

QUAYSIDE MEDICAL PRACTICE
PATIENT NEWSLETTER
Summer 2026
Issue Nine

Practice Opening Times

Monday – 8.30am - 6pm
Tuesday – 8.30am - 6pm
Wednesday – 8.30am - 6pm
Thursday – 8.30am - 6pm
Friday – 8.30am - 6pm

Telephone Number – 01273 615000

Website www.quaysidemedicalpractice.nhs.uk

Email sxicb-esx.quaysidereception@nhs.net

Prescription email sxicb-esx.quaysideprescriptions@nhs.net

Patient Participation Group – sxicb-esx.quaysideppg@nhs.net

A few words from Chris, our Practice Business Manager

I joined the team at Quayside in February 2026 which makes me the newest team member! I have worked as a practice manager for over four years in GP surgeries and prior to that I worked in community pharmacy for 19 years. My role at Quayside involves helping the practice run smoothly, support our clinical and non-clinical teams, and work to improve the experience and services we provide for our patients. I have enjoyed meeting the Patient Participation Group members and look forward to our next meeting.

I have joined the practice at a very exciting time with the imminent relocation to the new building, which will provide us with the opportunity to grow our clinical team and continue delivering high quality care to our community.

Outside of work, I run a small pet enrichment business, Snuffle Monsters, with my wife. We have three dogs and spend most of our weekends attending dog shows and country fairs.

Quote for the month

"I was offered an appointment on the day I phoned. I was dealt with professionally but always with kindness by both the GP and the receptionist. Dr Galan gave me the time I needed, listened to me and was extremely helpful."

NHS App

Have you downloaded the NHS app yet? This super helpful app allows you to order prescriptions, view your GP medical records, book and manage appointments and use NHS 111 online to check symptoms.

Staff Updates

We are happy to share that Dr Sarah Redvers is now a full-time partner with Quayside Medical Practice, we are delighted that she has joined the partnership.

Dr Steven Roberts will be moving on after nearly ten years with us. We know that many patients will want to wish him well, as indeed we do as he has been a very popular and respected member of the team. Good luck in all that you do Dr Roberts.

Men's Health Week – How to support your health

Nutrition – Eat real foods with a balance of vegetables, fruits, nuts, seeds, dairy, meat and fish rather than fast foods or processed.

Weight Management – Keeping to a sensible weight reduces risks such as diabetes, heart disease and certain cancers. Using local services such as Wave Leisure can help support your goals.

Mental Health – If you are worried about a man in your life, ask twice as this can help to open up a conversation. Health in Mind offer a self-referral process at <https://www.healthinmind.org.uk/>

Heart Health – Adding all the above together will look after your heart to help avoid heart disease and for you to enjoy a healthy life.

How a pharmacy can help you

In addition to traditional services, the Pharmacy First initiative means conditions such as Earache, Impetigo, Infected insect bite, Shingles, Sinusitis, Sore throat and uncomplicated UTI's (women) can be treated with prescription medication if needed.



'How pharmacies can help you' is a newly launched website giving knowledge and advice on health issues, it can be found at www.communitypharmacy.org.uk

Relocation

On 1st September 2026, the practice will be opening to patients in our brand new, purpose built building. The new premises have been designed to provide a more modern and comfortable environment for patients and staff, and will help us continue delivering high quality care to our community.

The move will allow us to benefit from improved facilities and closer worker relationships with other healthcare professionals based within the building.

The co-location with Wave will support an integrated model of care, bringing together primary healthcare and community wellbeing services to encourage healthier lifestyles and improve long term health outcomes.

World Blood Donor Day

It is World Blood Donor Day on 14th June 2026, this date gives celebration to honour and thank those people who donate their blood on a voluntary, unpaid basis to give the most precious gift of all – the Gift of Life.

You can find out more and how to become a blood donor at www.blood.co.uk

