

BARNOLDSWICK MEDICAL CENTRE

WINTER NEWSLETTER 2024

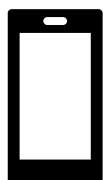


Welcome to this issue of our Practice Newsletter.

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.



Have you updated your mobile number or moved house recently?

If any of your personal details change, please let us know as soon as possible so we can keep your records up to date.

Thank you.



Over the festive season, our practice will be closed for weekends and bank holidays.

If you need assistance when the practice is closed, you can contact 111 or 999 in the event of an emergency.

Monday 23rd December – 08:00 – 18:30

Tuesday 24th December – 08:00 – 18:30

Wednesday 25th December – **CLOSED**

Thursday 26th December – **CLOSED**

Friday 27th December – 08:00 – 18:30

Monday 30th December – 08:00 – 18:30

Tuesday 31st December – 08:00 – 18:30

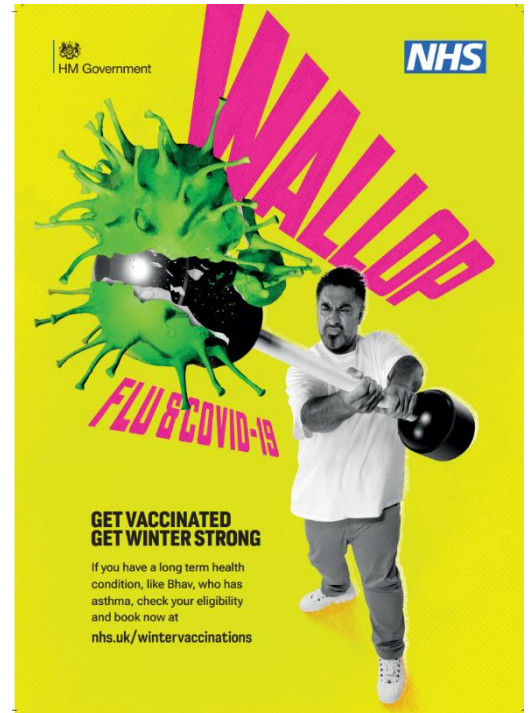
Wednesday 1st January – **CLOSED**

Thursday 2nd January – 08:00 – 18:30

Friday 3rd January – 08:00 – 18:30

If you have a prescription that is due over Christmas and New Year, please allow extra time for us and the chemist to process your request.





Are you aged over 65 or aged 18-64 with underlying health conditions and are eligible for a flu vaccine?

We have a limited number of vaccines still available at the surgery.

Please contact us on 01282 811911 selecting option 4 for our flu line.

Once you've left your details, a member of our team will call you back to book an appointment.

Covid vaccines

Unfortunately, we are not able to book covid vaccines at the surgery.

If you are eligible, and would like to arrange a vaccine, please contact 119 or visit the national booking system online.

Staffing Update

We are delighted to welcome Dr Ben Cumberland & Dr Ife Bayiere to our practice as salaried GP's.

Along with Dr Davie, and our 4 current partners, Dr Hare, Dr Bryan, Dr Bhatti & Dr Manzur, we now have 7 GP's working with us.

In September, 2 of our staff members took part in a 21 mile walk to raise money and awareness for MND.

They have raised £235.00 in sponsor money and £50.70 through staff non-uniform days totalling to a huge £285.70!!

More information on MND can be found using the link below.

<https://www.mndassociation.org/>



NHS

Don't dismiss the early signs of a heart attack

A squeezing across the chest. A feeling of unease. It's never too early to call 999 and describe your symptoms.

Call 999 Help us help you

HM Government

EMERGENCY
LIFT CONT

PRESS TO CALL

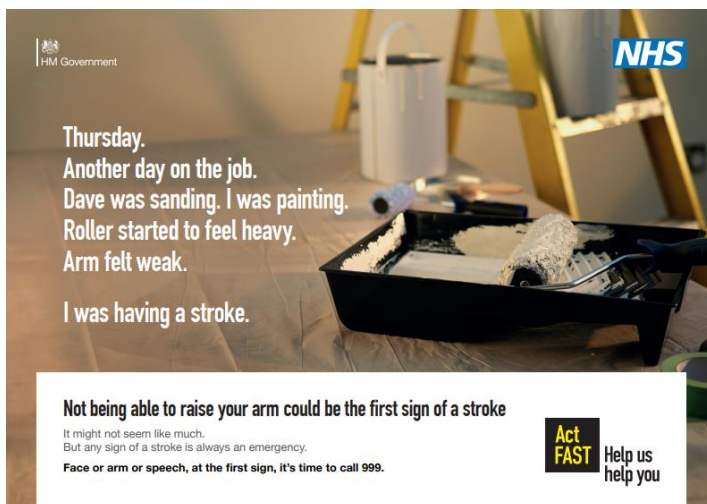
Telephone system.

If you have contacted us recently, you may have noticed that our telephone system has changed.

We recently had a cloud-based telephony system installed at the surgery.

One of the main new exciting features we are now able to offer is a call back option during our busier times, ensuring that you hold your position in the queue without you having to wait on the phone for one of our team to answer.

Once your call reaches the front of the queue, our patient services team will call you back to help with your query.



NHS

Thursday.
Another day on the job.
Dave was sanding. I was painting.
Roller started to feel heavy.
Arm felt weak.
I was having a stroke.

Not being able to raise your arm could be the first sign of a stroke

It might not seem like much.
But any sign of a stroke is always an emergency.
Face or arm or speech, at the first sign, it's time to call 999.

Act FAST Help us help you

HM Government

First Contact Physio

We have a first contact physio working at Barnoldswick Medical Centre 2 days a week. They are specialist in musculoskeletal problems and can assess and treat joint problems, back pain, neck pain etc and refer for further treatment if required.

If you would like an appointment with our First Contact Physio, please contact us on 01282 811911 and ask for an "FCP Appointment".

VIRTUAL PATIENT PARTICIPATION GROUP – JOIN US!

Our virtual patient participation group is a group of volunteers, 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 is 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.

<https://www.nhs.uk/better-health/quit-smoking2/ready-to-quit-smoking/find-your-local-stop-smoking-service/>

Find your local Stop Smoking Service

There's a free local Stop Smoking Service near you.

It's much easier to stop smoking when you get the right support and with professional help, you're 3 times as likely to quit for good.

Contact your local service to check they can help you before visiting them at their address.



DO YOU SUPPORT OR ARE CLOSE TO AN ADULT WHO IS NEURODIVERSE OR LIVES WITH A MENTAL HEALTH CONDITION?

Come along to a peer support group where you can meet others in a similar situation and gain advice, support, and meet new people.


All are welcome!

**THE FIRST TUESDAY OF THE MONTH
12:30-14:00**


ANY QUESTIONS PLEASE EMAIL
CAD@LSCFT.NHS.UK

**COMMUNITY ROOM
LEYLAND MORRISONS
OLYMPIAN WAY
PR25 3UR**

NHS
Lancashire & South Cumbria
NHS Foundation Trust



Over 40? You need to know your blood pressure



Around 1 in 4 adults in the UK have high blood pressure, but many don't know it. It can increase your risk of having a heart attack or stroke.

Knowing what your blood pressure numbers mean could save your life.

To find out how to get checked and manage your risk, visit nhs.uk/bloodpressure

Your health matters
Help us help you

Booking Appointments at the surgery.

Why are the patient services team asking what is wrong with me

Our patient services team are specialised in care navigating you to the right services, depending on your problem.

Who will I see if I get offered an appointment at the practice?

Whilst we have several GPs at the surgery, you may not always need to see a GP. We have a team of highly qualified clinicians who are available to help you. You may be offered an appointment with one of our advanced practitioners, physician associates or paramedic practitioners.

We also have a first contact physio working here 2 days a week. They are specialist in musculoskeletal problems and can assess and treat joint problems, back pain, neck pain etc and refer for further treatment if required.

I've been offered an appointment at a Specialist Respiratory Hub, what is this?

During the winter months, appointments have been made available at Specialist Respiratory Hubs across Pendle and Burnley. If your symptoms meet the criteria, we will offer you an appointment in one of the Hubs.

Clinicians at the Hubs can assess and treat your symptoms and arrange further tests if required.

Where might I be signposted too?

There are several different services available.

We might direct you to the opticians for an eye problem.

*Chemists have highly trained pharmacists, and now more than nine in ten pharmacies can assess and treat patients for **earache, impetigo, infected insect bites, shingles, sinusitis, sore throat, urinary tract infections (UTIs) for women aged 16-64** without the need for a GP appointment or prescription.*

We are not able to help with any dental issues and therefore you would need to contact your dentist or 111 if you are not registered with a dentist.

Additionally, we have appointments available via our enhanced access services at Colne Health Centre & Yarnspinnners during evening and weekends. These appointments might be offered to you, or if you prefer an evening or weekend appointment, please ask for one.



Useful Contact Details

Well Chemist – 01282 812195

Everest Chemist – 01282 813766

Airedale General Hospital – 01535 652511

Burnley General Hospital – 01282 425071

Royal Blackburn Hospital – 01254 263555

Did you know you can now register with our practice online?

More information can be found below.

[Register with a GP surgery](#)

NHS

Search through your pile of papers

or

Just tap the App

View your health information.

NHS

66.8 million prescriptions ordered

NHS

Track down the note you left somewhere

or

Just tap the App

View appointments

NHS

Found in 33.6 million pockets across England

Check test results, order repeat prescriptions and much more.

Manage your health the easy way with the NHS App.

Your NHS is at your fingertips.

Start using the App today.

ARI HUB

During the winter months, appointments have been made available at Specialist Respiratory Hubs across Pendle and Burnley. If your symptoms meet the criteria, we will offer you an appointment in one of the Hubs.

Clinicians at the Hubs can assess and treat your symptoms and arrange further tests if required, such as blood tests, X-rays, or other diagnostic procedures

. Do you need to contact us? Our telephone lines are open 08:00 – 18:00, Monday to Friday

01282 811911

Reception.barnoldswickmedicalcentre@nhs.net