

Summer Newsletter

Stay Safe in the Heat

After experiencing one of the hottest Junes on record, forecasters are predicting another spell of hot weather in the coming days, with temperatures expected to rise across many parts of the UK.

Hot weather can affect anyone, but it can be especially challenging for older adults, young children, pregnant women, and people with long-term health conditions.

To stay well during hot weather:

- Drink plenty of water throughout the day.
- Keep your home cool by closing curtains or blinds in sunny rooms.
- Avoid strenuous activity during the hottest part of the day (11am–3pm).
- Wear loose, light-coloured clothing and use sunscreen if you're outdoors.
- Check in on older relatives, neighbours, or anyone who may need extra support.

If you take regular medication or have concerns about how the heat may affect your health, please speak to your pharmacist or contact the practice for advice.

Communities Against Cancer

The Knowle West Health Park is starting a new year-long cancer prevention project called, Communities against Cancer.

“We aim to improve our understanding of barriers to accessing cancer prevention services, in the hope we can help make these services easier to access and more welcoming. Our project lead, Tina Richardson, is looking to hear from anyone within the south Bristol area who struggles to access any cancer prevention services. We are keen to hear from you in any way that suits you, and without pressure from further commitment. You are very welcome to remain anonymous, if needed.”

Please reach out to Tina
on tina.richardson@knowlewesthealthpark.co.uk or 07802444667 (text / whatsapp also fine!).

All community and cultural groups very much welcomed.



Inside this issue

Stay Safe in the Heat..... 1

Communities Against Cancer 1

Can't Make Your Appointment?
Please Let Us Know 2

Good News: Your Contraceptive
Implant Now Lasts Longer 2

Support with Food this Summer
..... 3

Got the NHS App but Not Sure
How to Use It? 4

Need a Little Help with Technolo-
gy? 4

We're Accepting New Patients 5

CIRCUS SKILLS

8 WEEKS OF CLASSES FOR OVER 50S

WITH CIRCOMEDIA

TUESDAYS 1.30-3.30PM

Come and have fun learning some new skills, get some gentle exercise and make some new friends along the way.

Our top teachers from Circomedia will guide you through the world of juggling, hula hooping, diablo and more.

All activities can be tailored to your physical needs, just let us know when you book.

Starts Tuesday 19th May 2026

Cost - First session is FREE then £5 per session or book all 8 sessions for £28

Refreshments included

BOOK NOW

0117 377 2252

KNOWLE WEST HEALTHY LIVING CENTRE, DOWNTON RD, BS4 1WH

HAPPY TO BE HEALTHY
KNOWLE WEST HEALTHY PARK

St Monica Trust

The Grateful Society

South Bristol Locality Partnership

Can't Make Your Appointment? Please Let Us Know

If you're unable to attend your GP appointment, please let us know as soon as possible. This allows us to offer the appointment to another patient who may be waiting to be seen.

In May, we had 229 missed appointments. Every missed appointment is a lost opportunity for another patient to receive care.

There are several ways to cancel your appointment:

- Via the NHS App
- Reply to your appointment reminder text and follow the instructions.
- Call us on 0117 966 3149 and select Option 2 from the main menu to use our automated cancellation service (please note you must call from the telephone number registered on your medical record), or you can speak to a member of our team.

Please remember that if you cancel at very short notice, we may not be able to offer the appointment to another patient. In these circumstances, your appointment may still be recorded as a Did Not Attend (DNA).

"Communication, speed and staff have all been exceptional. I cannot tell you how grateful I am for everyone at Bedminster Family Practice" - Friends and Family Test Patient Feedback

Patient Participation Group

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](#)

Good News: Your Contraceptive Implant Now Lasts Longer

There has been a national update to the guidance for contraceptive implants.

If you have a contraceptive implant, it is now licensed to provide effective contraception for **5 years**, rather than **3 years**.

What does this mean for you?

- If your implant was fitted within the last 5 years and you are using it for contraception, it will continue to work effectively for the full 5 years.
- You do **not** need to have your implant replaced at the 3-year mark unless you have concerns, are experiencing problems, or would like it removed for personal reasons.
- If you were previously told your implant only lasted 3 years, don't worry—this national guidance has recently changed.

If you're unsure when your implant was fitted or have any questions, please contact the practice. We're happy to help.

Support with Food this Summer

The summer holidays can bring extra financial pressure for many families, particularly when children are no longer receiving free school meals. If you're finding it harder to make your food budget stretch, you're not alone, and support is available.

Across Bristol, there are a range of community food projects offering free or low-cost food, community meals, food clubs and local advice. Services are welcoming, confidential and designed to help people through difficult times, whether you need support once or over a longer period.

Feeding Bristol has an easy-to-use directory where you can find food support close to where you live, as well as information about financial advice, Healthy Start for eligible families with young children, and free school meals. See more information [here](#).

If you're worried about putting food on the table this summer, please don't struggle on your own. Reaching out for support is a positive step, and there are local organisations ready to help.

If you need further advice, our practice team can also help signpost you to local services.

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](#)

JOIN OUR
**Knowle West
GOSPEL CHOIR**



GOSPEL
GENERATION
COMMUNITY
CHOIR



All welcome
No need to register, just turn up
No membership fee, donations welcome

Mondays (fortnightly)
7.30-9.00pm
Knowle West Healthy Living Centre
Knowle West Health Park, Downton Rd, BS4 1WH
gospelgen@googlemail.com

www.ggcc.org.uk

ART-ease
@ **Knowle West Healthy Living Centre**
Knowle West Health Park Company's art on referral programme.

Are you feeling stressed, experiencing low mood or depression; coping with change, loss of someone close to you, feeling lonely or isolated or if you are a carer.

Led by an experienced local artist who will help you grow your confidence and build self-esteem whilst having a good time learning new art skills.

No experience needed.
Cup of tea always on hand!



Tuesdays 9.45-11.45am or Wednesday 9.45-11.45am
£1 per session

These sessions are for anyone living in south Bristol experiencing mild to moderate mental health issues

Call **0117 377 2252** to book a place

[Knowle West Health Park](#)
Downton Road, Knowle, Bristol, BS4 1WH

Email: info@knowlewesthealthpark.co.uk



Move Together Strength & Balance Wednesdays 12 - 1pm



A fun, social session that uses gentle seated and standing exercises to strengthen the body and mind
£4 per session

In the Studio at Knowle West Healthy Living Centre
Knowle West Health Park, Downton Road, Bristol BS3 1WH

Contact Kathy on 07739 649778
to find out more and book



This project is funded by the UK government through the UK Shared Prosperity Fund



WALKING GROUPS

Walking is a great way to make friends and keep fit & healthy. We run 4 walks weekly:

- **Monday Group** - 10.30am. Length of walk up to 30 minutes around the Health Park.
- **Tuesday Group** - meet at various locations, Length of walk up to 90 minutes.
- **Wednesday Group** - meet at various locations, Length of walk up to 60-90 minutes.
- **Thursday Group** - meet at various locations, Length of walk up to 60-90 minutes.



All ages and abilities welcome. Walks led by qualified Walk Leaders.

Tel: Laura 0117 377 2252



Knowle West Healthy Living Centre

Knowle West Health Park, Downton Rd, Knowle, Bristol, BS4 1WH



0117 377 2252

www.knowlewesthealthpark.co.uk

Got the NHS App but Not Sure How to Use It?

You're not alone! Many people have already downloaded the NHS App but aren't sure about everything it can do.

With the NHS App you can:

- Order your repeat prescriptions.
- View your medications and allergies.
- Check your test results (where available).
- View and manage your appointments.
- Access parts of your GP health record.
- Receive messages from your GP practice.

Need help ordering your repeat prescription?

The NHS has created a simple step-by-step guide, along with a short video showing exactly how to request your medication using the NHS App.

Watch the video and view the guide here:

[How to request a repeat prescription in the NHS App](#)

There are also helpful videos covering other features of the NHS App, including viewing test results, managing appointments and accessing your health record: [NHS App video guides](#)

If you're finding the app difficult to use, don't worry. Take a look at our **Need a Little Help with Technology?** article on the next page in this newsletter to find free local support. Learning a few digital skills can make it easier to access NHS services whenever it's convenient for you.

Don't have the NHS App yet? Simply scan the QR here to download it to your smartphone or tablet and start accessing NHS services anytime, anywhere.



Need a Little Help with Technology?

Many NHS services are now available online, but we understand that using a smartphone, tablet or computer isn't easy for everyone. If you would like a little extra support, there are several free services in Bristol that can help.

Bedminster Library – Free One-to-One IT Support

Book a free 30-minute session with a volunteer who can help you with your smartphone, tablet or computer.

To book, call **0117 903 8529** or speak to a member of staff at Bedminster Library.

Tech and Talk at the Tobacco Factory (Age 55+)

A friendly, informal drop-in session where you can get help with your device over a cup of tea or coffee.

When: Fridays, 10:15am–12:00pm

Where: The Snug, Tobacco Factory

Bring: Your own smartphone, tablet or laptop.

If possible, please let them know you're coming by calling **07956 962422**.

Community Learning

Free digital skills courses for adults aged 19+ with few or no formal qualifications. Courses include:

- Basic IT
- General Digital Skills
- IT for Work

To find out more or enrol, call **0117 251 0230**.

AbilityNet

If you are aged 65 or over or have a disability, AbilityNet offers free one-to-one technology support from DBS-checked volunteers. They can help with a wide range of technology issues and may be able to arrange a home visit.

Call: 0300 180 0028

Email: enquiries@abilitynet.org.uk

Whether you want to learn the basics, access NHS services online, or solve a problem with your device, there's support available. Don't be afraid to ask—these services are friendly, welcoming and free to use.



Come and have a cuppa
and a chat*



& Use our computers and
internet for FREE

Wednesdays 9.30am–12.30pm

Knowle West Healthy Living Centre, Downton Rd,
BS4 1WH

*donations towards drinks welcome



Bedminster Family
Practice

Regent Road
Bedminster
BS3 4AT

Tel: 01179663149

We're Accepting New Patients

We are currently accepting new patient registrations.

If your family, friends or neighbours live within our practice boundary and are looking for a GP, we'd be delighted to welcome them to the practice.

You can register online via our website or collect a registration form from reception. If you're unsure whether you live within our catchment area, our team will be happy to help.

**Register with
Bedminster
Family Practice
online** **NHS**

You don't need proof of address or immigration status, ID or an NHS number to fill out the form.

You will be registered within 48 hours.

This service is part of the NHS, so your personal information will be kept safe.

Scan here to register →

