



# Newsletter

## Winter 2026

### Happy New Year

#### Book online

Did you know you can book appointments online? Download the NHS app to book. GP and blood test appointments are available to book daily.



#### Thank you

A big thank you from the Dockham Surgery Team for the lovely cards and messages from patients over the festive period.



#### **Love Your Liver Month**

Did you know your liver performs over 500 jobs to keep you alive? So, it's important to show it some love! When it's damaged, the liver can repair itself, but only up to a point. Nine out of ten cases of disease could have been prevented. However, people with liver disease often don't have any symptoms until the disease has progressed and it's far too late for treatment. So, look after your liver with these top tips:

- Focus on a balanced diet
- Stay hydrated
- Minimise alcohol
- Take the correct dosage of medications
- Ensure safe hygiene to reduce the risk of hepatitis

<https://britishlivertrust.org.uk/information-and-support/love-your-liver/>

<https://britishlivertrust.org.uk/love-your-liver-month/factsheets/>



### **Mental health**

January can be a challenging month – short days, cold weather and the pressure of a new year and finances can take their toll on our mental health.

If you're finding things tough, you're not alone. Setting small goals and prioritising your wellbeing can make a big difference. Get outside for regular walks, take up a new hobby or practise mindfulness. Find something that works for you.

Put yourself first this January.

<https://wellbeingtrust.org/blogs/ja...the-holidays-to-your-own-personal-well-being/>



### **Patient Participation Group**

We are looking for patients who are happy to attend the surgery three times a year for a meeting with a member of the team. A Patients Participation Group is to ensure patients voices are heard and considered in the planning and delivery of healthcare services.

If you are interested, please contact us through the practice website.



### **Change of details?**

If you have changed any of your personal details, please ensure to let reception know. This is so we can keep your record up to date.

You can change your details by completing a form at reception.

### **Staff training days**

The surgery will be closed in the afternoon for essential staff training on the following days.

Tuesday 6<sup>th</sup> January 2026

Tuesday 3<sup>rd</sup> February 2026

Thank you for your understanding