared with our team, and it truly does put a smile on everyone's faces. Thank you for your continued support.

To complete the Friends and Family Test please visit the link on our website [NHS Friends and Family Test - Bedminster Family Practice](#)

Could Social Prescribing help You

Many things affect your health and wellbeing. You might feel lonely, stressed by work, money, or housing issues, or be managing long-term health conditions. Social prescribing may help. It starts with a conversation with a Social Prescribing Link Worker, who listens to your needs and connects you with local groups, activities, or services that can support you practically, socially, and emotionally.

For more information, contact us or see: [Social Prescribing Service - KWHLC](#)