

Longlevens Surgery Winter Newsletter 2025



Upcoming Surgery Closures & Important Dates



Thursday 25th – Friday 26th December –
Closed for Christmas

Thursday 1st January – Closed for New Years

Please allow plenty of time for repeat prescriptions over the festive period.

From all of us at Longlevens Surgery, we wish everyone a Merry Christmas

What's on at Chatty Café



Longlevens Community Centre, 10am – 12pm

- ❖ **Tuesday 2nd December:**
Christmas Bingo
- ❖ **Tuesday 9th December:** Christmas Carols from children of Longlevens Junior Choir & wear Christmas jumpers
- ❖ **Tuesday 16th December:** Christmas quiz & raffle, wear Christmas jumpers, accessories and join the seasonal fun

Gloucester Libraries

The Library

Gloucester Libraries:

[Longlevens Library](#) | [Gloucestershire Libraries](#)

We run several groups for the over 60's, including our Library Choir on a Wednesday at Longlevens, Ageing with Creativity, Roots & Reflections, Windrush and Community Cooking Events. We also offer computer buddies and digital help.



ROOTS
and **Reflections**

Oral History Project

Are you aged 60 and over?

Come and be a part of history by sharing memories of your local area in Gloucestershire, its people and how life has changed over the years.

What's Involved?

Come and talk about:

- Local places
- Community life, traditions, and events
- How your surroundings and society have changed

Interviews will be digitally recorded, supported by our experienced facilitator and may be used to preserve local history and creatively reinterpreted by local youth groups



This is a dementia-friendly initiative

Where and When:

(Duration: Around 45–60 minutes)

Tewksbury Library Lab
September
Cheltenham Library Lab
October
Coleford Library Lab
November
Stroud Library Lab
December
Chipping Campden Library Lab
January 2026
Gloucester Library Lab
February

Interested?

Contact us to find out more including booking your session
sally.williams3@gloucestershire.gov.uk
or enquire at your local library

For additional information visit:
gloslibraries.uk/news/roots-and-reflections

The Library



Gloucestershire
COUNTY COUNCIL



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Tai Chi for Health

Through the last two years I have taught several ten-week classes, and I thought I would include the testimony of some of my students to illustrate how it is an efficacious health practice. As well as a little tai chi which involves slow, relaxed movements I major on the older discipline of Qigong which is easier to learn and mainly consists of co-ordinated breath work, well-structured movements while standing, and the cultivation of a tranquil mental state.

This work has been aptly called, 'meditation in motion', cultivating the art of 'being present in the present' and students gradually learn to enter this tranquil state with lasting effect: "I'm generally more at peace with myself and others", and an ex-soldier gladdened my heart when he said, "Now I'm less 'regimental' than I used to be. Now I'm more relaxed!".

But recently tai chi has also been described as 'medicine in motion' since there is growing evidence of its health benefits particularly with long-term chronic conditions and balancing issues. My students agree: "My aches and pains seem to have dried up", and "I'm walking more erect and am able to bend more easily"; "I'm feeling more mobile and steadier on my feet".

However, the word 'Qigong' literally means 'working with energy'. It should be energising, and it is: "I'm feeling more resilient and useful" and "Now I have the motivation to get up and do more".

The benefits are legion, for example one student in her mid-seventies valued the social aspect: "meeting people again now friends are dying off". So, I'll happily press on volunteering to lead more classes in 2026.

Rob Cook

Staff Updates

Sarah from reception, widely known as SOG, is going over to the nursing team as a Health Care Assistant in the new year. We have a new team member joining us in reception, please welcome Julie to the reception team and wish SOG all the best in her role as a HCA.

Monthly Mindfulness Sessions

These free sessions are aimed to help people with anxiety, stress, depression, bereavement, menopause, and other various health conditions.

They will help participants, through guided meditations, to focus their thoughts and deal with matters in their lives in a totally neutral state of mind.

These Mindfulness and guided meditations can also help to reduce physical issues like high blood pressure, heart issues cause by stress and improve sleep patterns.

You will learn to 'tame' the part of your thinking process that causes stress and keeps you awake at night.

Although meditation can be relaxing, the main purpose of these sessions is to teach each individual practical tools to manage their thoughts throughout the day.

If you are interested in attending these monthly group sessions on a Saturday morning in Churchdown, please let Vikki, Social Prescriber know by email: vikki.triffitt@nhs.net

NHS App

The NHS App lets you order repeat prescriptions, view your GP medical records, access NHS 111 online and gives you access to a range of other NHS services. Please access the link below for help and advice.

[NHS App help and support - NHS](#)



Staff Spotlight

**Medical Secretary
Jacqui**



I'm Jacqui, one of the Medical Secretaries at the surgery. Our main roles are dealing with referrals, practice post in & out and typing up Dr's dictations as well as a lot of other things. On a personal level, I have 2 grown up children & 2 wonderful grandsons who I love spending time with. I have a little dog called Bentley & we love to go on long walks. I have been a part of the team for 4 years & really enjoy working at Longlevens Surgery as we are a really great team & have some lovely patients.