JANUARY NEWSLETTER

Parkway MEDICAL GROUP

02 January 2026

OPENING TIMES

Monday- **8:00am to 7:30pm**

Tuesday- **8.00am to 6:30pm**

Wednesday-**7:30am-8.00am**
(prebooked appointments)
8:00am to 1pm
2pm to 6:30pm

Thursday- **8.00am- 6:30pm**

Friday **8:00am to 6:30pm**

Saturday **Closed**

Sunday **Closed**

WHAT'S NEW

We would like to wish Dr Wager (formerly Dr Cockett) a happy Maternity leave

Meet The Team

Meet our Management team

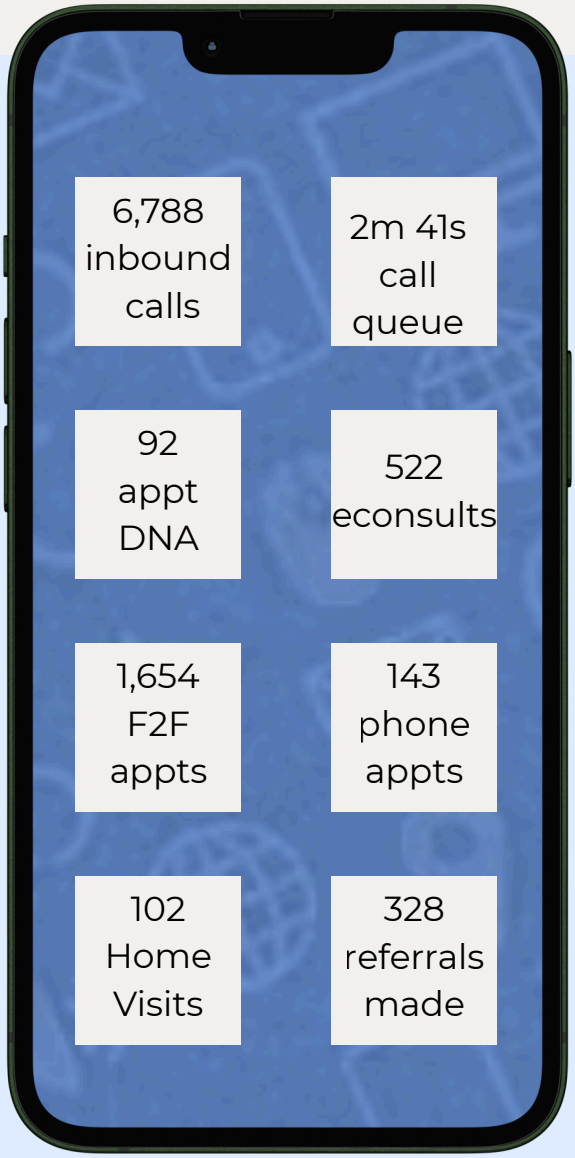
Our wonderful management team works tirelessly behind the scenes to keep our practice running smoothly — often powered by coffee, teamwork, and just a little bit of magic.

Linda, our Practice Manager, is the person who keeps all the moving parts working together. She supports both our team and our patients with care, dedication, and a talent for staying on top of everything. When she's not managing the practice, Linda loves spending time with her family and their much-loved fur baby (who we suspect may be the favorite child).

Amy, our Deputy Practice Manager, is always ready to jump in wherever she's needed to keep things running seamlessly. Calm, organised, and endlessly helpful, she's our go-to problem solver, chief motivator and social events coordinator. Outside of work, Amy enjoys catching up with friends and family, going to the gym, enjoying a good football match and getting happily lost in a good book.

And keeping us all financially on track is Donna, our Finance Manager. Donna makes sure the numbers add up (so the rest of us don't have to). When she's not crunching figures, you'll find her out walking her dog, cheering on her favourite football team (The toon obviously), or spending time with family and friends usually somewhere warm and sunny.

Here’s a quick look at how we’ve been supporting our patients this past month:
📞 6,788 inbound calls received, with an average wait time of 2 minutes 41 seconds.
❌ 92 ‘Did Not Attend’ appointments.
💻 522 eConsultations submitted.
🏥 1,664 face-to-face appointments completed.
📞 143 telephone appointments held.
🏡 102 home visits carried out.
Thank you to our team for continuing to provide excellent care and service!



Tips to help you cut down on alcohol

You do not necessarily need to go teetotal to feel the benefits of drinking less alcohol.

Even just setting and sticking to a few drink-free days a week, or swapping to lower-strength drinks, are great steps in the right direction.

1. Have a game plan

Use the NHS Drink Free Days app to set yourself a weekly unit target and stick to it. But if one week you do go over your limit, don't stop trying – next week is a fresh start.

2. Switch from stronger stuff

Choose drinks that are lower in alcohol. Try lighter beers – under 4% ABV. As a rule of thumb, white and rosé wines are lower in strength than reds. Or try swapping some or all of your drinks for no or low-alcohol alternatives.

3. Stick with it!

It might take a bit of time to get used to the change from your usual choices, so if you notice a difference in taste with lower-strength drinks, do not give up! There are so many options, it's likely there's one out there for you – and switching means you can enjoy the health benefits of drinking less without losing your social life.

4. Shake up your social plans

Going for drinks is not the only way to see friends. You could watch a film, meet up for breakfast, grab a coffee and go for a walk, go bowling, head to the gym or sign up for a class to do together, for instance.

5. Set a booze budget

Sticking to a budgeted amount for alcohol can be a good way to drink less. If you are going out, try taking only the exact cash, or set up a spending alert on your card.

6. Write off the rounds

Being involved in rounds makes it easy to end up drinking more than you meant. Try to avoid them if you can, and do not feel like you have to say yes to a drink just because someone else is buying. There's always next time.

7. Only wine and dine

Waiting for your evening meal before you have a drink – and having your first only once you've started eating – is another simple way to help you cut down.

8. Beat boredom

If a drink is a way you handle boredom or stress, try finding something else to do instead. Exercise is a great stress reliever, and simple things like cleaning, a new hobby or DIY can be a good way to occupy mind and body.

What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.

After 20 minutes

Check your pulse rate, it will already be starting to return to normal.

After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.

After 48 hours

Your carbon monoxide levels have dropped to that of a non-smoker. Your lungs are clearing out mucus and your senses of taste and smell are improving.

After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.

After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.

After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.

After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.

After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's

If you're overweight, losing weight has many health benefits. It might help reduce the risk of developing health conditions such as high blood pressure, heart disease and type 2 diabetes.
Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.

Download the free NHS Weight Loss Plan app

Download the free NHS Weight Loss Plan to help you start healthier eating habits, be more active, and start losing weight.

The plan is broken down into 12 weeks so you can:

- set weight loss goals
- plan your meals
- make healthier food choices
- get more active and burn more calories
- record your activity and progress

Don't worry, the app makes it easy for you – just take it one week at a time. Let's make "one day" today!

Download on the App Store

GET IT ON Google Play

We wish Dr Wager a happy maternity leave.

Happy New Year to all our patients- from everyone at Parkway

Things to look out for this month

This month at the practice we will be promoting and supporting dry January