

# Lawrence Hill HEALTH CENTRE

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## WELCOME

Welcome our new newsletter. We hope to keep you updated with whats going on at the health centre as well as other local community health and wellbeing things.

To keep up to date why not like our facebook page.

[www.facebook.com/LawrenceHillHealthCentreNHS](https://www.facebook.com/LawrenceHillHealthCentreNHS)

## COVID VACCINATIONS

We are working tirelessly to vaccinate our patients as quickly as possible. We are sending invitations to book your Covid-19 vaccine via text message using the service AccuRx. If you don't have a mobile phone then we will contact you.

We are happy to answer any questions you have about vaccination so dont hesitate to contact us if you would like to talk further.



To protect you from coronavirus, your GP practice will try to help you remotely and then see you face-to-face if needed.



VIDEO  
APPOINTMENTS



TELEPHONE  
APPOINTMENTS



FACE-TO-FACE  
APPOINTMENTS

Read more about how to access  
GP services during the pandemic



## WE ARE OPEN

Covid has changed the way we all work to help keep one another safe. Everyone is offered a telephone appointment with the medical team first, if the GP feels its necessary to see you in-person we will arrange a suitable face to face appointment. You can now book appointments via reception or through econsult on our website <https://lawrencehillhealthcentre.webgp.com/>

# HEALTH CENTRE HEDGEHOG RESCUED



We are trying to create a more wildlife friendly garden at the Health Centre. Recently, Dr Barber found a hedgehog in the middle of the lawn in the day time, who appeared to be injured. We have rescued him and he is now safely recovering in a Bristol Hedgehog sanctuary. There are lots of things we plan to do to the garden this year to make it more wildlife friendly, including planting a new wildlife hedge, revamping the flower meadow and improving the environment for hedgehogs by building a log pile for them to nest in. We hope he recovers quickly and is able to be released back into the wilds of Lawrence Hill Health Centre garden.

## BRISTOL WELLBEING COLLEGE

Everyone's mental health and wellbeing has been affected by the pandemic, so why not try some free courses to help improve how you feel. From mindfulness, creative writing, building resilience, help with dealing with anxiety or depression.

<https://www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/>



## JUMPSTART

"It's about creating strong, confident, pain-free bodies, inside and out." Each week we do a gentle guided workout and the benefits are so much more than physical, we bond, feel good about ourselves, and reduce loneliness. Jane will show you how to adapt each move so you can go at a pace you feel comfortable at.

Classes are currently on Zoom, but when restrictions are lifted then they will be at Lawrence Hill Health Centre.

Mondays 9:15 am to 10 am, free.

Contact Jane at JumpStart for more information.

