

WELLS HEALTH CENTRE

SPRING

NEWSLETTER



Providing NHS services



Wells Health Centre

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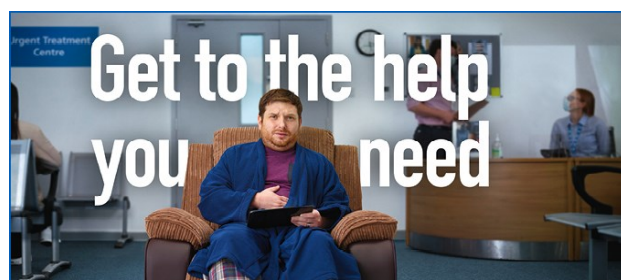
WELCOME SPRING!

As the days grow longer and the weather warms, we're delighted to share our Spring newsletter with you. We hope you're all enjoying the brighter season!

EASTER & BANK HOLIDAY OPENING HOURS

There are a few Bank Holidays coming up this springtime, don't forget we are closed on the Bank Holidays listed below, but you can still access help via NHS 111 online or by telephone by calling 111.

- Friday 18 April - Good Friday
- Monday 21 April - Easter Monday
- Monday 5 May - Early May bank holiday
- Monday 26 May - Spring bank holiday



Use 111

If you need urgent medical help.
Call, go online or use the NHS App.



Help us help you

CELEBRATING 25 YEARS OF DEDICATION – DI HOPKINS

This month, we're delighted to celebrate a remarkable milestone - Di Hopkins, our Lead Nurse, has reached 25 years of dedicated service at Wells Health Centre.

Over the past two and a half decades, Di has been a constant and reassuring presence, guiding both patients and colleagues through many changes. One of the most significant transitions she witnessed was the Health Centre's move in 2004 from the Rockers and Rollers building to our current home at Priory Medical Centre.

Di's journey has seen her rise to the role of Lead Nurse, where she now successfully leads our fantastic nursing team. She is passionate about delivering the highest standard of care and is truly committed to the wellbeing of our patients.

Among her many achievements, one that stands out is the consistent success of our annual flu clinics. Di takes the lead each year, ensuring that every eligible patient is invited and booked in for their flu vaccination - an enormous task that she manages with exceptional efficiency and care.

We're incredibly proud to have Di as part of our team and thank her for her years of service, dedication, and compassion. Here's to many more!



ARE YOUR DETAILS UP TO DATE?

Please let us know if any of your contact or address details change. You can complete a form on our website, email somicb.wellshealthcentre.co.uk or fill in a form at reception.

SPRING COVID-19 BOOSTER CAMPAIGN

The NHS is currently offering a Spring COVID-19 booster to those most vulnerable. This includes individuals aged 75 and over, residents in care homes for older adults, and those aged 6 months and over who are immunosuppressed.

Why it's important: This booster helps maintain protection against severe illness, especially as immunity from previous vaccinations may wane.

How to access it locally:

You can book your appointment online via the NHS website - Book, change, or cancel a COVID-19 vaccination appointment online or by calling 119. Go to www.nhs.uk/nhs-services/vaccination-and-booking-services/book-covid-19-vaccination

Local pharmacies are also offering the booster. Please check the NHS website for a list of participating pharmacies near you.

SUN SAFETY: PROTECTING YOUR SKIN

Enjoying the sunshine is wonderful, and a great way to get your vital Vitamin D - but it's essential to protect your skin:

- **Sunscreen:** Use a broad-spectrum sunscreen with an SPF of 30 or higher. You will need to re-apply this every two hours or so.
- **Protective clothing:** Wear hats and long sleeves when possible.
- **Seek shade:** Avoid prolonged sun exposure during peak hours (11 am to 3 pm).
- **Skin cancer awareness:** Remember, even one episode of sunburn significantly increases your risk of skin cancer. Regularly check your skin for any changes and consult a doctor if you have any concerns.

You can read more about sun protection on the British Association of Dermatologists' website at: www.skinhealthinfo.org.uk/sun-awareness/the-sunscreen-fact-sheet

NOT ABLE TO MAKE YOUR APPOINTMENT?

If you are unable to make your booked appointment, please contact us to cancel so we are able to offer this to other patients. In March 2025, 80 patients did not attend their appointment.

SPRING INTO ACTION!

With the lighter nights and (hopefully) warmer weather, now is a great time to think about lifestyle adjustment you can make, not only with your diet, but also increasing your physical activity by getting outdoors.

Think about your healthy eating habits with seasonal fruits and vegetables.

Have you considered the "Couch to 5K" programme? The gradual and structured programme means that you are eased in to it, reducing the risk of injury whilst also building confidence with an increase in performance each week.

Join a walking group :- There are lots of walking groups in Wells for all ages and abilities. A list of a few of them is below.

Mendip Ramblers: This group offers walks in the areas around Frome, Shepton Mallet, Wells, Street, and Glastonbury, including walks on Thursdays and Sundays.

Somerset Walking Club: This club organizes weekly Sunday walks across various areas in Somerset, including Exmoor, the Quantock Hills, the Blackdown Hills, Brendon Hills, Mendips, and the Somerset Levels

Wells u3a Walking Group: This group offers walks ranging from 4.5 to 7 miles, with pub lunches at the end of each walk.

Somerset Activity & Sports Partnership Health Walks: This program offers free, guided walks for all ages and abilities, ranging from gentle to advanced.

Ladies Walking Group (Wells): A Facebook page for a ladies walking group in Wells.

Men Walking & Talking: This group has a walk starting at St Cuthbert's Church entrance in Wells.

Further details of all walking groups can be found on line

NHS APP

Have you downloaded the NHS App yet? You can view your test results, order prescriptions, and access trusted health information. <https://www.nhs.uk/nhs-app/about-the-nhs-app/>

