



## **Barnoldswick Medical Centre** **Newsletter – January 2024**

**W**elcome 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.



### **Flu vaccines.**

We still have vaccinations available for patients aged 65 and over and patients under 65 with underlying health conditions. Please enquire at reception about booking your vaccine.

In 2023, the surgery donated £33.65 to cancer research & £44 to MND by fundraising through non-uniform days.

## **THINKING ABOUT SEEING A PRIVATE GP?**

We recognise due to current pressures in the NHS that patients are increasingly looking at private providers.

We would like to let you know that if you choose to go to a private GP, you should not need to come back to your NHS GP for diagnostic tests or any referrals to NHS services. These can be requested by the private GP directly.



### Do you need to ring the surgery?

Our telephone lines are often incredibly busy, and we are aware that patients sometimes struggle to get through. Some of the calls our reception team take could be dealt with elsewhere.

Think before you call, is the surgery the most appropriate place to deal with your query?

**Is your query relating to a hospital appointment?** We do not have access to the hospitals appointment systems and cannot help with this. Please contact the hospital directly.

**Are you ringing to book a covid booster?** We don't have access to the booking system. Please contact 119 or visit the national booking system online.

**Are you ringing to see if your medication is ready?** We do not know when your medication will be ready to collect from the chemist. We send your prescription to the chemist within 48 working hours of receiving your request, however the chemist have their own processing times. Please contact the chemist directly.

**Do you have toothache?** Or are you ringing for a dental issue? The doctors are unable to treat dental problems. Please contact your dentist or 111 if you are not registered with a dentist.

### Mental Health

The winter months can seem long and dark, and for many people, this leads to feeling low.

Season Affective Disorder affects around 2 million people in the UK.

You can reduce the effect of Seasonal Affective Disorder and improve your mental health by taking some simple steps such as making sure you get enough daylight and enough exercise during the winter.

If you are struggling with your mental health, we're here to help you.

Please ask to speak to one of our team so we can get the right support in place for you.

If the practice isn't open, or you don't feel able to speak to a member of our team, Samaritans is a non-judgemental listening service, available 24/7 if you feel you need to talk. Call for free 116 123. <https://www.samaritans.org>

If you feel in urgent need of help with your mental health, you can find out how to access support here.

<https://www.nhs.uk/nhsservices/mental-health-services/get-urgent-help-for-mental-health/>

Other useful websites:

<https://www.nhs.uk/mentalhealth/conditions/seasonal-affective-disordersad/overview> Every Mind Matters - NHS ([www.nhs.uk](http://www.nhs.uk))

**Happier January 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe
7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			

**ACTION FOR HAPPINESS** Happier · Kinder · Together

## Breast Cancer

We often think that the sign of breast cancer is a lump on the breast, which it can be however, there are also other signs that could indicate something is wrong.

These changes could be as simple as a rash or a slight change in the appearance of the nipple. If you notice any changes, it's important to make an appointment with your GP practice.

There are 12 symptoms of breast cancer. Do you know what all 12 would be? Know Your Lemons has a fantastic and easy-to-understand set of graphics which explain what's normal in breast tissue.

If you're a trans-man, trans-woman, or identify as non-binary, your risk of cancer and screening for some cancers may be affected.

You can help to ensure you don't miss any vital screening opportunities. This guidance from Cancer Research is helpful in determining any altered risk or screening changes.

Breast cancer is rare in men but can occur – more often if you're over the age of 60. If you're experiencing unusual changes in your chest, you should ask your GP practice to check these for you.

<https://breastcancer.org/.../learn-signs-breast-cancer>.  
<https://knowyourlemons.org>  
<https://www.cancerresearchuk.org/.../trans-and-non-binary...>  
<https://www.nhs.uk/conditions/breast-cancer-in-men/>



### [Telephone friendship service | Age UK](#)



**Could you offer friendship to an older adult? Age Concern run a telephone service where you can volunteer to speak to someone each week.**

**This helps to ensure that older people aren't isolated, and you gain the opportunity to find a new friend.**

**You're matched with someone with similar interests so you can get a really good conversation going.**

## 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 between 1pm – 6.30pm on the following dates:

Tuesday 6th Feb 2024  
Wednesday 6th March 2024  
Thursday 4th April 2024  
Tuesday 14th May 2024  
Wednesday 5th June 2024  
Thursday 4th July 2024  
Tuesday 3rd Sept 2024  
Wednesday 2nd Oct 2024  
Thursday 7th Nov 2024

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.



for anxiety and depression

Are you suffering from anxiety or depression?  
Perhaps you're feeling stressed and struggling to control your worry?  
Do you experience feelings of panic or obsess about certain thoughts?  
You're not alone. Help is out there.

[NHS Lancashire and South Cumbria Talking Therapies \(icb.nhs.uk\)](http://icb.nhs.uk)

### Non-NHS work

The NHS provides healthcare free of charge to most people, but there are some fees for non-NHS work.

To help our patients, our GPs agree to carry out non-NHS work, however there will be a charge for this work.

Examples of non-NHS work include:

- Holiday cancellation forms
- Insurance forms
- Firearms Licence
- Fostering medicals
- Fitness to travel
- Letters for school or university
- Power of Attorney
- HGV medicals
- Taxi medicals
- Freedom from infection
- Council tax forms
- Fitness to exercise

Please allow the GP 28 days to complete non-NHS work. Please ask at reception for more information.

**Does your child have asthma?**

The Digital Health Passport is an app to help you manage your child's asthma and improve their health. Available to download now:  
[digitalhealthpassport.co](http://digitalhealthpassport.co)

GET IT ON Google Play Available on the App Store

### Useful contact numbers

Well Chemist 01282 812195

Whitworth Chemist 01282 813766

Treatment Room Services 01282 805834

District Nurses 01282 805989

Airedale Hospital 01535 625211

Burnley Hospital 01282 425071



### Surgery Contact Details

Telephone – 01282 811911

Email – [reception.barnoldswickmedicalcentre@nhs.net](mailto:reception.barnoldswickmedicalcentre@nhs.net)

Opening Hours – Monday to Friday 08.00-18.30