



Berry Lane Medical Centre

NEWSLETTER

November 2024

Important Dates

The surgery will be closed over the Christmas period on 25th-26th December and on Wednesday 1st January for New Years Day.

Child Vaccine Clinics

We hold a child vaccination clinic at the surgery every Tuesday & Friday.

When your child is due a vaccine or booster we will contact you via text or letter.

Ask to speak with one of our Practice Nurses if you have any vaccination queries.

Alternatively, you can find further info on vaccines at www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them

Surgery Hours

08:00-18:30
Monday to Friday

08:00-12:00
Saturday
(Pre-booked appts only)

Tel: 01772 376 777

A very warm welcome to the Autumn/Winter edition of the Berry Lane Medical Centre Newsletter. I hope you all had a lovely Summer and managed to enjoy the little bit of sunshine that we were graced with!

It has been a busy few months not only clinically but from a staff point of view here at the Medical Centre. We have had the addition of two wonderful new members to the Nursing team - Harry and Chloe, who have taken on Treatment Room and Practice Nurse roles. Both Dr Prosser and Nicola have welcomed gorgeous baby boys to the world and we wish them both a happy Maternity Leave. Dr Matthew Deeley has joined the team to cover Dr Prosser's patient list during her Maternity Leave and is a wonderful addition to the clinical team.

As we enter into Winter, as ever with the colder weather comes an increase in winter viruses and exacerbations of chronic respiratory conditions. To endeavour to see those who require medical review for such conditions, in a timely manner, we have added some additional 'Winter Pressure' appointments. These will be with a GP and will be for acute respiratory (chest/breathing) conditions, in addition to our daily Emergency Surgery appointments. However, of course we would like for you to remain well and have a healthy festive period so perhaps you might allow me to offer some top tips for staying healthy over Winter:

Firstly, try to keep warm. This can help to prevent colds and flu and more serious health conditions. With energy now more expensive than ever this might involve layering up even at home, using a hot water bottle to heat your bed etc. Make sure you're getting all the help that you're entitled to in terms of benefits, grants and advice. There is information through the GOV.UK website or the government helpline on 0800 444 202. There is also advice and support available online at helpforhouseholds.campaign.gov.uk or via AgeUK's free advice line: 0800 678 1602, for those over 50.

Eating a healthy balanced diet that includes at least five portions of fruit and vegetables per day can help your immune system to work well.

Try to keep moving and active in Winter- studies have shown that moderate intensity exercise i.e. a 20-30 minute walk each day, can help strengthen your immune system .

Try to ensure that you are managing any chronic chest conditions as well as possible. This might include checking that you are using your inhalers correctly ([see Asthma + Lung UK website 'How to use your inhaler'](#)) and ensuring that you are up to date with asthma and COPD reviews. You will be invited for these annually, usually around the month of your birthday.

Look after your mental health and try to be kind to yourself. The festive period can be a difficult time for many people. Try to notice any good things in your life when you're feeling down, however small and try to build socializing into your day, even in small ways. If you are struggling, please do reach out for help. You are not alone.

If you do find yourself unwell with a 'minor condition', don't forget that most pharmacies can offer prescription medication, where appropriate, for tonsillitis/sore throat, sinusitis, UTI, shingles and more conditions under the Pharmacy First scheme. This is without the need for a GP appointment.

We are so lucky to live in such a supportive, close-knit community here in Longridge and the surrounding area. There is a lot that we can all do to support friends, family or neighbours who might struggle to go out or feel isolated over Winter. Let's look out for each other this season.

I wish you all a happy and healthy festive period and hope that you have a lovely Christmas and New Year.

With best wishes,

Dr Joanna Metcalf



berrylanemedicalcentre.co.uk

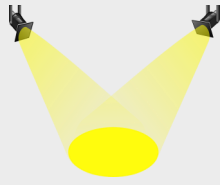


berrylanemedicalcentre@nhs.net



facebook.com/BerryLaneMedicalCentre

Staff Spotlight



Harry Goodall

Treatment Room Nurse

I started the position as the new Treatment Room Nurse at Berry Lane at the end of September. Having spent the last 3 years working and training at RPH, I am looking forward to gaining new knowledge and experience in general practice.

Amongst other things, I will be focusing on wound management, dressings and administering medication. I will be shortly completing my immunisation and vaccinations course which will further extend my responsibilities in the coming months. I am also completing a part time master's degree that includes pre-hospital care and travel medicine modules as part of a Mountain Medicine Diploma. I look forward to progressing professionally and positively contributing towards Berry Lane surgery and its patients.

Outside of work I enjoy running, rock climbing, and traveling.

CHANGE
NHS

**Help build a
health service
fit for the future**

Changing the NHS is going to involve everyone. The government wants to hear people's views, experiences and ideas as part of this engagement to help shape the 10 Year Health Plan for England.

Have your say at change.nhs.uk

Covid-19 Vaccinations

As many of you are aware, we have been running our Covid-19 vaccination clinics at the surgery over the last few months. Thankyou to everyone who attended and helped the clinics to run smoothly.

These clinics have now come to an end at the surgery.

You can use the online [NHS Covid-19 services](https://nhs.uk/covid-19-services) to arrange appointments if you have not already or call 119 free of charge to enquire about your covid-19 vaccination.

Find a walk in centre

You can [find a walk-in COVID-19 vaccination site](https://nhs.uk/covid-19-vaccination-site) to get a vaccination without an appointment. You do not need to be registered with a GP.

Flu Vaccinations

**We have a very limit
number of flu vaccines still
available at the surgery.**

Please speak with reception if you have received a notification to say you are eligible but have not yet had your flu vaccine



GET WINTER STRONG.

Get your flu and
COVID-19 vaccines.

HEALTHWISE EXERCISE REFERRAL

Healthwise is a healthy lifestyle programme designed to support patients to lose weight, get active and improve overall wellbeing.

The Physical Activity on Referral programme provides support and guidance to help inactive people, at risk of disease or suffering with a condition that can be improved by physical activity, to make long term lifestyle changes to increase activity in a safe and enjoyable way.

Speak to a member of staff, or email

Healthwise.preston@gll.org

WHO IS HEALTHWISE FOR?



Aged 18 years
Or over



Be registered with
A GP surgery
Within Preston



Ready to make
Significant: changes
To their daily habits



In need of
Structured support
To make lifestyle
Changes

HEALTHWISE EXERCISE REFERRAL SCHEME

Healthwise introduces individuals to the benefits of physical activity. This scheme aims to assist managing existing medical conditions and help reduce factors for chronic disease.

Who is healthwise for?

It is designed for individuals 18+ who have been referred, to assist with medical conditions or other specialist requirements that prevent them from entering mainstream exercise. Common reasons for referral include:

- High blood pressure
- Circulatory/respiratory diseases
- Diabetes
- Depression and anxiety
- Obesity
- Arthritis
- Asthma

WHERE ARE THE PROGRAMMES AVAILABLE?

Healthwise sessions are delivered from two place-based leisure centres

Westview Better Health Leisure Centre
• Ribbleton Lane
PR1 5EP

Fulwood Leisure Centre
• Blackbull Lane
PR2 9YA

WHAT COSTS ARE INVOLVED?

Non-contractual membership: £25 per month for 2 years

Session rate: £5 per person

HOW TO REGISTER

GP's, Practice Nurses & Social Prescribers may make referrals. If your GP is not registered with the scheme then please contact the Health Coordinator at your local Better leisure centre.

SELF CARE FOR LIFE Self Care Week

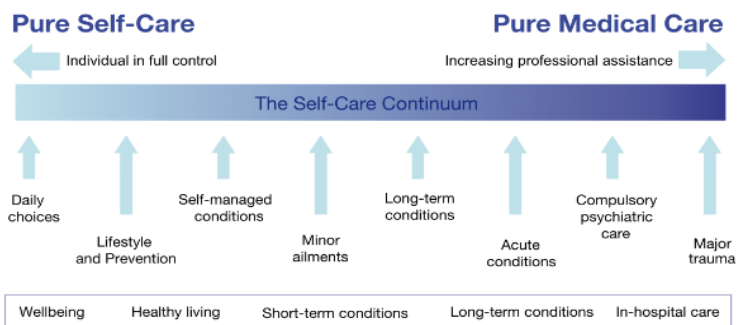


National Self-Care Week - 18-24 November 2024

What is self-care and why is it good for people and the NHS?

Self care: The actions that individuals take for themselves, on behalf of and with others in order to develop, protect, maintain and improve their health, wellbeing or wellness.

The Self-Care Continuum



The Self-Care Continuum illustrates the sliding scale of self-care, starting with the individual responsibility people take in making daily choices about their lifestyle, such as brushing their teeth, eating healthily or choosing to do exercise.

Moving along the scale, people can often take care of themselves when they have common conditions such as sore throats, coughs etc, for example by using over-the-counter medicines. The same is true for long term conditions where people often self-manage without intervention from a health professional.

People with a long term condition spend on average 4 hours a year with a health professional, which means the remaining 8756 hours are spent self-managing.

At the opposite end of the continuum is "major trauma" where responsibility for care is entirely in the hands of the healthcare professionals, until the start of recovery when self-care can begin again.

The NHS can support people to self-care at any point during the continuum. **Self-care is not no care.**

Why is self-care good for people?

Empowering people with the confidence and knowledge to look after themselves when they can, and access health services when they need to, gives them greater control of their own health and encourages healthy behaviours that help prevent ill health in the long-term.

In many cases people can take care of their common conditions, reducing the number of surgery visits enabling health professionals to focus on caring for higher risk patients, such as those with co-morbidities, the very young and the elderly.

More cost-effective use of stretched NHS resources allows money to be spent where it's most needed, helping to secure better health outcomes in the population.

This will ultimately ensure the long-term sustainability of the NHS.

The evidence

Research by the consumer health association, PAGB found that education is key to increasing self-care with 4 in 5 (83 per cent) of those surveyed saying we need more education to encourage people to take a more proactive approach.

The research also found that 2 in 5 adults (39 per cent) requested a GP appointment for common health conditions including colds, a blocked nose, insect bites and stings and headaches; with 8 per cent of people visiting A&E for conditions such as dandruff, acne, head lice and other non-urgent and relatively minor health conditions.

There is clearly more that we can do to support people to better take care of their own health.

Self-care helps people and the NHS

According to the Nuffield Trust, more than 15 million people (over a quarter of the population) in England have a long-term health condition, or a health problem that cannot be cured but can be controlled with medication or other therapies.

The care of people with long-term conditions accounts for about 70% of the money spent on health and social care in England.

The 4 main types of long-term conditions are cardiovascular disease, cancers, chronic respiratory disease and diabetes.

Importantly, whilst the prevalence of people with long-term conditions increases with age, contracting a long-term condition is not inevitable. In fact, many long-term health conditions are preventable by practising self-care and adopting healthy lifestyle choices such as:

- **not smoking**
- **limiting alcohol use**
- **taking regular exercise**
- **eating healthily**

By taking better care of our health, choosing positive lifestyle habits we can live a healthier life for ourselves and our families while also protecting the long-term health of the NHS, ensuring it will be there when we actually need it.

Local locations

Longridge Library

Email:

longridge.library@lancashire.gov.uk

Tel:

0300 123 6703

Berry Lane, Longridge, Preston,
Lancashire, PR3 3JA

Opening hours:

Mon, Tue, Fri 9am-5pm

Wed & sat 9am-1pm

RELEASE into Victory CIC

www.csasupportlancashire.com

HTF, 37, INGLEWHITE ROAD,
LONGRIDGE, LANCASHIRE, PR3 3JS

Opening hours:

Thursday-Saturday 11-2pm

Let's Grow Preston

www.letsgrowpreston.org

THE HUB, GRANGE PARK, GLENVIEW
CLOSE, PRESTON, LANCASHIRE, PR2
6EQ

Opening hours:

Monday - Friday 10am-3pm

Libraries

Our libraries are all warm and welcome spaces,
where you can find:

- a space to sit
- free computers and Wi-Fi
- charging points for your phone or laptop
- events and activities
- help from staff to find information

We're providing warm spaces across Lancashire this winter.

#LancashireWarmSpaces

We are developing a network of warm, safe and welcoming spaces to support residents during the winter months. These warm spaces will provide you with somewhere to keep warm, access information and advice or spend time with others.

Search our directory by entering your postcode or address to find nearby warm spaces and what they offer.

[Find your nearest warm space](#)

For more information visit:

[Warm spaces - Lancashire
County Council](#)

Scan the QR code > search to find nearby warm spaces

Funded by
UK Government



lancashire.gov.uk/costofliving



Lancashire
County Council



Lancashire Warm Spaces Charter

All registered warm spaces will be expected to comply with, and meet the spirit of, our Lancashire Warm Spaces Charter. The charter has been developed to provide residents with a clear understanding of what they can always expect when they enter a warm space in Lancashire:

A warm welcome

Every time you come to a warm space you will be given a warm welcome from the friendly staff and volunteers.

No judgement

Every warm space is a non-judgemental space. Whatever the reason you have for needing to come in, you'll be treated fairly and never judged.

Respect and dignity

Everyone has a right to be warm. Staff, volunteers and those visiting warm spaces will be expected to treat everyone with respect and dignity.

Everyone must respect this, or they will be asked to leave.

Accessibility

Warm spaces will aim to be accessible to all. Where physical features reduce accessibility warm spaces will aim to make you aware of this through their publicity and if possible, signpost to alternative venues locally.

Safety

Warm spaces will be responsible for having safeguarding and food hygiene policies which will always be followed. They will have a commitment to health and safety and have appropriate risk assessments in place.

Confidentiality

If you want to share the reasons you need a warm space, someone will listen. Staff and volunteers won't tell anyone else unless you give them permission, or they are required to because of their safeguarding policies.

Information

If you need to access information, advice or support the staff within the warm space will be able to signpost you to organisations that can help, if you so wish.

Respiratory Syncytial Virus (RSV) Vaccine

The Respiratory Syncytial virus (RSV) Vaccine protects both infants and older adults and will be available from 1st September

- Pregnant women over 28 weeks to help protect their newborn babies
- Adults turning 75 years old on or after 1st September 2024, who remain eligible until their 80th birthday
- Adults already 75-79 years on the 1st September 2024.

We are now booking clinics for the RSV vaccination and will be contacting patients who are eligible.

Respiratory syncytial virus (RSV) is a major cause of respiratory illness in the UK but is relatively unknown to the public.

Maternal:

- From September 2024, pregnant women can have a vaccine to help protect their babies against RSV
- You should get your free RSV vaccine when you reach 28 weeks of pregnancy. You should speak to your maternity service or GP surgery to get your vaccine
- Studies have shown the RSV vaccine is very safe for you and your baby
- A vaccine is needed in every pregnancy to give your new baby the best protection

Older Adults:

- A single dose of vaccine will help to boost protection as you reach an age group at highest risk of serious RSV infection.
- Everyone turning 75 years old on or after the 1 September 2024 will be offered a single dose of RSV vaccine.
- The vaccine will also be offered to those who are already aged 75 to 79 years on 1 September 2024.
- Your GP surgery will contact you to offer you an RSV vaccination appointment if you are eligible
- RSV vaccine is given all year round

Pharmacy First

'Help Us, Help You'



In May 2023, NHS England and the Department of Health and Social Care announced a Delivery plan for recovering access to primary care. Part of the plan includes enabling patients to get certain prescription medications directly from a pharmacy, without a GP appointment.

Accessing Pharmacy First services

The following table shows the 7 conditions pharmacists can manage across various age ranges.

Impetigo Aged 1 year and over Think Pharmacy first	Infected insect bites Aged 1 year and over Think Pharmacy first
Earache Aged 1 to 17 years Think Pharmacy first	Sore throat Aged 5 years and over Think Pharmacy first
Sinusitis Aged 12 years and over Think Pharmacy first	Urinary tract infections (UTIs) Women aged 16 to 64 years Think Pharmacy first
Shingles Aged 18 years and over Think Pharmacy first	

Other services

- **Help with new medicine**

When you start a new medicine for a long term condition you can have up to 3 appointments with a pharmacist to: answer any questions you have, help you use the medicine safely, make sure that the medicine's right for you.

- **Getting the contraceptive pill without a prescription**

Some pharmacies may offer the contraceptive pill for free without a prescription. If you are aged 18 years or older, you can also buy the progesterone-only pill from most pharmacies.

- **Emergency contraception**

Some pharmacies offer the emergency contraceptive pill for free. If you're aged 16 or over, you can also buy it from most pharmacies

- **Get a free blood pressure check**

Some pharmacies offer a free blood pressure check.

More services

- advice from a pharmacist after contacting NHS 111 or a GP
- chlamydia screening and treatment
- advice and help on how to stop smoking
- cholesterol and blood sugar testing
- the substance misuse service, including needle and syringe exchange schemes
- advice and help on how to manage your weight

Core messaging

- Going to your local pharmacy offers an easy and convenient way to get clinical advice on minor health concerns - you don't need an appointment and you can be seen in a private consultation room.
- Your local pharmacist can now offer treatment and provide some prescription medicine for seven conditions, if appropriate, without the need for a GP appointment or prescription (See above table).
- Pharmacists have the right clinical training to make sure you get the help you need and can also signpost you to your general practice team, A&E or other relevant local service, where necessary.

Wider messaging

- Community pharmacies are staffed by highly-skilled and qualified health professionals who are trusted parts of local communities: All pharmacists train for five years in the use of medicines before they qualify and are also trained in clinically assessing and treating minor illnesses and giving health and wellbeing advice to help people stay well. Pharmacy technicians are part of the pharmacy team and are also registered health professionals.
- The new expanded community pharmacy services which also include initiating oral contraception without needing to see a GP first, and providing more blood pressure check services, are part of the NHS' plans to recover and improve access to primary care services. It aims to free up to 10 million GP appointments a year once fully implemented, making it quicker and easier for the public to access healthcare in their local community, and giving them more choice in where and how they access care.
- Over 10,200 pharmacies (95%+) have opted to deliver the service and 80% of people live within 20 minutes of a community pharmacy, making it a convenient and quicker way of accessing care.

Call to Action

- Don't wait for minor health concerns to get worse – think pharmacy first and get seen by your local community pharmacy team.
- For more information, visit nhs.uk/thinkpharmacyfirst

Act FAST - Stroke

'Help Us, Help You'

What is a stroke?

A stroke happens when the blood supply to part of the brain is cut off, killing brain cells. Damage to the brain can affect how the body works. It can also change how you think and feel. The effects of a stroke depend on where it takes place in the brain, and how big the damaged area is.

Stroke can be life-changing. It can happen to anyone of any age and affects everyone in different ways.

How to manage your risk

Lifestyle changes: You can help to reduce your risk of a stroke by making some healthy lifestyle changes.

- [Stop smoking](#)
- [Be more active](#)
- [Drink alcohol within the recommended limits](#)
- [Eat a healthy diet](#)
- [Stay a healthy weight](#)

The first sign of a stroke might not see like much. Like not being able to raise your arm, or struggling to smile, or slurring when you speak. Even if it doesn't seem like it, any sign of a stroke is always an emergency

- **Call 999 immediately when you notice any sign of a stroke**
- **Act FAST. Face or arm or speech, at the first sign, it's time to call 999**

Any sign of a stroke is always an emergency – at the first sign, call 999.

Even if it doesn't seem like it, any sign of stroke is always an emergency, so call 999 immediately if you or someone else experiences a single symptom. The first signs of a stroke include:

- Face weakness – it might be hard to smile, and one side of your face may droop (fall)
- Arm weakness – you may not be able to fully lift both arms and keep them there because of weakness or numbness in one arm
- Speech problems – you may slur your words or sound confused

Other symptoms that could be the first sign you or someone else is having a stroke include:

- Sudden weakness or numbness on one side of your body (including in your leg)
- Sudden loss of vision or blurred vision in one or both eyes
- Sudden difficulty speaking or thinking of words
- Sudden memory loss or confusion
- Sudden severe headache
- Sudden dizziness, unsteadiness or a sudden fall, especially with any of the other signs



Visit www.nhs.uk/ActFAST for more information.

Find a pharmacy that offers free blood pressure checks

You can get your blood pressure checked at a pharmacy without seeing a GP.

What happens when you get your blood pressure checked:

A pharmacist, or member of the pharmacy team, will wrap a blood pressure cuff around your upper arm to measure your blood pressure.

Depending on the result, they might:

- give you advice to support healthy living
- give you a blood pressure monitor to take home with you and return later
- advise you to see a GP

If you're registered with a GP surgery, your blood pressure reading will be added to your GP health record. It will not be shared with anyone unless your blood pressure is very high or very low and you need urgent medical help.

October Month Statistics

- 598 telephone consultations with a GP or Nurse Practitioner
- 2247 face to face appointments with a GP or Emergency Surgery Clinician
- 898 nurse Appointments
- 48 home/Community Hospital Visits
- 4373 requests for medication
- 162 nursing Home Visits/Telephone calls
- 202 patients came to see our First Contact Physiotherapist
- 11 patients saw our Mental Health Practitioners
- 210 new patients were registered
- Our secretaries actioned 460 referrals
- Our reception team answered 11,905 phone calls

128 People did not attend their booked appointments

If you do not need an appointment that you have booked please cancel it.

Appointments

Appointments can be booked at the reception desk, over the telephone or by using the online Patient Access system or the NHS app.

If we have your mobile telephone number you will receive a text confirming the appointment date and time. You will receive a text reminder 48 hours prior to the appointment.

The emergency surgery is a service provided by the Practice for patients who feel their condition is urgent and wish to be seen that day

If you cannot attend an appointment for any reason please inform us as soon as possible in order for us to give the slot to someone else.

Saturday Clinics

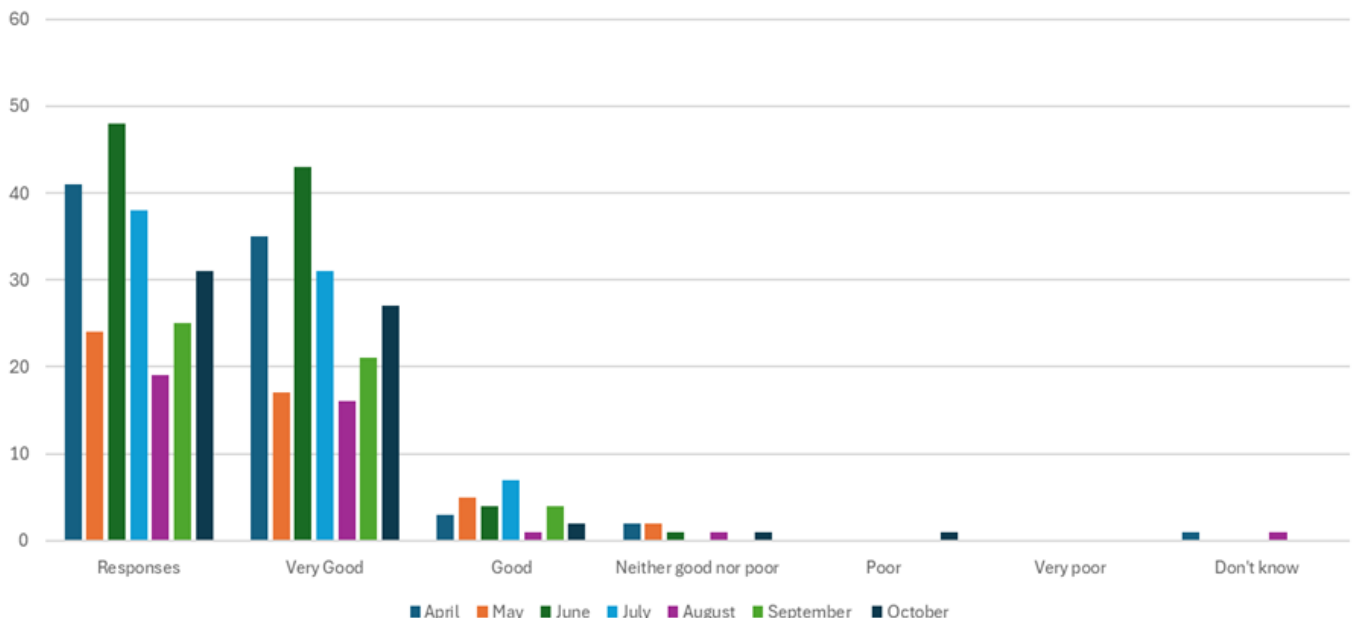
The surgery is open on Saturdays from 08:00-12:00 offering limited pre-booked appointments. There are limited staff on duty and we kindly ask that you do not attend or call the surgery with any routine enquiries.

There are a limited number of appointments available with the GP and Nurse on Saturdays. You may be able to book annual health checks, NHS health checks, smears and injections with the nurses (Please note availability may change depending on the nurse on duty).

Please contact the surgery Monday-Friday to book routine appointments and annual reviews, collect blood forms and paperwork and order prescriptions.

Family and friends Survey

Thinking about your recent contact/visit to Berry Lane Medical Centre
Overall how was your experience of the service?



Each month we run a survey to allow patients, family and friends to have their say on the service provided by the practice. To participate you can visit our Berry Lane Medical Centre Website and complete the NHS Friends and Family questionnaire.

Online Services

Did you know that you can order prescriptions, book/cancel appointments, view results and look at aspects of your medical records online? It's simple to register, all you need are login details provided by us and a computer, tablet or smartphone to access the website or app.

To sign up, please visit the surgery in person with a copy of your photographic ID, for example a passport or driving licence, and we will print your unique linkage key & password along with a list of GP online services you can access.

Access to GP Online Services

As from 18th October 2023 NHS England have changed what patients can view in their own medical record online/in an app. You will now have full access to all your medical records after 18th October 2023.

WHAT IS IN YOUR RECORD

- Illnesses or diagnosis
- Operations
- Examinations and screening
- Medicines
- Allergies
- Vaccinations and immunisations
- Test results such as blood and urine tests
- X-rays and scans
- Notes about your appointments with doctors and nurses at the surgery
- Letters from hospitals and other medical staff that look after you
- Lifestyle information, for example whether you smoke and drink alcohol or not, or how much you exercise
- Height and weight
- Contact details

If you are a new patient registering with us after this date, you will only get full access from the day you registered with us NOT any historic date from your last practice.

If you are already registered with us prior to this date, you will be able to view all medical records from 18th October 2023, not anything prior to this date.

For more information go to - <https://www.nhs.uk/nhs-services/gps/using-online-services>

We are now using a new online service for non clinical requests

It is a great way for you to contact our practice for non-urgent admin requests such as sick notes, repeat prescriptions, referral enquiries, test results or anything else admin related. It is very simple to fill out so please do give it a go if you need to contact us. We really think it is easier for most people than waiting on hold to speak to a receptionist we would love to hear your feedback. If you do not have access to the internet or find it difficult to use a computer or smartphone you can call reception instead or you can use the online form by accessing the link on our website.

Local Pharmacies

Cohens Pharmacy Berry Lane - 01772 782643
Well Pharmacy - 01772 784700
Goosnargh Pharmacy - 01772 865238
Grimsargh Pharmacy - 01772 797351

Useful Numbers

Referral Management Centre - 01772 660011
Longridge Hospital - 01772 777400
Royal Preston Hospital - 01772 716565
Chorley Hospital - 01772 522972
District Nurses - 01772 777323
Health Visitors - 0300 247 0040
MindsMatter - 01772 773437
Urgent Mental Health Line - 0800 953 0110

Useful Links

nhs.111.uk

www.nhs.uk/nhs-services/urgent-and-emergency-care-services

www.whenshouldiworry.com

www.nhs.uk/conditions/

www.nhs.uk/nhs-services/prescriptions-and-pharmacies/



[berrylanemedicalcentre.co.uk](https://www.berrylanemedicalcentre.co.uk)



berrylanemedicalcentre@nhs.net



facebook.com/BerryLaneMedicalCentre

Can the Pharmacist help with your symptoms?

The pharmacist is an excellent source of advice for many common ailments, such as:

Low Back Pain
Eczema
Heartburn and Indigestion
Fever in Children
Constipation
Headache
Coughs in Adults
Acne (spots)
Sprains and Strains
Sore Throat
Ear Ache
Common Cold
Sinusitis

