

FRIENDS OF GIFFORDS SURGERY



We need your support

DONATE NOW

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Welcome from the Editor

Welcome to second edition of the "Friends of Giffords Surgery" newsletter! As we approach the close of another year, I want to take a moment to express my deepest gratitude for your continued support and engagement. The festive season reminds us of the importance of community and the simple joys that make life so special. Whether you are celebrating with loved ones, taking time to reflect, or simply enjoying a moment of quiet, I hope this holiday season brings you peace and happiness.

Reflecting on the month of December, we've achieved so much together. In this edition, we've put together some of the amazing things we have achieved with your help. I would particularly like to thank our talented team for their hard work and dedication, without which none of this would be possible. I would also like to thank all the charities, Melksham Town Council and Giffords Surgery who embraced and welcomed all our ideas. Thanks also to Dawn and Anne for our Wellbeing posts each day!

Thanks also for the lovely feedback on the first edition. There are a few things you can do to help us :-

1. If you have any spare time and would like to join the team, get in touch [here](#)
2. If you would like to make any suggestions as to what else you would like to see in our newsletter please email us on hello@friendsofgiffords.net
3. If you use social media please follow us and share our page to others so we can reach as many people in the as we can [here](#)
4. We also need help to raise funds so we can do much more in 2025, so if you would like to donate please click [here](#).

As we look toward the new year, let us embrace the spirit of renewal and hope. May 2025 bring you success, health, and the fulfilment of your aspirations. From our team to you and your family, we wish you a Merry Christmas and a Happy New Year filled with joy and wonder. We hope you enjoy this issue! Don't forget to sign up for some of the wonderful workshops below!

Sarah Williams-Martin
Chair - Friends of Giffords Surgery



Community at Christmas - Dec 2024

We have been super busy this Christmas with 25 days of festive fun in the community. Here are a few photos of the amazing events!
Go to our Facebook to see more info on these events!



Should I Be Worried About Retained Primitive Reflexes in My Child?

9



Community at Christmas - Dec 2024



Thank you to Friends of Giffords Surgery

First and foremost, on behalf of the partners and staff at Giffords, we wish to say a huge, huge thank you to our wonderful team of Friends. We have been absolutely overwhelmed with the impressive long list of festivities that the Friends have worked tirelessly to arrange throughout every day in December. We feel very fortunate to have so many dedicated patients that have volunteered their precious time in order to benefit both our patients and the wider local community.

Whilst we want to thank each and every one of our Friends Trustees and volunteers, I know that all who know her will wish to join us in giving a very special mention to Sarah Williams-Martin – Friends Chair, who has brought us all together to provide so many acts of kindness. Words cannot express our gratitude for the energy, drive and dedication that this wonderful caring lady has in making a difference. Sarah always puts the needs of others first. Sarah, thank you from the bottom of our hearts for all you do!

To all our Friends, we wish you a well deserved rest this Christmas after all your efforts and we look forward to our next exciting chapter together in 2025.

eConsult System

A reminder about our eConsult system. A whopping  or contacts made through eConsult are seen on the same day. The system is open from 7am – 3pm on a Monday and 7am – 4pm Tuesday to Friday. We highly recommend using eConsult to contact the surgery as the easiest and quickest method via the NHS App or via our website www.giffordssurgery.co.uk

Patients can continue to contact the surgery in person or by telephone if they prefer from 8.30am to 6.30pm Monday to Friday and the Care Navigation Team will help you. When phoning, the practice has a new call waiting system, so that patients no longer need to wait on the line in a queue – they will receive an automatic call back. All patients are now seen face to face unless the patient prefers a telephone consultation.

New Registration

Giffords continue to take new patients and out of area patients. All new patients are now offered a health check appointment with a GP on registration.

Autumn Vaccinations – Flu, Pneumococcal, RSV

If you have not yet had your vaccination please contact the surgery to book an appointment. We continue to contact and encourage all patients who are eligible to have their vaccinations.

..... and finally

As we approach the end of another year, we would like thank our patients for all their support. The team at Giffords wish all our patients and their families a wonderful Christmas and a Happy New Year.

Community at Christmas - Christmas Jumpers

Also, we took a picture with a different members of the team each day wearing Christmas jumpers, highlighting their roles. The jumpers were all wrapped up and given to residents of a nursing home for Christmas!

All 48 of them! Thank you to all that donated and took part!



Forthcoming Events & Workshops

We have some amazing speakers at our workshops below . Please book on now to avoid disappointment... They are Free !!

FREE - 1 HOUR

HEALTHY EATING WORKSHOP

[CLICK HERE](#) TO BOOK OR GET MORE INFORMATION



**7th January 2025
6.30pm**

FREE - 1 HOUR

PRIMITIVE REFLEXES WORKSHOP

[CLICK HERE](#) TO BOOK OR GET MORE INFORMATION



**4th February 2025
6.30pm**

FREE - 1 HOUR

SLEEP WELL WORKSHOP

[CLICK HERE](#) TO BOOK OR GET MORE INFORMATION



**14th January 2025
6.30pm**

FREE - 1 HOUR

DEMENTIA WORKSHOP

[CLICK HERE](#) TO BOOK OR GET MORE INFORMATION



**alzheimers
support**

**24th February 2025
6.30pm**

Pharmacy Update



Kalpesh, Mark and all the staff at Melksham Pharmacy would like to wish their customers a very happy Christmas and a wonderful New Year! They continue to improve customer services at the Pharmacy and welcome your feedback.

Dosette boxes and home deliveries are currently offered for **FREE** in most cases.

If you would like to discuss if you are eligible for these Free services please call the pharmacy on :- **01225 703140**.

Below are the Melksham Pharmacy opening times over the festive period.

Thursday 26th December (Bank Holiday)	Friday 27th December	Saturday 28th December	Sunday 29th December	Monday 30th December	Tuesday 31st December	Wednesday 1st January (Bank Holiday)	Thursday 2nd January
Closed	08:00-20:00	09:00-13:00	Closed	08:00-20:00	08:00-20:00	Closed	08:00- 20:00

Get Involved

THIS IS YOUR GP SURGERY AND WE WANT YOU TO BE A PART OF THIS SO IF YOU HAVE SKILLS AND FEEL YOU COULD ADD VALUE IN ANY WAY GET IN TOUCH! **CLICK HERE** TO REQUEST MORE DETAILS ON SOME OF OUR CURRENT VOLUNTEER VACANCIES.

Membership Co-Ordinator



Fundraising Co-Ordinator



Service Directory Co-Ordinator



Area Co-Ordinators



General Volunteers



Get in Touch

If there is anything in this newsletter which you would like to discuss further please use the links or email : hello@friendsofgiffords.net

We also need volunteers to get involved in our community events if you would like to help on an adhoc basis.

[Please register click here](#)