



Barnoldswick Medical Centre Newsletter **Spring 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.

Useful contact numbers

Well Chemist 01282 812195

Whitworth Chemist 01282 813766

Treatment Room Services 01282 805834

District Nurses 01282 805838

Airedale Hospital 01535 625211

Burnley Hospital 01282 425071



Upcoming bank holidays

- Friday 7th April
- Monday 10th April
- Monday 1st May
- Monday 8th May
- Monday 29th May



The surgery will be closed on the above dates. 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.

Enhanced Access Appointments

You may be offered an appointment via our Enhanced Access Hub for both routine and urgent matters.

Appointments are available at Yarnspinners in Nelson & Colne Health Centre and are usually in an evening or on a Saturday.

These appointments are mainly face to face with a doctor or advanced practitioner, who will have access to your medical records and be able to help with your medical needs. There are also nurse appointments available for cervical screening, diabetic and asthma reviews for those who find it difficult to attend during core GP hours and limited weekend blood test appointments.

If a prescription is required, they will send this to a chemist of your choice.

Consultation records from Enhanced Access Appointments will be automatically uploaded to your registered GP practice record.

Prostate Cancer

It has been found that 1 in 8 men will develop prostate cancer.

You might be at a higher risk if you're black, or if your dad or brother have had it.

Symptoms can include difficulty urinating, feeling that your bladder hasn't emptied properly, needing to urinate more often than usual, or a sudden urge to go to the toilet.

If you're worried that any of these symptoms apply to you, then you should book an appointment with your GP.

visit for more information

<https://prostatecanceruk.org/prostate-information/about-prostate-cancer/prostate-cancer-symptoms>



Non nhs work

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

In order 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.

DO YOU NEED TO SEE YOUR GP?

Get the best from your NHS

Do you need your GP?

- ✗ We cannot affect hospital waiting lists
- ✗ Tests ordered by the hospital will be followed up by the hospital
- ✗ If you are unwell you do not need a sick note from your doctor for the first seven days
- ✓ Check if the service you want offers self-referral
- ✓ Help us prioritise services for those that need them most!

Gp practices are under more pressure now than before the pandemic.

There is a shortage of GP's and higher demand. The increased pressure makes it difficult to recruit and retain staff.

This can make it more difficult for patients to get an appointment with their GP...

There are 258 practices in Lancashire & Cumbria offering between 860,000 and 1 million appointments every day

There are 1,990 fewer fully qualified GP's compared to 2015.

The average number of patients each GP is responsible for has increased by 17% and now stands at 2,273.

GP practices have had to change the way they are working to help meet the needs of their patients and continue to provide safe care.

To help you get the care you need, you may be seen by another member of the GP team.

To support practices the NHS has invested in additional roles such as pharmacists, physiotherapists, mental health workers, advanced nurse practitioners and more.

For certain ailments, there are other more suitable services that are available to you.

Thank you for supporting your GP Practice.

Your GP Practice

What certain media sees

Face to Face GP appointments

What the public see

Busy phone lines

Remote GP Contact

Work actually being carried out by GPs and their team...

- Meetings
- Prescriptions
- Extended hours
- Coroner reports
- Patient signposting
- Medication reviews
- Managing complaints
- Coding & data sharing
- Chronic disease reviews
- HR & Staff management
- Medical student training
- Keeping patients updated
- Dealing with health briefs
- Learning disability reviews
- Arranging patient transport
- Managing national & local targets
- Reviewing patient & hospital letters
- Supervising & supporting Community teams
- Flu jabs
- Home visits
- Safeguarding
- Non-NHS letters
- Pharmacy liaison
- Reviewing results
- Mandatory training
- COVID Vaccinations
- Processing referrals
- 90% of NHS contacts
- Antibiotic stewardship
- CQC & PCN monitoring
- Care home ward rounds
- Appraisals & revalidation
- End of life/ palliative care
- Childhood Immunisations
- Tackling medical fake news
- Population health management

With thanks to e-GP Learning



Breast cancer, unfortunately, affects large numbers of women and some men.

There are ways to try to identify breast cancer early on, and one way of doing this might be by spotting the symptoms.

The symptoms of breast cancer can include: a new lump in your armpit, a change in the shape, size or feel of your breast, skin changes in the breast and nipple, and fluid leaking from the nipple in someone who isn't pregnant or breastfeeding.

More usually, these symptoms can be caused by something else, but if you spot them, it's important that you get them checked as soon as possible, so do please make an appointment with your GP.

Visit [Breast cancer symptoms | Cancer Research UK](#) for more information.

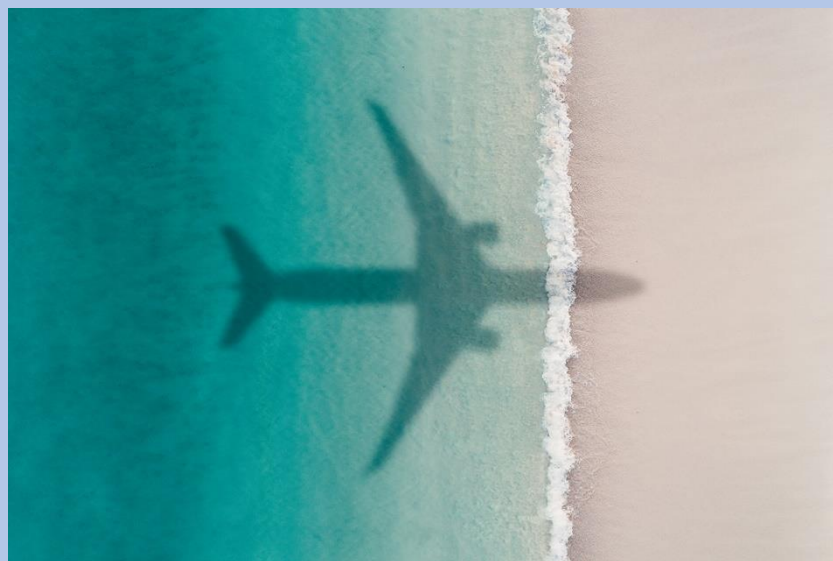
Travel Vaccinations

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.



Staffing update

Dr Phil Davie, who many of our patients will know from his time at the practice as a GP Trainee is joining the Barnoldswick Medical Centre Team as a salaried GP at the end of April.



Blood pressure monitors

The surgery has a small number of blood pressure monitors which we loan to patients who need to monitor their blood pressure at home.

Sadly, several patients have not returned the monitors to the surgery despite a number of reminders.

If you need to borrow a monitor, please bear with us whilst we work through our waiting lists.

If you have been loaned a monitor, please remember to return this after 7 days' worth of home blood pressure readings so other patients on the list can borrow a machine.

Providing a healthy diet for your children is a key factor for healthy development.

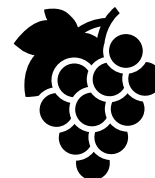
You should aim to encourage your child to eat 5 fruits or vegetables per day.

You should also make sure they're getting enough iron, protein and calcium.

The consumption of any sugary foods should happen alongside meals, rather than as a separate snack, to help maintain a healthy diet.

Another way to aid a healthy diet is by providing a daily vitamin, especially for younger children. For more advice on how to provide your children with a healthy lifestyle, you can have a look at the BDA website.

<https://www.bda.uk.com/resource/healthy-eating-for-children.html>



Surgery contact details

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Email: reception.barnoldswickmedicalcentre@nhs.net