

# BARCROFT MEDICAL PRACTICE

ISSUE NO 2 | DEC 2024 |



## Practice News

Welcome to the second edition of our practice newsletter.

In this episode we provide some hints and tips to stay healthy this winter and our Christmas opening hours for reference.

### CALL AND ACCESS VOLUMES

Did you know in October we Answered 4413 Calls

### APPOINTMENT ACCESS

During October we offered 6711 appointments.

3797 of these were GP appointments.

2414 Nurse Appointments.

## A Christmas Message

Dear Patients,

As we approach the festive season, we want to take a moment to thank you for trusting us with your care throughout the year. It's been our privilege to support your health and well-being, and we look forward to continuing to do so in the year ahead.

During the holiday period, our surgery will have altered opening hours. If you need medical assistance during this time, please visit a walk-in centre, NHS 111 online or contact the NHS 111 service or 999 in the event of an emergency.

We wish you and your loved ones a very Merry Christmas and a healthy, happy New Year! May your days be filled with warmth, peace, and joy.

With our best wishes,  
All at the Barcroft

## Christmas Opening Hours

Christmas Eve 24<sup>th</sup> Dec - Normal opening Hours

Christmas Day 25<sup>th</sup> Dec - Closed (if urgent contact 111/999)

Boxing Day 26<sup>th</sup> Dec - Closed (if urgent contact 111/999)

Friday 27<sup>th</sup> Dec - Normal opening hours

Saturday and Sunday - Closed (if urgent contact 111/999)

Monday 30<sup>th</sup> Dec - Normal opening hours

New Years Eve 31<sup>st</sup> Dec - Normal opening hours

New Years Day 1<sup>st</sup> Jan 2025 - Closed (if urgent contact 111/999)

Thursday 2<sup>nd</sup> Jan 2025- Normal opening hours

### Covid / Flu Vaccination Clinics

The final covid clinics are in December as the national program draws to an end. If you are still wanting a covid vaccine and are eligible please contact the practice. Flu vaccinations will be available until the end of March 2025.



### Pharmacy First

Did you know you can now attend a pharmacy for 7 common conditions without the need to contact your GP first. You GP will refer you directly if you were to contact them with one of the 7 conditions listed below, you can save a call and present directly to the pharmacy too. The pharmacist will assess your condition and provide advice and treatment where required.

Conditions they can offer prescription medicine for are:

- impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
- earache (aged 1 to 17 years)
- sore throat (aged 5 years and over)
- sinusitis (aged 12 years and over)
- urinary tract infections (UTIs) (women aged 16 to 64 years)
- shingles (aged 18 years and over)

The Pharmacist can also offer advice for a wide range of common conditions outside of those listed.



## How to Stay Well this Winter

- Get your vaccines and boosters.** Protect yourself and others by getting your flu vaccination, and if you are in an at-risk group your covid booster
- Keep warm during the day.** Wrap up in lots of layers of thin clothes, even when you go to bed. Keep doors closed to block draughts. Try to heat rooms you regularly use to at least 18°C.
- Keep moving.** Move around indoors and try to get outside for a walk. Avoid sitting for more than one hour.
- Wrap up at night.** Wear layers to bed, including socks. Use a hot water bottle or an electric blanket. (Don't use a hot water bottle and electric blanket together.) Keep your windows closed at night.
- Eat well.** Make sure you eat a balanced diet with lots of seasonal fruit and vegetables. And try to eat at least one hot meal a day.
- Stay hydrated.** Regular meals and hot drinks can help you keep warm.
- Have your medication on hand.** Make sure you have the right medicines at home in case you get poorly. Ask your pharmacist if you're not sure what medications you should have.
- Stop the spread of germs.** Protect yourself and others by washing your hands with warm, soapy water, covering your mouth when you cough or sneeze, and wearing a mask in public spaces.
- Look after your mental health.** The winter months can take a toll on our mental wellbeing, so make sure you're looking after your mental health, just as you do your physical health. If you are feeling down, speak to someone - a friend, family member, or a healthcare professional like your doctor.

## NHS Friends and Family

After GP surgery appointments patients receive an SMS inviting them to take part in a short survey regarding their care. Our results are below. Thank you for taking part in these surveys.



## Current Health Promotions

The practice will be sending out a survey to gauge interest in a new initiative we have, where a GP will be conducting an online session for patients to join covering common conditions such as Anxiety, Stress, When to call a GP, Menopause etc

The practice is sending out questionnaires for long term conditions, completing these upon receipt will allow the clinician to assess your condition.