

Newsletter - December 2025

As we come to the end of another year, I'd like to take a moment to extend my warmest wishes to all our patients and their families. This season offers a valuable opportunity to pause, reflect, and appreciate the importance of health, community, and connection.

We especially hold in our thoughts the families and friends of patients who have sadly died this year. It has been a privilege to be involved in their care, and we recognise the deep grief that their loved ones may continue to carry. The festive period can be particularly difficult after a loss, and we encourage anyone who is struggling to reach out for support—whether to us at the practice, to community services, or to those around you.

Thank you for the trust you place in us throughout the year. It's a privilege to support you in your health and wellbeing, and we remain committed to providing compassionate, patient-centred care in the year ahead.

The festive period can be joyful but also challenging for some. Please remember to look after yourselves and one another—whether that means taking time to rest, reaching out to someone who may be feeling isolated, or keeping up with any ongoing health needs.

On behalf of our entire practice team, I wish you a peaceful Christmas and a healthy, happy New Year.

Dr Gora Bangi

Christmas and New Year Surgery Opening Times

We will be closed at 6.30 pm on Wednesday 24th December 2025 and we will reopen on Monday 29th December 2025 at 8am. We will then close again on Wednesday 31st December 2025 at 6.30 pm and reopen on Friday 2nd January 2026 at 8am.

If you require medical assistance during the Christmas and New Year Closure period, please call NHS 111.

Some local pharmacies will also be open and we will notify patients via our Facebook page as soon as we are aware of openings and closures.

We would like to introduce a new clinician to you who has recently joined us:

Dr Spencer Murphy is a Foundation Year 1 Doctor. He will be working at Leyland Surgery and Station Surgery for the next 4 months.



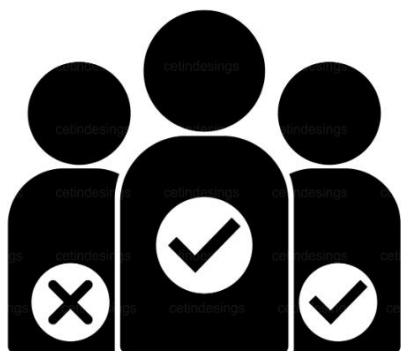
If you would like to receive our future Newsletters via email – please email the surgery

lscicb-csr.thesurgerychorley@nhs.net – marking email
NEWSLETTER FOR THE ATTENTION OF SARA DEARNALEY

Surgery Closure Dates

The Surgeries will be closed for Staff Training from 1pm on Tuesday 10th February 2026 and 3rd March 2026. If you require medical assistance on these dates, please call NHS 111.





In November 336 GAB patients and 55 Station Patients **did not attend** their appointments. At an average of 10 mins per appointment (but some will have been longer) this is over 65 hours of clinical time that was wasted. If You can not make your appointment for any reason, please cancel with as much notice as possible to enable us to offer it to someone else.

For more appointment statistics, follow our Facebook page.

We have a great **Patient Participation Group** (PPG) set up but we are always happy to welcome any new members to the Group. Our PPG is all about the patients and surgery working together to improve communication, discuss matters of mutual interest, encourage improvements and increase patient satisfaction. We hold meetings every 3 months and the dates for the meetings in 2026 are:

Thursday 12th February at The Surgery Chorley

Thursday 14th May at Leyland Surgery

Thursday 3rd September at The Surgery Chorley

Thursday 3rd December at Leyland Surgery

The meetings are always in the afternoon, but we will be looking at having the May meeting early evening to encourage more patients to attend and we would be happy for any patients who wish to attend via Teams to do so. Please contact Sara Dearnaley via the surgery email lscicb-csr.thesurgerychorley@nhs.net if you wish to attend any of the future meetings.

Charity Events at GAB Healthcare

The whole team have held several fundraising events during 2025, including a Macmillan Coffee Morning, Wear it Pink Day, Movember and Save the Children Christmas Jumper day. We have raised a total of £226.85 so far this year.





Please use the QR Code below if you wish to start using the NHS App.



The NHS App provides a range of benefits that enhance patient access to healthcare services. The benefits of using the NHS APP include:

- 1. Order your repeat prescriptions and nominate a pharmacy where you would like to collect them.**
 - 2. View your GP health record and access your test results, consultation notes and documents.**
 - 3. Turn on your notifications to receive messages about your care**
 - 4. Access health service on behalf of someone you care for such as children**
 - 5. Signpost you in the right direction when your practice is closed**
- You can find out your NHS number and access NHS 111 online to get instant advice or medical help near you when the practice is closed.

If you need assistance installing the NHS App up on your Smartphone or Tablet, please contact the surgery and we will arrange a suitable time for you to meet up with our team who will assist you to set everything up.

Upcoming Awareness Campaigns...

January

Dry January is a month-long challenge to give up alcohol throughout January, helping people reset their habits after the holidays.

Created by the charity [Alcohol Change UK](#), the 2026 theme focuses on exploring personal motivations for change, with support from the Try Dry® app. Benefits often include better sleep, more energy, improved mental health, and potential weight loss.



February

Heart Month is supported by a range of organisations worldwide. In the UK, someone dies from a heart or circulatory condition every 3 minutes.

Why not search “walk for hearts” to support the British heart foundation and challenge your self to walk 28, 50 or 100 miles in a month to help fund lifesaving research. 28 miles in February is just 1 mile a day.



March

Brain Tumour awareness month is a campaign to raise awareness of brain tumours, support research, and improve outcomes for patients. A brain tumour occurs as a result of an abnormal growth or spread of cells from within the brain, or its supporting tissues, that can damage the brain or threaten its function. Organisations like Brain Tumour Research lead fundraising and education efforts throughout March.

