

Longlevens Surgery Spring Newsletter 2026



Upcoming Surgery Closures & Important Dates

Friday 3rd April & Monday 6th April
Easter

Tuesday 21st April PM
Covid Clinic

Monday 4th May
Early May Bank Holiday

Monday 25th May
Spring Bank Holiday

Rapid Health

Thank you for your patience during the first few weeks of starting our new booking system.

To access Rapid Health for **GP appointments only**, please see our website

www.longlevens-surgery.nhs.uk

You can also access via the NHS app and by scanning our QR code.



Nurse, physio, mental health and pharmacy appointments are still accessed via reception.

National Walking Month May



Surgery Walk and Talk (SWAT)

Join us for a 'walk and talk' every 1st & 3rd Wednesday of the month.

Meet at the 2nd carpark at Plock Court (GL2 9DW) for 13:15. Afterwards, join us at the Gala Club for a post walk coffee.

Walk to School Week 18th – 22nd May

Pupils will be encouraged to walk, wheel, cycle, scoot or Park and Stride to school every day of the week. Go to www.livingstreets.org.uk to get your classroom pack, pupils can track their progress on a brightly coloured wallchart and earn stickers as they go along with a special reward at the end of the week.

Spring into Summer Event

Spring
into Summer

FREE Community Events

Everyone welcome, tell your neighbours!

Find out about:

- Community Groups in your area
- Health and Wellbeing support services
- Strength and Balance exercises
- Blood pressure checks
- ... and much more

**Drop in
Events**

Friday 20th March

12:30- 14:30

Brockworth Parish Council,

Community Centre,
Court Road,
Brockworth,
GL3 4ET

Monday 30th March

13:30 - 15:30

Longlevens Community

Association,
Church Road,
Longlevens,
GL2 0AJ

Parking is limited at both sites, please park respectfully on nearby roads



North & South Gloucester Primary Care Network
The Alney, Brockworth, Churchdown, Hucclecote & Longlevens



Key Out-of-Hours Locations & Services

- [NHS 111](#) (Online or Phone): The primary service for clinical assessment, providing advice, or booking appointments with out-of-hours GPs or urgent treatment centres.

- [Gloucester Health Access Centre](#) (Quayside House): Located at Quay Street, GL1 2TZ, this centre is open 8am to 8pm, 7 days a week for walk-in or booked appointments.

- [Minor Injury and Illness Units \(MIUs\)](#): Treat minor injuries (sprains, cuts, minor burns) and illnesses. The nearest units are in Gloucester and surrounding areas (such as Stroud or Lydney), open 8am-8pm daily.

- [Gloucestershire Royal Hospital A&E](#): For life-threatening emergencies, serious injuries, or severe illnesses, the Emergency Department is open 24/7.

For [mental health support](#), you can call **0808 801 0606** or use the 24/7 webchat available at www.gloucestershirecando.org

World Sleep Day 13th March

Good sleep helps boost your mood, reduce stress, and support overall wellbeing. Here's how to improve your nights:

1. Build a consistent sleep routine

- Go to bed and wake up at the same time every day – including weekends.
- Start winding down before bed with calming activities.

2. Relax before bedtime

- Avoid screens (phones, tablets, computers) at least 1 hour before sleep.
- Try reading, soft music, podcasts or meditation to help your mind unwind.

3. Calm your mind

- Stress and worry make it harder to sleep.
- If your mind races, try writing a to-do list before bed or practising mindfulness.

4. Make your bedroom sleep-friendly

- Keep it **quiet, dark and cool**.
- Try earplugs, ambient sounds (e.g., rain or white noise), and dim lighting.

5. Don't force it

- If you can't sleep, get up and do something relaxing until you start to feel sleepy.

6. Diet & exercise matter

- Avoid large meals, caffeine, alcohol and nicotine before bed.
- Regular physical activity helps: just avoid vigorous exercise too close to bedtime.

www.nhs.uk/every-mind-matters

Staff Spotlight

Practice Nurse
Lorraine



I have been part of the surgery team for nearly five years, having previously worked at GRH in Trauma & Orthopaedics and Respiratory care. I really enjoy working in general practice and feel fortunate to be part of such a friendly & supportive team.

I'm a busy mum to 3 boys, so life is usually full of energy! I love being outdoors walking, listening to music, reading and spending time with family & friends. I have a particular interest in learning disabilities and diabetes care and am always keen to keep learning and developing my skills to support our patients as best I can.

National No Smoking Day

11 March 2026

Help encourage as many smokers as possible to quit on No Smoking Day by organising your own event.

If you would like support to stop smoking. You can self-refer to Healthy Lifestyles. By phone on **0800 755 5533** or online www.hlsglos.org

Staff Updates

We have a new GP called Dr Rosanna Stewart.

Dr Stewart previously was a registrar for Longlevens Surgery, so we are so happy to have her on board with us.