BARTLETT GROUP PRACTICE

BGP

Monthly NEWSLETTER

SEPTEMBER 2026 / VOL. 037

SEPTEMBER HEALTH FOCUS
Back to School, Back to Healthy Habits!

As routines return after the summer holidays, now is a great time to focus on healthy habits for the whole family.

Aim for regular bedtimes
Start the day with a healthy breakfast
Drink plenty of water throughout the day
Stay active for at least 30 minutes daily
Remember good handwashing habits

Small changes can make a big difference to health and wellbeing.

Turn to page 8 for this month's Health Hero Club challenge!

TOP NEWS

- Health Hero Club
- Patient Feedback
- You Said We Did
- Practice Stats
- Know Your Numbers



You Said: Visit page 5 to see your feedback

We Did: See what we did!



Did You Know?

Children should brush their teeth twice a day for two minutes using fluoride toothpaste.

Even mild dehydration can affect concentration and energy levels.

Just 10 minutes of brisk walking can help improve mood and boost energy.

School-aged children generally need between 9 and 12 hours of sleep each night.

YOU SAID, WE DID - IN PROGRESS

Many of you have told us that you would like to see high-backed patient chairs in our waiting room. We are pleased to say that this is something we have been working towards and hope to implement soon.

These chairs are quite expensive, but thanks to the generosity of our patients, we are now very close to reaching our fundraising target. The money raised through book donations is helping us invest in improvements that matter most to you and will enhance your experience when visiting the practice.

We would also like to extend a huge thank you to everyone who has donated books or brought books into the practice. Every donation, no matter how small, helps us raise funds for projects and improvements that our patients have asked for.

We are delighted to be nearing our goal and look forward to updating you when the new chairs are in place.

Thank you for your continued support and for helping us make positive changes within the practice.



KNOW YOUR NUMBERS! WEEK

Know Your Numbers! Week is a national campaign encouraging people to check their blood pressure and understand what their numbers mean. High blood pressure often has no symptoms, but if left untreated it can increase the risk of heart attack, stroke, kidney disease and other serious health conditions.

This September, take a moment to learn your blood pressure reading and make sure you're keeping on top of your health. Small steps, such as staying active, eating a balanced diet, maintaining a healthy weight and reducing alcohol intake, can make a big difference to your heart health.

Knowing your numbers could help protect your future health. If you have concerns about your blood pressure, please contact the practice for advice.

SEASONAL REMINDER:

BACK TO SCHOOL: HEALTHY HABITS FOR A GREAT START

As children return to school and routines settle back into place, a few simple habits can help everyone stay healthy and feel their best:

- Aim for a regular bedtime routine
- Eat a healthy breakfast each morning
- Remember to wash hands regularly
- Stay active every day
- Bring a water bottle to stay hydrated

Small healthy habits can make a big difference to concentration, mood and wellbeing.

Kindness Corner

Brighten Someone's Day



Returning to school or starting a new class can feel exciting and sometimes a little nerve-racking.

Why not:

- Say hello to someone new
- Include somebody in a game or activity
- Offer encouragement to a friend
- Share a smile with someone who may need one

A little kindness can help everyone feel welcome and valued.

Community Wellbeing Challenge - The September Step Challenge

This month, we're encouraging everyone to move a little more by taking extra steps each day.

Your extra steps could include:

- Walking to school where possible
- Taking the stairs instead of the lift
- A family walk after dinner
- Playing outside with friends
- Walking the dog
- Regular movement helps keep our hearts healthy, boosts mood and improves energy levels.

Remember: every step counts!

TOP TIPS

Good health is built through simple daily choices. This month's tips are:

Get plenty of sleep to help your body and mind recharge.
Pack healthy snacks such as fruit, yoghurt or wholegrain options.
Drink water regularly throughout the day.
Limit screen time and make time for outdoor play.
Keep up to date with routine appointments and vaccinations.
Remember to talk to someone you trust if you're worried about anything.

Small healthy habits today can build healthier futures tomorrow.

Surrey Liver Health Checks

NHS Royal Surrey NHS Foundation Trust

A free painless scan of your liver to see any fat or scarring with instant results

Eligibility Criteria:

You must be aged between 35-70 and match at least one of these criteria's:

- If your alcohol intake is greater than 14 units per week
- If you have type 2 diabetes or pre- diabetic
- If you have known or suspected fatty liver
- If you are overweight
- If you have a current or have previously had a blood borne virus (Hepatitis B / C)

Please refrain from eating or drinking for 2 hours before your FibroScan procedure. Water is allowed.

Bartlett Group Practice
Wharf Rd, Ash Vale
Aldershot
GU12 5BA

Scan this QR code to book your appointment

MORE INFORMATION:

01483 402679

rsch.surreyliverhealthchecks@nhs.net

https://www.royalsurrey.nhs.uk/surrey-liver-health-checks

August

PATIENT FEEDBACK

We like to collect patient feedback, not just because we have to, but because it helps inform the choices we make when it comes to service provision. It also helps us work out what is working and what maybe could be improved. Patient feedback is very much valued and we have introduced a board at each of our sites where feedback can be left.
Here's some of the feedback we received this month!

You said:	We responded:
Home visits would be great not just for people who are eligible but also for elderly patients with limited mobility.	Thank you for your feedback. We understand that limited mobility can make it more difficult for some patients to attend the practice. Unfortunately, due to the size of our patient population and the time required to deliver home visits safely, we are only able to offer home visits to patients who are medically assessed as housebound. This helps ensure we can provide care to those with the greatest clinical need while maintaining access to appointments for all patients. If you are struggling to attend the practice, please contact us and we will be happy to discuss the support and options available.
Better if i can upload photos first	Thank you for your feedback. Yes, we hear you, and so has Rapid Health! For certain pathways, you can now upload a photograph as part of your online consultation request, which can help provide additional information to the clinician reviewing your case. However, depending on your symptoms and clinical needs, your GP may still wish to see you in person to ensure a thorough assessment and the best possible care.

We really value all patient feedback. After your appointment, you may receive a text inviting you to share your thoughts. We review these responses regularly to spot common trends and understand what truly matters to patients—not just what we think is best. This helps us shape care around our community's needs!

RECRUITING NEW PPG MEMBERS!

NEW MEMBERS NEEDED FOR PATIENT PARTICIPATION GROUP

Do you care about your health and the health of the wider community?

Do you have views on how the medical practice can provide a better service?

Then join the **Bartlett Group Practice Patient Participation Group**

The Bartlett Group Practice PPG meet quarterly at 2pm and are joined by the Surgery staff

What are the benefits of a Patient Participation Group?

For Patients:

- Improved healthcare
- Higher quality patient focused service and care
- Building strong relationships
- Ability to influence services being delivered and future services

For the Practice:

- A better understanding of what patients want
- Improved reputation through improving patient experience
- Better understanding of current problems
- Informed continuous improvement and re-design of services

What does the PPG do?

We will host several **health related events** to help patients have an overview of today's NHS services and to better understand how patients can help themselves.

We will run patient surveys throughout the year to gather your feedback on our services and help us understand what matters most to you.

We have set up a **PPG Facebook page** to help communication between the medical practice and patients.

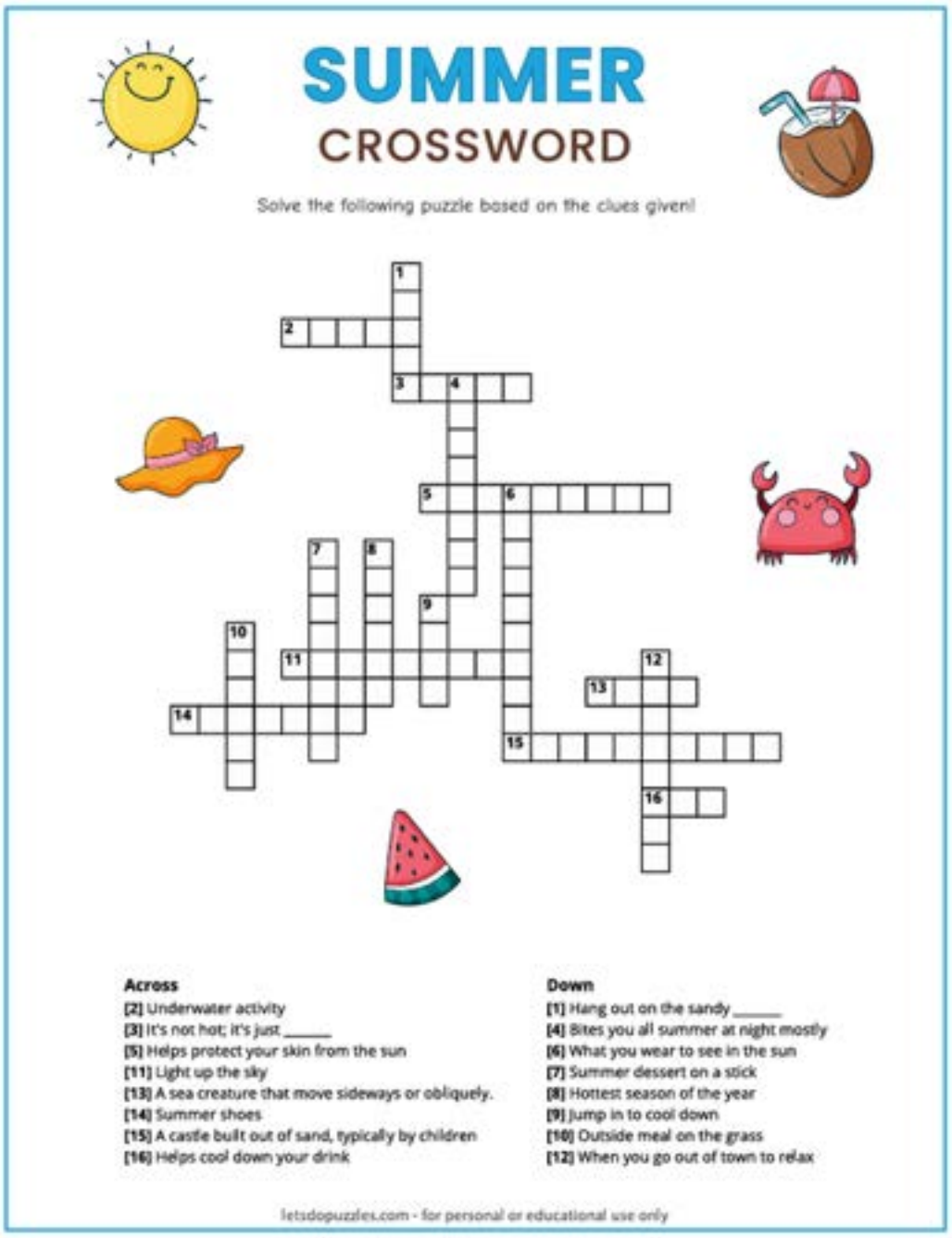
We always welcome new faces

(who are registered at the Surgery). Please email us at FRIMLEYICB.BARTLETTGP.ADMIN@NHS.NET if you are interested in joining our group.

If you would initially prefer an informal chat with a member of the PPG to get more information, then please let us know.

Your voice matters! Help shape the future of your surgery.

Waiting Room PUZZLE



SUMMER CROSSWORD

Solve the following puzzle based on the clues given!

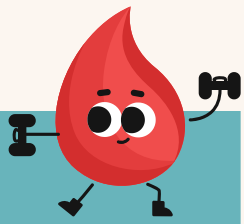
Across

[2] Underwater activity
[3] It's not hot; it's just _____
[5] Helps protect your skin from the sun
[11] Light up the sky
[13] A sea creature that move sideways or obliquely.
[14] Summer shoes
[15] A castle built out of sand, typically by children
[16] Helps cool down your drink

Down

[1] Hang out on the sandy _____
[4] Bites you all summer at night mostly
[6] What you wear to see in the sun
[7] Summer dessert on a stick
[8] Hottest season of the year
[9] Jump in to cool down
[10] Outside meal on the grass
[12] When you go out of town to relax

letsdopuzzles.com - for personal or educational use only



BLOOD PRESSURE



Whilst you're waiting for your appointment, why not check your blood pressure on one of our machines in the waiting room? Knowing your numbers is important to ensure your blood pressure is in range, and helps keep you healthy!

KIDS CORNER!

Welcome To The Health Hero Club



Hello Health Heroes! Welcome to this month's Kids' Corner. Can you complete all three activities?



Spot the Healthy Habits

Circle the healthy choices:

- Apple
- Chocolate bar
- Riding a bike
- Sitting on a screen all day
- Drinking water
- Brushing your teeth

Answers: Apple, Riding a bike, Drinking water, Brushing your teeth.

Find Something That Is...

Can you find:

- Something green to eat
- Something blue
- Something that keeps your heart healthy
- Someone who makes you smile



Health Hero Quiz

1. How long should you brush your teeth for? a) 30 seconds b) 2 minutes c) 10 minutes
2. Which drink is best for your teeth? a) Water b) Fizzy drink c) Energy drink
3. How many portions of fruit and vegetables should we try to eat each day? a) 2 b) 3 c) 5

Answers: 1) b 2) a 3) c

Healthy Joke Corner

Why did the banana go to the doctor? Because it wasn't peeling very well!
What is a dentist's favourite time? Tooth-hurty!





BGP RECOMMENDS: SPICY CHICKEN AND SALAD SANDWICH

INGREDIENTS

- 1 tablespoon low-fat plain yoghurt
- ¼ teaspoon of mild curry powder, to taste
- 85g cooked chicken, chopped
- 2 slices of wholemeal bread
- 1 small wedge of lettuce, shredded
- 1 small carrot, grated
- 1 small piece of cucumber, sliced



METHOD

1. Mix the yoghurt and curry powder to taste, then add the chicken.

For a non-spicy alternative, just swap reduced-fat mayonnaise for the curry powder and yoghurt.

2. Fill the sandwich with the chicken mixture, lettuce and carrot.

3. Cut into quarters and serve with the cucumber on the side.

This also works brilliantly in a wholemeal wrap or pitta!



Beat the heat with fresh, homemade ice lollies.

To make them, use water with fresh fruit and freeze, or blend fruit into a puree and freeze



Bartlett Group Practice

APPOINTMENT DATA FOR AUGUST (1ST - 31ST)

Want to know what we've been up to? Here's a snapshot:



28,506

Patients currently registered



1314

Nurse and HCA appointments



5500

Patients contacted by the practice via telephone



8879

Repeat medication requests



1509

Patient telephone calls by the clinical team



2229

Face to face appointments with a GP



328

Patients did not attend their scheduled appointment



824

Referrals completed



1455

Blood appointments with a phlebotomist



183

Cervical smear appointments completed