A big welcome to the Autumn 2026 Edition of the PPG Newsletter

Firstly here is a Staff update:

Two new Partners..... Dr.Chris Edwards and Dr. Kunal Wadhwa
Two new Salaried GP s....Dr. Aymen Badar- 4 Sessions per week
Dr. Umar Ahmad- 8 Sessions per week

The surgery would like to remind patients who have received an invitation for their Flu and/ or COVID vaccination but have not yet booked an appointment that there are still appointments available. If you have received an invitation, please contact the surgery to arrange your vaccination

The PPG would like to say a BIG thank you to all have contributed to our Book Stall that is due to celebrate it's First Birthday shortly. To date it has raised in excess of £300. It's prime purpose was to raise funds to pay for the upkeep and annual servicing of the 3 wheelchairs that we hire out for a small fee.

Also since our Spring Newsletter KWS is now a recognised running group in the parkrun 'world'. Our Patients and Staff participating either running, jogging or walking can now register as a member of the group and also those undertaking the invaluable role as a volunteer can do so also. Being able to see all such participants would allow the PPG, with the aforesaid's agreement, offer encouragement and collate numbers involved.

With regard to further contents of this Newsletter we've included items felt worthy of 'reiterating' that are already available to the general public and thank those responsible for it being so.

We, the PPG, hope that you find the Newsletter a good read and will look forward to future editions.

If you have suggestions for possible topics to be covered in the future then please let us know.

Your PPG is eager to recruit new members. One of our aims is to work with the Surgery to identify if the services that our practice population receives can be approved.

Contact: Liz Wilkie, Chair PPG...liz.wilkie50@aol.co.uk/07593 980 538/01454 319886

Thank you.

QEII, Yate proudly presents

junior parkrun

With thanks to

South Gloucestershire Council

Stronger Together Community Grant



Take part in a fun, free 2K event (kids 4-14)
All abilities welcome - run, walk, jog, hop, or skip!



Give us your loudest cheer
Come along and clap and cheer everyone to the finish!



Volunteer - be a high-viz hero
Help make the event happen - there's a role for everyone!



QEII Playing Fields, Yate BS37 8SY



Sundays at 9AM (Coming Soon)

Want to volunteer at QEII junior parkrun?
Scan the QR code or visit tinyurl.com/jprqe2

(South Glos. eNews 09/9/26)

Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.

There are government guidelines for schools and nurseries about health protection and managing specific infectious diseases at GOV.UK. These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

What to do about other conditions

High temperature

If your child has a high temperature, keep them off school until it goes away.

Feeling anxious or worried

It's normal for children to feel a little anxious sometimes. They may get a tummy ache or headache, or have problems eating or sleeping.

Avoiding school can make a child's anxiety about going to school worse. It's good to talk about any worries they may have such as bullying, friendship problems, school work or sensory problems. You can also work with the school to find ways to help them.

If your child is still struggling and it's affecting their everyday life, it might be good to talk to your GP or school nurse.

Find information and advice about how to help children with anxiety

Coughs and colds

It's fine to send your child to school with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.

But if they have a high temperature, keep them off school until the temperature has gone.

Encourage your child to throw away any used tissues and to wash their hands regularly.

Chickenpox

If your child has chickenpox, keep them off school until all the spots have crusted over.

This is usually about 5 days after the spots first appeared.

Cold sores

There's no need to keep your child off school if they have a cold sore.

Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

Conjunctivitis

You don't need to keep your child away from school if they have conjunctivitis, unless they are feeling very unwell.

Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school.

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

What to do if your child has tested positive

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

Ear infection

If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

Hand, foot and mouth disease

If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off.

Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Head lice and nits

There's no need to keep your child off school if they have head lice.

You can treat head lice and nits without seeing a GP.

Impetigo

If your child has impetigo, they'll need treatment from a pharmacist or GP, often with antibiotics.

Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

Measles

If your child has measles, they'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily.

Keep your child off school for at least 4 days from when the rash first appears.

They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

Ringworm

If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP.

It's fine for your child to go to school once they have started treatment.

Scarlet fever

If your child has scarlet fever, they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks.

Your child can go back to school 24 hours after starting antibiotics.

Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious.

But let the school or teacher know if you think your child has slapped cheek syndrome.

Sore throat

You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of tonsillitis.

Threadworms

You don't need to keep your child off school if they have threadworms.

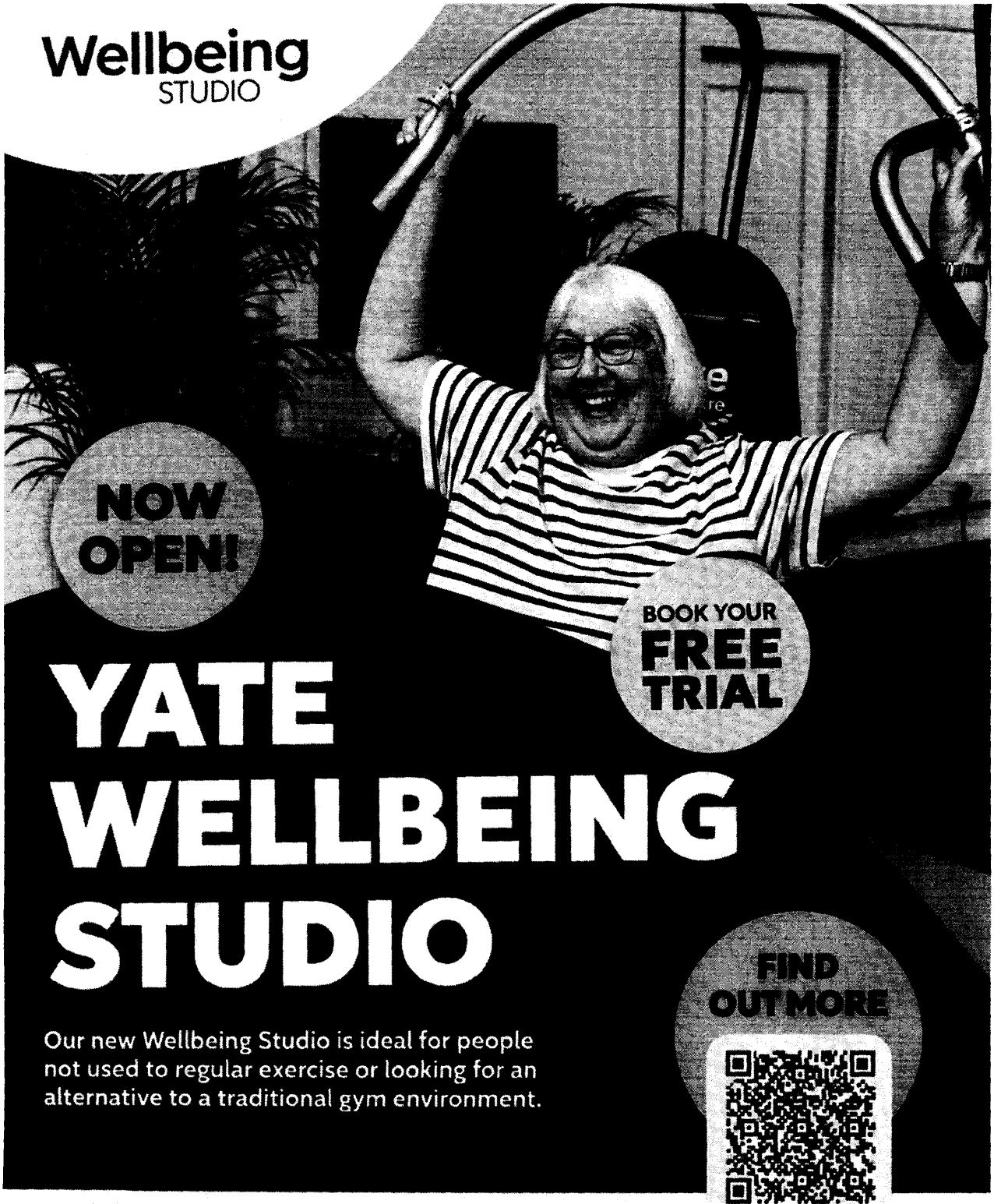
Speak to your pharmacist, who can recommend a treatment.

Vomiting and diarrhoea

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

NB/ Please visit underlined sections online to view NHS guidelines, more fully.

Wellbeing
STUDIO



NOW OPEN!

BOOK YOUR FREE TRIAL

YATE WELLBEING STUDIO

Our new Wellbeing Studio is ideal for people not used to regular exercise or looking for an alternative to a traditional gym environment.

FIND OUT MORE

ACTIVECENTRES.ORG
0300 333 0300

Moving together for 20 YEARS

Active Lifestyle Centres | INSPIRING ACTIVE LIFESTYLES



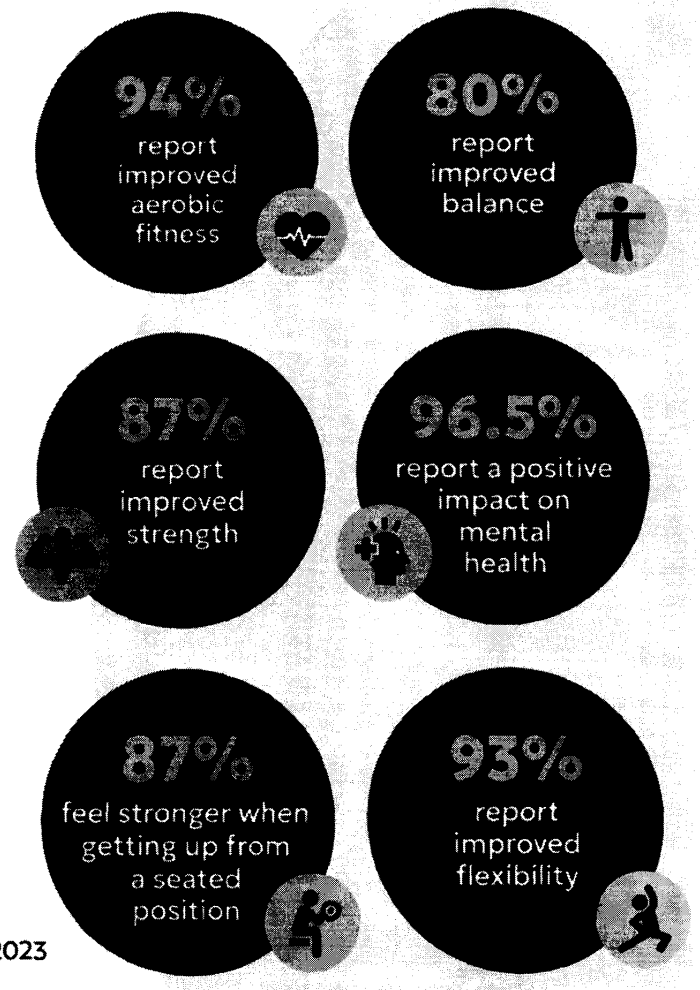
ABOUT OUR **WELLBEING STUDIO**

Research carried out by Innerva in conjunction with the Advanced Wellbeing Research Centre at Sheffield Hallam University looked at the effects of regular use of Innerva power-assisted equipment on users across the UK and its impact on healthy ageing.

> "The findings highlight the benefits of whole-body power assisted exercise on all of the body's key systems. This means that over 85% of people with a wide range of health symptoms including pain, difficulty with breathing, limited movement and reduced energy levels are enabled to improve their condition management and wellbeing through power assisted exercise."

Dr Rachel Young, Advanced Wellbeing Research Centre, Sheffield Hallam University

*Information taken from Innerva Impact Report 2023



OUR NEW WELLBEING STUDIO AT YATE ACTIVE LIFESTYLE CENTRE IS NOW OPEN!

EXERCISE **MADE EASY**

Our new Wellbeing Studio is ideal for people not used to regular exercise or looking for an alternative to a traditional gym environment.

It's equipped with the latest, innovative power-assisted exercise equipment from Innerva, a passionate provider of low impact exercise solutions that give users a "helping hand" to exercise and maintain movement for longer periods of time.

It's beneficial for people who are:

- Looking to manage their weight, become stronger and tone up.
- Recovering from short-term injuries, such as a fall or sports injury.
- Recovering or recovered from health problems, such as cancer, or a stroke.
- Preparing for surgery.

BOOK YOUR FREE TRIAL TODAY. CALL 0300 333 0300

It's also for you if you have:

- Metabolic conditions such as obesity and/or diabetes.
- Muscular skeletal (MSK) conditions such as osteoarthritis and back pain.
- Neurological conditions, such as MS and Parkinson's.
- Cardiorespiratory conditions such as heart disease and/or respiratory conditions.
- Conditions, such as fibromyalgia, ME and post viral fatigue.

Whatever your ability, our 36-minute power-assisted circuit, can help build and maintain fitness – and it's fun and social too!

The benefits:

- Improved muscular strength, flexibility, balance and mobility.
- A stronger core to help improve posture.
- Enhanced circulation.
- Increased energy and improved overall wellbeing.
- Improve mental health with a social workout



ABOUT US

Our aims

We work closely with Yate Town Council who owns the park to provide an open green space for the benefit of local people and wildlife. We wish to maintain the original character of the park and provide a safe haven for all who use it. Accessible to all

Join us...

We meet quarterly at Poole Court on a Monday evening. See events for next scheduled meeting. We are always looking for new members but also volunteers for various action groups and events within the park.

Get in touch for more information!

2026 - Who we are...

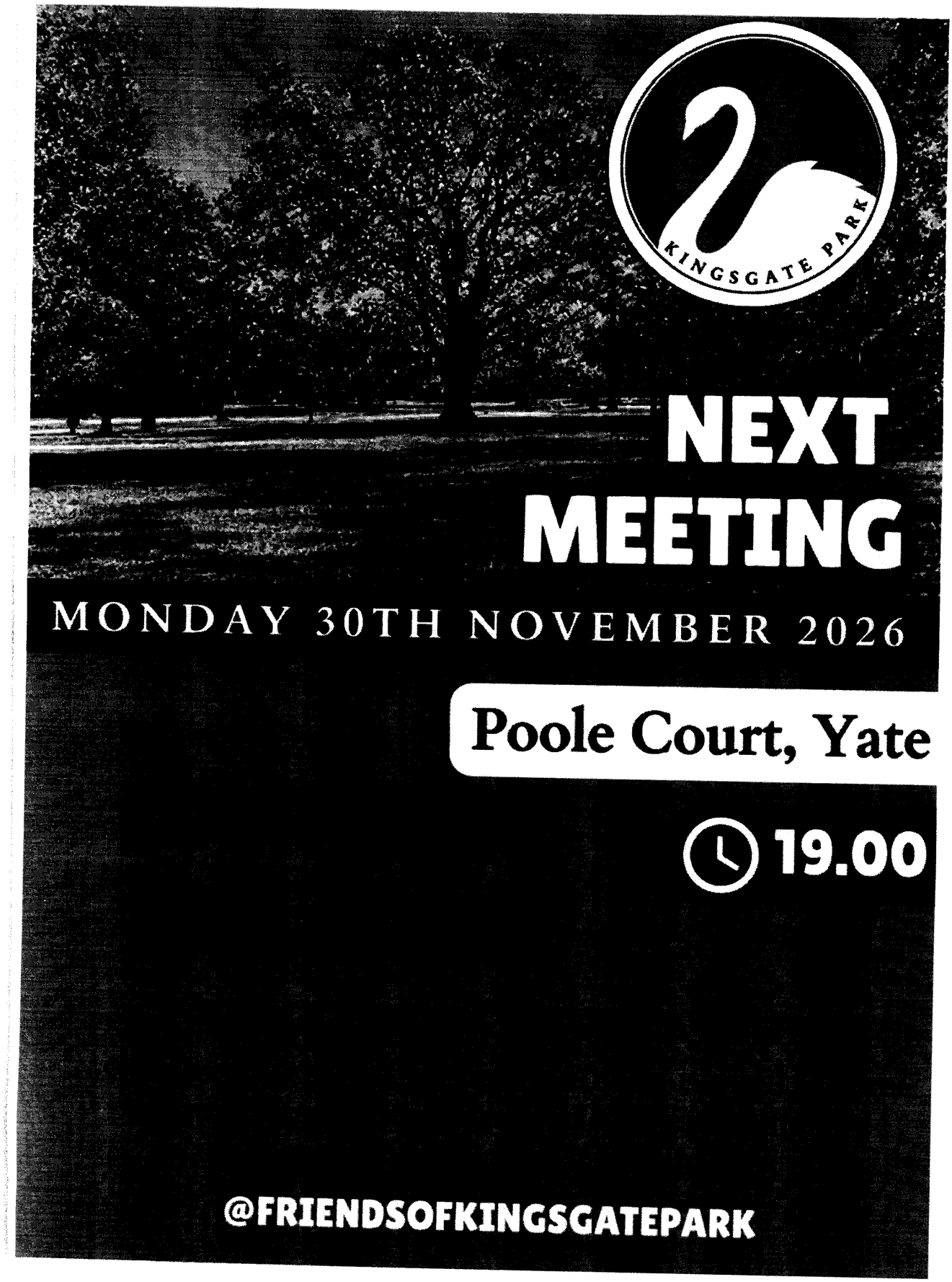
Chairperson
Alex Swatton

Vice Chairperson
Bill Bombroff

Treasurer
martin Pearson

Secretary,
Social Media and Publicity
Gabrielle Davis

@friendsofkingsgatepark


KINGSGATE PARK
NEXT MEETING
MONDAY 30TH NOVEMBER 2026
Poole Court, Yate
19.00
@FRIENDSOFKINGSGATEPARK

Volunteers wanted

KINGSGATE PARK

GARDENING at kingsgate

We are looking to form a team of enthusiastic green fingered volunteers to start a gardening team here at Kingsgate park.

GET IN TOUCH

to register your interest now
Meeting dates to to be announced soon!
friendsofkingsgatepark@gmail.com
@friendsofkingsgatepark



KINGSGATE PARK

Yate Town Council

Christmas Carols in Kingsgate Park

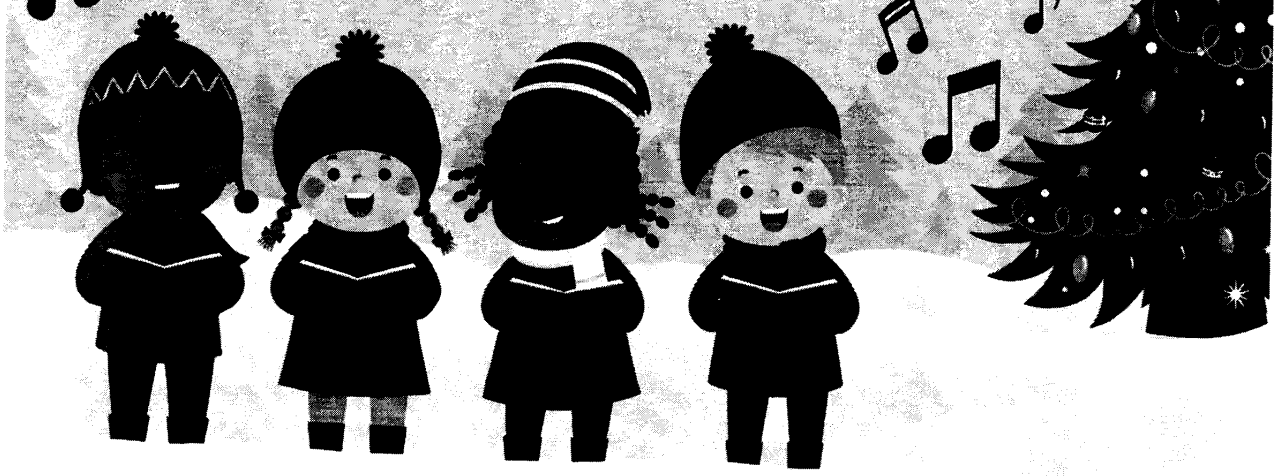
FRIDAY 4TH DECEMBER 2026

Starting at 6pm

Join us for some carol singing followed by free Mulled Wine, Squash, Treats for children and Mince Pies.

Led by Rev Leigh Maydew and Rev Regan Meares

MEETING OUTSIDE COMPOUND AT MAIN ENTRANCE



ARMADILLO THURSDAY SENIOR CAFE & CINEMA

MORNING.

Café open from 9AM.

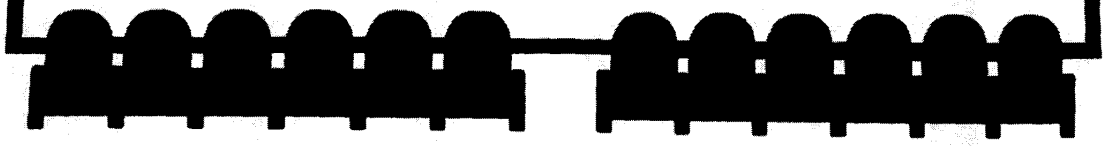
Film starts 10:30AM.

AFTERNOON

Café open from 12:30PM.

Film (with subtitles) starts 1:45PM.

FREE CINEMA - NO PURCHASE NECESSARY FOR CINEMA ENTRY.



Come in and grab our £3.80 café offer

TEA / COFFEE WITH REFILL

plus one item of food from the list below:

Toast, fruit loaf, crumpets, bacon bap or biscuits

Porridge (morning only)

Sausage roll (afternoon only)

For more info on upcoming films:
scan the QR code to join our Facebook Events Club - or call us on 01454 869441
or email info@yatearmadillo.co.uk

Armadillo Youth Venue and Café. Station Road, Yate, BS37 4FW.

Yate Town Council

Coffee Mornings

at The Heathers Nursing Home

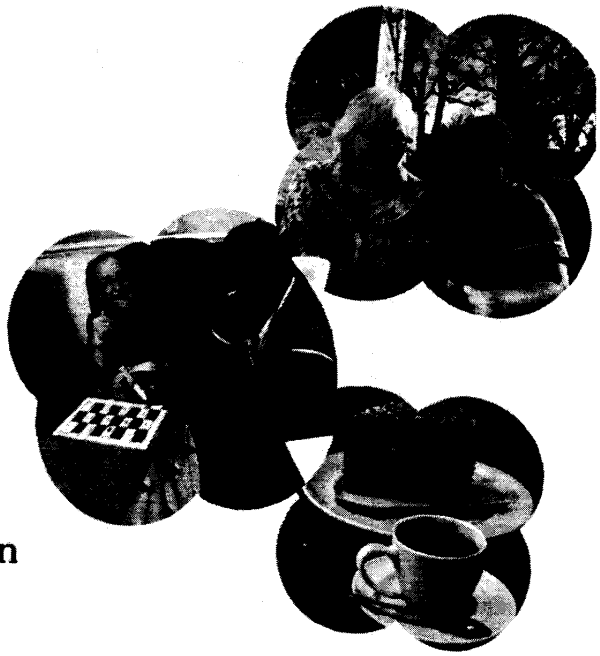
Join us for Coffee, Cake & Good Company!

When: Every 2nd Tuesday of the Month

10:30 AM – 12:00 PM

Where: The Heathers Nursing Home (Parking Available)

A welcoming safe space for people living with Alzheimer's or dementia and their carers to visit and ask questions. Everyone is welcome!



- Fresh Coffee & Tea
- Delicious Homemade Cakes
- Fun, Local Entertainment
- Friendly Faces & Great Conversation

For more information or to reserve your place, please call 01454 312726

Quarry Road Bowling Hill, Chipping Sodbury, Nr. Bristol BS37 6AX

YATE MEN'S SHED

COME & MEET US!

Thursdays 10:30am

Armadillo Cafe
Yate Shopping Centre



07847 306 735
www.yatemensshed.com
info@yatemensshed.com

Supported by Yate Town Council