

# CRANLEIGH GARDENS MEDICAL CENTRE

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SPRING 2026



Welcome to the latest  
instalment of the  
Cranleigh Gardens  
Newsletter

NHS App

Diabetes UK

Park Run

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## Park Run

**What is it?** It's a three-lap course on grass and paths, suitable for all abilities to walk, jog or run.

**Where is it?** St Matthew's Field TA6 7HD

**When is it?** Every Saturday 9.00am

**How do I join?** Registration is free however you must register before via the park run website

Welcome to all, friends and family. Help spread the word.



Cranleigh Gardens Medical Centre

Cranleigh Gardens,

Bridgwater

TA65JS

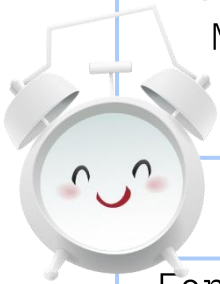
Surgery 01278 433335

Prescription Line 01278 427092

At Cranleigh Gardens Medical Centre and Westonzoyland Surgery, our aim is to provide our patients with the highest quality of healthcare services and resources.



The main surgery is open Monday – Friday 8.00am – 6.30pm including phone lines. Our Westonzoyland surgery offers a closer to home service for those living in the area, with doctor appointments every Monday and phlebotomist appointments every other Monday.



For patients who work Monday – Friday and struggle to make appointments during the week, the Partners hold one Saturday clinic a month at the main surgery to guarantee everyone is provided with the same service.

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## PRESCRIPTION AND TEST RESULT LINE

When you need to order your repeat prescriptions, please call 01278 427092 between 9.30 – 12.30 Monday to Friday.

When calling for test results, please wait until after 2pm to help staff manage with the volume of calls in the mornings.

# NHS APP



## How Do I Use It?

To gain full access to the NHS App, you will need to ask at Reception for the online services form with some photo ID. Once you have been emailed your log in details you will be able to connect it to the surgery.

## What Can I Do?

Once you are connected, you will be able to view test results, see and cancel appointments, order your repeat medication and much more.



## Who Can Use It?

Everyone and anyone can use it. Parents can add children under 13 years old to their accounts and Carers can have access as a proxy user for a person they care for. Make sure to ask at Reception if you need help setting up



As some of you may now be aware, we are no longer sending the initial confirmation when booking appointments.

Instead, we are sending a reminder 3 business days before the date of the appointment so make sure you are making a note when booking in.



## PRESCRIPTIONS

Did you know there's more than one way to order your repeat prescriptions?

1. Prescription Line
2. Forms in Reception
3. NHS App
4. Emails
5. Our Letterbox

Please allow our team **2 working days** to get your prescription over to the pharmacy and remember to order them in plenty of time

## CANCELLATIONS

Did you know you can cancel your appointments without speaking to someone?

Just use the automated cancellation line when phoning in.

This will help lower the number of incoming calls for our Reception Team and make your life easier too.

Remember your appointment can be offered to someone else so please remember to cancel in plenty of time.



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We are offering RSV vaccinations to those who are eligible (adults aged 75 to 79 and pregnant women from 28 weeks.) If you are yet to have yours, phone reception and book in. Or Bridgwater Hospital are offering a walk in service.

Remember to book your child in for their immunisations, this includes pre-school booster jabs. Phone reception to book your child in.

# DIABETIC GROUP CLINICS



We are continuing with our Diabetic Group Clinics which have proven to be successful. These clinics are held at Cranleigh Gardens Medical Centre, Westonzoyland Surgery and Victoria Park Wellbeing Hub. The aim is to reduce the wait time and help you manage your diabetes better with the help of our Diabetic Nurse Lucy, Health Coach SJ, Facilitator Genna and of course, support from your peers.

We have also run a pilot [Pre-diabetic Group Clinic](#) and received positive feedback from our patients and hope to have a few more in the future.

For more information, search Diabetic Clinics on our website or call us using option 5.

# COFFEE MORNING

The PPG are hosting a coffee morning here on [Thursday 30<sup>th</sup> April](#).

This year, they'll be raising funds for Diabetes UK in support of our Diabetic Team here at Cranleigh.

So please, if you have a sweet tooth or just simply wish to help raise money, stop by the surgery.

## Some Useful Information

### [What is diabetes?](#)

Diabetes is a serious condition where your blood glucose level is too high. It can happen when your body doesn't produce enough insulin or the insulin it produces isn't effective.

### [Types of diabetes](#)

There are two main types of diabetes: type 1 and type 2.

[Type 1 diabetes](#) is a chronic autoimmune condition where the immune system destroys insulin-producing beta cells in the pancreas, leading to little or no insulin production. It is most commonly diagnosed in childhood.

[Type 2 diabetes](#), which is the most common, is a chronic condition where the body resists insulin or fails to produce enough, causing high blood sugars.

### [What causes diabetes? How is it diagnosed?](#)

Diabetes is diagnosed from a blood test. If there are no obvious symptoms it can go undiagnosed.

The causes of diabetes depend on the type of diabetes you have.

[Type 1 Diabetes](#): While the exact cause is unknown, it involves a combination of genetic predisposition and environmental triggers, such as viruses. It is not caused by diet or lifestyle.

[Type 2 Diabetes](#): Is largely driven by excess weight, inactivity, and genetics, often developing slowly over years. Management includes healthy eating, exercise, medication, and sometimes insulin to prevent complications like heart disease.

Please visit [www.diabetes.org.uk](http://www.diabetes.org.uk) for more information