



SUMMER NEWSLETTER 2026

PRACTICE

As we move into the Spring and Summer months, we would like to share some updates from the practice, introduce new changes, and provide helpful seasonal health advice.



WELCOME TO OUR NEW & IMPROVED WEBSITE

We are pleased to introduce our new and improved practice website.

The updated site has been designed to make it easier for patients to:

- Find information quickly
- Understand how our services work
- Access key updates and resources

We hope this improves your experience when contacting or using the practice.



STAFF CHANGES & UPDATES

We would like to share some important updates within our team.

- **Dr Brendan Cuning** retired on **30 April 2026** after many years of dedicated service. We thank him for his commitment to our patients.
- **Dr Wilson** will be retiring on **30 June 2026**, and we wish him all the very best for the future.

We are also pleased to welcome several new members to the team:

- Our new **Practice Manager, Louisa Munro**, who started in January
- New reception and administration staff, joining us following a number of retirements within the admin team

We are confident these changes will continue to strengthen our service and support patients effectively.



SPRING & SUMMER HEALTH TIPS

With the warmer weather comes a range of common seasonal conditions. Many of these can be safely managed with advice from your local community pharmacy.

Hay fever

Symptoms such as sneezing, itchy eyes and runny nose are very common.
Your pharmacist can recommend effective treatments without needing a GP appointment.

Holiday health needs

If you are travelling abroad and need to delay your period, please speak to your pharmacist or GP well in advance of travel.

Insect bites and minor skin reactions

Most bites and stings can be managed with over-the-counter treatments from your pharmacy.

👉 Your **community pharmacy should be your first point of contact** for these and many other minor conditions.



GETTING THE RIGHT CARE

We continue to encourage patients to consider the most appropriate service for their needs.

Your local pharmacy, NHS 111, and online NHS resources can often provide quick and effective advice without needing a GP appointment.

This helps ensure GP appointments are available for patients with more complex or urgent medical needs.



FOLLOW US FOR UPDATES

We now share updates and important information via Facebook.

👉 Search for us on Facebook to stay informed about practice news, seasonal health advice, and service updates.



THANK YOU

We would like to thank all our patients for their continued support, patience, and understanding during periods of change within the practice.

We look forward to supporting you over the Spring and Summer months.