



Barnoldswick Medical Centre Newsletter **Summer 2023**

Welcome to this issue of our Practice Newsletter. This newsletter is to provide patients with news and information regarding the surgery and any upcoming events.

We would like to start by thanking our patients for their continued support and as ever, it is always the aim of the practice staff, many of whom have offered years of service, to provide the best GP practice that we possibly can regardless of the circumstances.

We continue to be grateful for your understanding and patience.

Protected Learning

All GP Practices in East Lancashire have been given time to close for Protected Learning.

This enables practices to provide dedicated training to their staff and to discuss and plan ways that will allow them to improve services, meet demand and support the wellbeing of staff.

The surgery will be closed for Protected Learning Time on the following dates:

- **Thursday 13th July 1pm-6.30pm**
- **Thursday 14th September 1pm-6.30pm**
- **Thursday 12th October 1pm-6.30pm**
- **Thursday 9th November 1pm-6.30pm**

During this time, for all life-threatening emergencies, please call 999.

Provisions have been made for urgent triage if you feel your request is urgent and cannot wait until the following day. Please call 111 if this is the case.

Did you know that there are lots of places you can go to for health advice when the practice is not open?

NHS 111

- Medical help and advice that is not an emergency
- Information about which NHS service to use
- Information and support about what to do next

NHS Choices (www.nhs.uk)

- Advice on how to stay well
- Tips on treating minor illnesses & injuries

GP Out of Hours

- Available outside normal practice hours

Walk-In Centre

- For minor illness or injury (cuts, sprains, rashes etc.)
- If it cannot wait until the practice is open

Minor Injuries Unit

- Treats non-life-threatening injuries (broken bones, sprains, strains etc.)
- No appointment needed

Pharmacy











- Medicine experts who can provide advice
- For common illness and ailments
- See your pharmacist at first sign of illness

A&E

- Call 999 or visit A&E if someone is seriously ill or injuries and their life is at risk



The top ways for staying safe when the heat arrives are to:

-  Look out for those who may struggle to keep themselves cool and hydrated. Older people, those with underlying conditions and those who live alone are particularly at risk.
-  Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors.
-  Use cool spaces if going outdoors.
-  Drink plenty of fluids and avoid excess alcohol.
-  Never leave anyone in a closed, parked vehicle, especially infants, young children, vulnerable adults, or animals.
-  Try to keep out of the sun between 11am to 3pm, when the UV rays are strongest.
-  If you must go outside in the heat, walk in the shade, apply sunscreen, and wear a wide-brimmed hat.
-  Avoid physical exertion during the hottest parts of the day.
-  Make sure you take water with you if you are travelling.
-  During warm weather, going for a swim can provide much welcomed relief. If you are going into open water to cool-down, take care and follow local safety advice

Patient Service Team

When you next come into the surgery, you may notice that our reception teams name badges look slightly different.

Our reception team will now be known as our Patient Service Team.

Late appointments.

Please let our reception team know if you are going to be late for your appointment.

Our reception team will check with the clinician to see if they are still able to see you.

If you arrive late for your appointment, you may be asked to re-arrange.



Jeff – First Contact Physio

We are pleased to announce that Jeff, our First Contact Physio, will soon be working an extra day at the surgery.

Jeff can deal with joint pain, limb pain, back pain, neck pain any sprains or strains and can help anyone with problems after surgery. Appointments are face to face and can be booked by reception.

Nhs health checks

We are currently in the process of inviting all eligible patients for a free NHS Health Check.

This consists of bloods tests, blood pressure, height & weight, and lifestyle questions.

Eligible patients are those aged between 40-74 who do not come on a regular basis to the surgery for blood pressure monitoring or attend the cardiac or diabetic clinic.

We are also starting to invite patients who are over 75 who don't attend the surgery regularly for an over 75 health check.



NHS Low Calorie Diet Programme

The NHS Low Calorie Diet Programme is an evidence-based intervention using Total Diet Replacement to support eligible people recently diagnosed with Type 2 diabetes to achieve significant weight loss and potentially attain diabetes remission.

This is a 12-month programme led by a team of Diabetes Specialist Dietitians and supported by Diabetes Specialist Nurses, with 12 weeks of Total Diet replacement and ongoing education and behaviour change support.

We will be inviting all our eligible patients over the next few weeks.

Blood pressure monitors

If you are loaned a blood pressure monitor, please can you ensure this is returned within 7 days of completing your home blood pressure readings.

Thank you

Upcoming Bank Holiday

Monday 28th August.

The surgery will be closed on the above date. Please remember to allow extra time when ordering your prescriptions.

If you need medical help whilst the surgery is closed, please contact 111 for non-medical emergencies and 999 for medical emergencies.

Virtual Patient participation group – Join us!

Our Virtual Patient Participation group is a group of volunteer patients, carers, and GP Practice Staff.

PPG's look at the services the practice offers, patient experience and how improvements can be made for the benefit of patients and the practice.

Our aim of the PPG is making sure that our practice puts patients and improving health at the heart of everything we do.

Our PPG is open to every patient on our practice list.

People of all genders, ages, ethnicities and those with health conditions and disabilities are encouraged to join.

There are no membership requirements except that patients must be registered with Barnoldswick Medical Centre.

If you are interested in joining the PPG, please call into the surgery to collect a registration form or email

reception.barnoldswickmedicalcentre@nhs.net

FAO Laura - Patient Participation Group for more information.

Hayfever is an allergic reaction to pollen when it comes into contact with your mouth, eyes, nose & throat.

Symptoms often include sneezing and coughing, runny or blocked nose, itchy eyes, headache, earache and many more.

Speak to your pharmacist if you have hayfever or think you may have hayfever. Pharmacists can give advice and offer the best treatment.

Contact your GP if your symptoms are getting worse or your symptoms do not improve after taking medicines from the pharmacy.

Visit <https://www.nhs.uk/conditions/hay-fever> for more information.



Travel Vaccinations

If you are due to travel abroad and think that you may need travel vaccinations, please call into the surgery to collect a travel vaccination form.

Once this has been completed, please return to reception.

The form will be passed onto the nurse and an initial consultation will be booked to discuss the next steps going forward. Please remember to allow plenty of time before travelling.

Travel vaccines are also available at certain chemists.

Shingles

If you're aged 70 to 79, you're eligible for the shingles vaccination.

Shingles is a painful condition in older adults, which can have serious complications.

Having the shingles vaccine benefits you in two ways: you're less likely to get shingles and if you do get shingles, you're likely to have a milder, shorter illness.

<https://www.nhs.uk/conditions/vaccinations/who-can-have-the-shingles-vaccine/>

