



SURGERY CHRISTMAS OPENING TIMES:



Monday 22nd December: Open as usual.
Tuesday 23rd December: Open as usual.
Wednesday 24th December: Open as usual.
Thursday 25th December: **CLOSED**
Friday 26th December: **CLOSED**

Monday 29th December: Open as usual.
Tuesday 30th December: Open as usual.
Wednesday 31st January: Open as usual.
Thursday 1st January: **CLOSED**
Friday 3rd January: Open as usual.



If you are due to collect a prescription during these weeks, we encourage you to please not leave it until the last minute to order and/or collect. When you are ordering your prescriptions, please ensure you give the dispensary **3-5 working days'** notice and take into consideration the days we will be closed.

**We would like to take this opportunity to wish all our patients a Happy Christmas and Peaceful New year.
Thank you all for your continued support!**

Important Surgery News:

There will be a slight change to the way the dispensary will be handling repeat prescriptions going forward. All repeat prescriptions will now need to be requested by the patient/patient representative 3-5 days before they wish to come and collect it.

We made the decision to phase out the automatic repeat system as we were finding there was a lot of prescriptions being made up that were not needed, which resulted in our shelves becoming very full and time and money wasted unnecessarily. We hope that by asking patients to order their own repeat prescriptions only when they want it, will reduce the amount of wastage and unwanted prescriptions we prepare.

You can order your repeat prescription **up to 5 days in advance** through the following channels:

- **NHS App**
- **Email** - bswibc.harptreesurgeryprescriptions@nhs.net
- **Phone** - 01761 221406 during the dispensary opening hours of 12-1pm and 4-5pm Monday - Friday.
- **Website** – via the online triage form
- **In-person** - Dropping in a filled in repeat form to the dispensary

Please only order your repeat 3-5 days before you need it. Anything requested too early, will be refused

Do you struggle to find the time to collect your prescription during our surgery opening hours? Have you heard about our NEW Prescription Collection Machine at Cameley Surgery?

The Pharmabox24 allows patients to collect their prescriptions **24 hours a day, 7 days a week**. It gives you instant access to your medication without having to queue and avoiding a wasted journey.

After you have ordered your prescription, a text alert and a pin number will be sent to you as soon as the prescription is available in the machine. Simply enter the pin number sent to you on the easy-to-use keypad and your prescription will drop into the collection hatch.

Once in there, prescriptions will remain available for you to collect for 5 days. If 5 days passes and you have not been to collect it, your pin code will then expire, and the prescription will be brought back into the surgery.

**For more information, please speak to one of our Dispensers.
Sign-up forms can be picked up from Cameley Dispensary.**

Community News: Part 1

Warm Spaces:

Warm Spaces are welcoming venues where people can go to stay warm, feel safe, and meet others during periods of cold weather, high energy costs, loneliness or isolation. These spaces provide a comfortable, friendly environment and may also offer free hot drinks or other facilities like Wi-Fi, books, or toys for children to play with. **You'll get a warm welcome as well as Warm Space.**

As a visitor you'll receive a warm welcome from the staff and volunteers at each Warm Space venue.

Please use the link below to see where the many venues are locally.

[Warm Spaces directory for Bath & North East Somerset](#)



Mindfulness & Meditation 6-week Course:

If you're looking for simple, effective tools to help manage your mental and emotional wellbeing, this free 6-session course is for you. In a relaxed and supportive environment, you'll learn mindfulness and meditation techniques that can help you feel calmer, more focused, and in control. No prior experience with meditation is needed—this course is for absolute beginners and anyone looking to explore how mindfulness can improve their life.

Time: 12:30 - 14:45

Location: Hope House Surgery, Radstock

Course dates:

- Monday 5th January, Monday 12th January, Monday 19th January, Monday 26th January, Monday 2nd February & Monday 9th February.

[Book the Course Here](#)

Mindfulness and Meditation Taster:

A taster session of our Mindfulness and Meditation course, a free 6-week course for adults of all ages to build mindfulness and meditation techniques into everyday life, supported by our wonderful course leader Tom.

Date: Monday 22nd December

Time: 12:30 - 14:45

Location: Hope House Surgery, Radstock

[Book Monday 22nd December Taster Here](#)



BaNES Health & Wellbeing Courses:

This site provides a central place for free and low-cost courses for residents, both face to face and online. Here you can access a range of exciting and informative courses aimed to promote good health and wellbeing.

Come along to learn new skills, meet new people and boost your overall wellbeing. Have a look at the link below and you will be amazed by the fantastic selection of courses and activities.

[Home | Wellbeing Courses](#)



Community News: Part 2

Farming Community Network: Free Support for Farmers/Families/Land Workers:

Can we help you or someone you know?

To talk to a sympathetic person who understands farmers and rural life:



CALL 03000 111 999

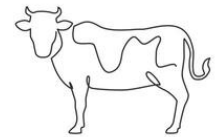
Calls will be answered in person from 7am to 11pm every day of the year

We can support you by:

- Listening, visiting, accompanying, helping you to find advice, explaining, delivering training and awareness-raising sessions

When you ring, we will:

- Listen, not judge, keep information confidential, only do what you want us to do, agree the next steps with you.



Sexual Health Survey – Make Your Voice Heard!!!

The Public Health Team within Bath and North East Somerset (B&NES) Council are running a survey to capture people's views and experiences of sexual and reproductive health services in the area. This is to help identify what services could look like in the future to better meet people's needs. They are keen to hear your views and therefore if you can contribute, please do so using the link below:

[Bath and North East Somerset Sexual & Reproductive Health Survey – Fill in form](#)

Local Defibrillators:

To find out where your nearest defibrillator is, please go to: www.defibfinder.uk



Get emergency food | Trussell

If you need help, a food bank can provide an emergency food parcel containing at least three days of meals. For more information, follow the link above.



Harptree Surgery, Bristol Road, West Harptree, BS40 6HF – Tel: 01761 221406
Cameley Surgery, The Green, Temple Cloud, BS39 5BW – Tel: 01761 452205

Surgery opening hours: Monday – Friday 08:30 – 13:00 & 14:00 – 18:00

Surgery phone lines: Monday – Friday 08:00 – 18:00

Email: bswicb.harptreesurgery@nhs.net Website: www.harptree-cameleysurgery.nhs.uk

Dispensary Opening Hours:

Harptree: Monday – Friday 08:30 – 13:00 & 14:00 – 18:00.

Cameley: Monday, Wednesday + Friday 08:30 – 13:00 & 14:00 – 18:00
Tuesday + Thursday 08:30 – 09:30 & 14:00 – 18:00

Dispensary phone lines: Monday – Friday 12:00 – 13:00 & 16:00 – 17:00.

Tel: 01761 221406 or 01761 452205 and Press 1 for Dispensary.

Email: bswicb.harptreesurgeryprescriptions@nhs.net

