

# Newent Doctors Practice at Holts Health Centre, Watery Lane

*A quarterly Newsletter Issued by the Practice*

## Introduction

Hello again. This is our third quarterly newsletter. We hope that you found the previous ones issued to be interesting and informative.

The newsletter is aimed at all our patients and carers and a reminder that its purpose is twofold: -

- 1) To keep you better informed about what is happening at the surgery now and in the future
- 2) To provide you with a mechanism for making observations about your patient experience and to make suggestions regarding how you think things at the Surgery could be improved.

Whilst we operate under our own small business constraints, in addition to conditions imposed by the NHS, our objective is always to maximise the service provided to you and to treat all suggestions with consideration. We will always aim to convey our reasons for any resultant action taken or not taken.

We had hoped to be able to distribute newsletter updates by email to all of our patients. Unfortunately, to date, this has not been possible but copies will be available at the Surgery, also Mana House Coffee shop, Day Lewis Chemist, Red Lion Pub and Newent Library.

Our thanks to these establishments for supporting the Surgery. It is our intention to extend this list in the future. Unfortunately, we are not able to post or deliver paper copies to individual addresses.

*Improving the health, well-being, and lives of those we care for by providing a high-quality patient centred service for our community.*

Our website is  
<https://newentdoctors.nhs.uk>

To contact us:

Please see the website or contact reception

# The practice



This April, Dr Jasmine Dargan one of our GP partners, will be taking on the London Marathon for the very first time- a huge personal challenge and something she has never done before. She is training hard, putting in the miles, and pushing herself well outside my comfort zone, all to raise money for Hospice UK.

Hospices provide compassionate care and support to people and families at some of the most difficult moments of their lives, yet much of their vital work is funded by charitable donations. By supporting her run, you'll be helping hospices continue this incredible care across the UK. Every donation, big or small, truly makes a difference. Thank you so much for your support.

The link to donate to Hospice UK is below-

[https://www.justgiving.com/page/jasmine-dargan-2?utm\\_campaign=lc\\_frp\\_share\\_transaction\\_transactional\\_-\\_donation\\_received\\_-\\_nth\\_donation&utm\\_content=b1a38f81-f321-4ebe-9c6f-4f0a08193652&utm\\_medium=email&utm\\_source=postoffice&utm\\_term=1767949426670](https://www.justgiving.com/page/jasmine-dargan-2?utm_campaign=lc_frp_share_transaction_transactional_-_donation_received_-_nth_donation&utm_content=b1a38f81-f321-4ebe-9c6f-4f0a08193652&utm_medium=email&utm_source=postoffice&utm_term=1767949426670)

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## **Deborah Vernon-Hughes (Practice Manager)**

**Doctors :- Stenson,  
Underwood, Rees,  
Dargan, Harper, Baxter,  
Zatman, Cottam,  
Bennion, Arden-Thomas**

## **Cervical Screening Information Evening**

We were delighted to host our first Cervical Screening Information Evening on Thursday, 6th November 2025. The event welcomed patients who had never attended a smear test, those newly eligible for cervical screening, and new mothers, offering them an opportunity to learn more about the importance of screening in a relaxed and supportive environment.

Funded by NHS England, the evening featured refreshments and teal-themed cupcakes to reflect the cervical screening campaign colours. Feedback from attendees was extremely positive, with many commenting on how helpful and reassuring the session was and suggesting that similar events be held in the future.

Following the success of the evening, we held our Cervical (Smear) Saturday on 8th November 2025, providing additional appointment slots for cervical screening.

## **General Information:**

In 2025 Newent Doctors Practice aimed to reduce the DNA rate of appointments through engagement with our patients on the impact DNA's have, detailing the rates of missed appointments and keeping our patients updated with means to help reduce the DNA rate. In light of this, we have conducted a review of our appointments from 2025.

From January to December, we have had an attended appointment rate of 97.3%. Out of the total 86,633 appointments offered, this equates to 84,336 appointments attended. We would like to extend our thanks to the patients who came to their appointments, especially when it is difficult, or informed us that they would not be able to attend.

This attendance rate is higher than national averages, and we will continue to work with our patients to ensure this level is maintained or improved over 2026.

We will be posting regular updates on the attendance rates for the year to keep everyone informed.

Thank you all for your help in keeping your appointments, we wish everyone the very best year.

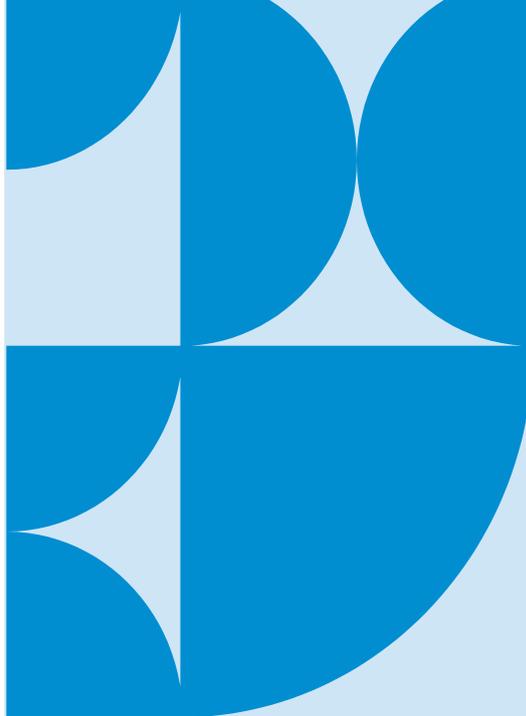
## **Winter weather warnings and staying warm**

Feeling the chill this winter? Keeping warm is essential for your well-being and health. Winter weather can stop vulnerable people getting out and about, so it's important to check on your neighbours and friends during this time.

When it's cold outside, and inside, there are some tips you can use to preserve heat and keep warmer:

- Reduce draughts where you can
- Layer up – wear lots of layers of thinner clothing
- Cover extremities – hats, gloves, thick socks and scarves
- Eat healthily with plenty of hot drinks
- Avoid alcohol
- Keep moving
- Hot-water bottles are a great, cost-effective way to keep warm
- Look into financial support such as the winter fuel payment

Keeping the cold at bay can help you stay healthy over the wintry months. <https://www.ageuk.org.uk/informatio...keep-well-this-winter/stay-healthy-in-winter/>



## Lung cancer awareness

Did you know lung cancer can affect **anyone**, not just smokers? This month is a great opportunity to raise awareness of this devastating disease and to help save lives. Understanding the signs and symptoms of lung cancer can help with an early diagnosis.

If you find that any of the following symptoms are affecting you, and last more than three weeks, make an appointment with your GP:

- Persistent cough
- Coughing up blood
- Chest pain or shortness of breath
- Unexplained weight loss or fatigue
- Repeated chest infections

Early detection saves lives.

<https://www.macmillan.org.uk/cancer-information-and-support/lung-cancer/signs-and-symptoms-of-lung-cancer>

## Self-Care

This is your annual reminder to set aside some time for you.

We're living longer lives, but not necessarily healthier. Demand for health services has risen significantly in recent years, with long-term conditions growing. Preventive health is key to a healthier future for both your mental and physical well-being, and self-care is at the heart of this.

Try these self-care ideas:

- Take a mindful walk
- Try meditation
- Set boundaries – it's okay to say no
- Speak to someone if you're struggling
- Do one thing that brings you joy

Self-care looks different for everyone; find what works for you.

<https://nshcs.hee.nhs.uk/training-s...-handbook/self-care-ideas-to-get-you-started/>



## Sugar Awareness

Did you know that nine in ten children, and four in five adults, in the UK are eating more sugar than recommended? This raises the risk of obesity, type 2 diabetes and tooth decay – starting from childhood.

This Sugar Awareness Week, the theme is 'Cutting Through the Sweet Talk: What You See Isn't What You Eat', highlighting the importance of looking past marketing and packaging.

Terms such as 'smart snacking' can distract from the nutritional value of a food.

- Always read the label
- Swap sugary drinks for water
- Choose whole, unprocessed snacks

Try the NHS food scanner to look into labels in more detail: <https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app>

## Carers' rights, 20th November

It was 'Carers Rights Day' in November. Being a carer is hard. There are no set hours, and you're often caring for someone close to you.

Every day, 12,000 people become unpaid carers for a partner, family member or friend. They may not even view themselves as carers. But who looks after you when you're looking after someone else? Carers' Rights Day is about raising awareness of what you're entitled to as a carer and how to access support. This year, the theme is 'Know your rights, use your rights'. As a carer, knowing your rights empowers you and helps you to reach the support you so need, to reduce the pressure when you're caring for others.

<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

## Skip Steam Inhalation

This winter please skip steam inhalation. It can cause serious burns (especially in children) and there is no good evidence that it helps coughs or colds.

Safer ways to feel better are:-

- Drink plenty of fluids
- Try decongestant sprays or vapour rubs
- Rest and let your body recover

Every winter, NHS hospitals treat children with painful burns. Don't take the risk - steam inhalation does more harm than good!!