



# Berry Lane Medical Centre

## NEWSLETTER

July 2025

### Important Dates

The surgery will be closed for the bank holiday on Monday 25th August 2025

### 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](http://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 warm welcome to the Summer edition of the Berry Lane Medical Centre Newsletter. I hope you are all well and enjoying the ever-changeable British weather!

We do seem to be having our fair share of hot, sunny days this year, and with this, comes a range of health challenges. Hay fever seems to be a very common problem currently with many people experiencing troublesome symptoms, including sneezing, runny nose and itchy eyes. When the pollen count is high, a number of things can help reduce exposure. This could include keeping windows shut, vacuuming regularly, avoiding drying clothes/bedding outside and using Vaseline around the nostrils to trap pollen. If these simple things don't help our local pharmacists will be able to advise on over the counter treatments, such as non-drowsy antihistamine tablets, nasal sprays and eye drops. When symptoms are severe or not improving with treatment, please consider booking an appointment here at the surgery to review the need for prescription medication or referral to a specialist.

It is currently 28°C outside whilst writing this introduction and it would only be right to remind people of the importance of not spending too much time in the sun, wearing sun cream (of at least SPF 30 with 4-star UVA protection) and keeping well-hydrated on these hot days.

Here at the surgery, there have been some staff changes in the last few months. We have said goodbye to nurses Tanya Papius and Naimat Jan, who were highly skilled and valued members of the clinical team. Also leaving, Lisa Douthwaite in the administration team, and receptionist Mandy Coupe, who were both part of the Berry Lane family for a long time. Claire Foster has left her role as pharmacy technician and Assistant Practice Manager, Amanda Price, has also moved on to new challenges. We are also sorry to be losing Dr Matthew Deeley who has done a great job looking after Dr Prosser's patients during her maternity leave. We wish them all the best of luck with their futures!

New staff recently starting at the surgery include nurses Harry Goodall and Chloe Horby, who are both settling in well to their nursing roles. We are also pleased to welcome the addition of Sarah Hayhurst to the nursing team. Lucia Walmsley and Sally Counsel have recently joined the reception team and Maya Luke has taken on the roll of Assistant Practice Manager. We are pleased that Dr Oliver Wade, who has been working here as a GP trainee doctor, has now finished his training and will be joining the team as a fully qualified GP from August. It also won't be long until we welcome back Dr Olivia Prosser following her maternity leave, and we are very much looking forward to doing so.

As many of you may already know, this year there has been deep sorrow with the death of Dr Metcalf's beloved husband. Our thoughts and prayers are with her and her family during this time of grief. Dr Metcalf is going to be running the London Marathon in April 2026 in memory of Tom and raising money for the Samaritans charity. If anyone would like to donate, please follow the link on our practice Facebook post <https://www.facebook.com/BerryLaneMedicalCentre/posts/1311585054307790/>

As a Surgery that offers "personal lists", we feel that we can offer better continuity of care for patients. This does however mean that over the next few weeks, as a lot of the GPs are taking time off to be with our families, there may be a slightly longer waiting time to see your own GP. Please contact our reception staff to discuss other options if you feel you need to be seen more urgently.

I hope you all have a lovely summer.

Kind Regards  
Dr Richard Smirk



[berrylanemedicalcentre.co.uk](http://berrylanemedicalcentre.co.uk)



[berrylanemedicalcentre@nhs.net](mailto:berrylanemedicalcentre@nhs.net)



[facebook.com/BerryLaneMedicalCentre](https://facebook.com/BerryLaneMedicalCentre)

# Lung Cancer Screening Programme

## Supporting earlier diagnosis of lung cancer

Lung Cancer Screening is an NHSE initiative currently being rolled out across England.

Invitations will be sent from June 2025. We estimate that it will take 10 months to invite all eligible residents in the Preston area.

In Preston, there are 19,697 people identified as smokers and former smokers aged 55-74.

### Why it's important

- Lung cancer is the most common cause of death from cancer in the UK.
- 70% – 90% of lung cancers are undetected during the early stages due to the lack symptoms.
- 80% of people diagnosed with a stage 1 (NSCLC) lung cancer can expect to survive for 5 years or more.
- < 20% of people diagnosed with a stage 3 and 4 lung cancer survive for 5 years or more.
- Lung cancer screening has a proven track record of detecting lung cancer at an early stage.
- To date, 73% of all lung cancers found by lung cancer screening in Lancashire have been at stage 1 or stage 2, compared to 30% without this kind of intervention.
- To date, over 330 lung cancers have been diagnosed through the Lancashire programme.

### How the lung cancer screening team will support you

- We complete all the administrative tasks around the issuing of invitations and booking of appointments.
- We take responsibility for all referrals into secondary care as required.
- We will inform you by letter re patient outcomes.
- Our nursing team will personally contact patients requiring further investigations.

Web: [Lung cancer screening in Lancashire and South Cumbria - roycastle.org](https://www.lungcancerscreening.nhs.uk/lancashire-and-south-cumbria)

Web: [www.lancashireandsouthcumbria.icb.nhs.uk/lungchecks](https://www.lancashireandsouthcumbria.icb.nhs.uk/lungchecks)

For general enquiries from patients, please contact [iscib.lungscreening.enquiries@nhs.net](mailto:iscib.lungscreening.enquiries@nhs.net)

## Make 2025 the year you quit smoking for good

When you quit smoking, good things start to happen. You'll begin to see almost immediate improvements to your health.

It's never too late to quit and it's easier to stop smoking with the right support. Why not start by downloading the free NHS Quit Smoking app to track your progress and get daily motivation? You don't need to imagine a life without smoking, you can live it!

### What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health.

#### After 20 minutes

- Check your pulse rate, it will already be starting to return to normal.

#### After 8 hours

- Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half

#### After 48 hours

- Your carbon monoxide levels have dropped to that of a non-smoker. Your lungs are clearing out mucus and your senses of taste and smell are improving

#### After 72 hours

- If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.

#### After 2 to 12 weeks

- Blood will be pumping through to your heart and muscles much better because your circulation will have improved.

#### After 3 to 9 months

- Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.

#### After 1 year

- Great news! Your risk of heart attack will have halved compared with a smoker's.

#### After 10 years

- More great news! Your risk of death from lung cancer will have halved

Smokefree Lancashire provides face-to-face smoking support across Lancashire.

Visit

[www.smokefreelancashire.org.uk](https://www.smokefreelancashire.org.uk) to find out more.

Better Health  
Smoke free

Download the free NHS Quit Smoking app. The app allows you to:

- Track your progress
- See how much money you're saving
- Get daily support
- Keep on top of your cravings
- Nominate a Quit Buddy

NHS

Scan here:

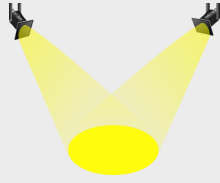


Or search 'Better Health quit smoking'

NHS

Lancashire and South Cumbria Integrated Care Board

## Staff Spotlight



### Maya Luke

Assistant Manager

I joined Berry Lane Medical Centre as Assistant Manager in December 2024 from another GP Practice. I have worked in GP practice for 10 years, with a variety of roles, including administration, secretarial and management. I am really enjoying my time here, and all staff have made me feel very welcome.

As Assistant Manager, my role is to support the Practice Director and contribute to the smooth running of the practice.

My role is very varied, which involves assisting in a range of administrative, staff HR and financial functions, ensuring premises and equipment checks are up to date and complying with Health & Safety regulations. I also make sure all of our stock levels are maintained and vaccines are available for your appointments.

Outside of work, I enjoy socialising with friends and family, watching my local football team & travelling.

**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](https://change.nhs.uk)

## Age extension 50 & 52 year olds Lancashire bowel cancer screening programme

The Lancashire bowel cancer screening programme fully age extended on 21 May 2025 meaning people will now start to be invited for screening once they turn 50 and 52 years of age. This is the final phase of the NHS ambition to offer bowel cancer screening to all eligible people aged 50 to 74 years. Those registered with GP practices in Morecambe Bay are linked to the Cumbria and Morecambe Bay bowel cancer screening programme which completed age extension earlier this year.

## Looking after your eyes

Your eyes are affected by your lifestyle and health conditions elsewhere in your body.

In the UK, more than two million people are living with sight loss.

Of these, around 340,000 are registered as blind or partially sighted. This campaign provides information on how you can keep your eyes, and your sight, healthy.

## Keep your eyes healthy

- **Get your eyes tested regularly:**

You should have an eye test at least once every two years with your local optometrist (optician) - even if you have not experienced any change in your vision.

- **Safety first – protect your eyes:**

You should wear sunglasses to protect your eyes from the sun and never look directly at the sun as this can cause irreversible damage to your eyesight and could lead to blindness. You should also protect your eyes when doing DIY to avoid injury, so ensure you wear proper safety goggles or safety glasses.

- **Look after your eyes when using a screen such as a computer or iPhone:**

Apply the 20-20-20 rule – every 20 minutes look at something 20 feet away for 20 seconds. That will give your eye muscles a rest.

- **Lead a healthy and active lifestyle:**

Did you know that smokers are much more likely than non-smokers to develop certain eye conditions e.g. age-related macular degeneration (AMD) and cataracts. In fact, smoking doubles the risk of AMD which is the UK's most common cause of sight loss.

## Your pregnancy vaccines timeline

Routine vaccines and when to have them



### Seasonal vaccines offered in pregnancy

During autumn and winter, you will also be offered the flu vaccine. You can have it at any stage of pregnancy, the sooner the better

Following this schedule will provide the best protection for you and your baby

Stick this timeline up as a useful reminder

- Vaccines in pregnancy help protect babies against different diseases as the protection you develop passes through the placenta to the baby
- This protection from birth is important as babies are more likely to be very ill and to need hospital care if they catch these diseases in their first weeks and months of life
- It is important to have your vaccines at the right time in every pregnancy to give you and your baby the best protection, but you can have your vaccines up until you give birth
- Pregnant women and young babies are at higher risk of becoming seriously ill if they catch flu. Getting vaccinated helps protect you and your baby during your pregnancy and continues to protect your baby after they are born
- These vaccines are offered free by the NHS and are thoroughly tested to assess how safe and effective they are
- Common side effects of vaccines don't usually last long and are mild, including an aching arm, feeling tired and a headache

Speak with your midwife, GP or trusted health professional for more information

Search: **NHS vaccinations in pregnancy to find out more**

[Vaccinations in pregnancy - NHS](#)

## See your GP health record on the NHS App



Did you know you can see your GP health record in the NHS App?

You can view your allergies, vaccinations, test results and more!

Find out more: [www.nhs.uk/nhs-app](http://www.nhs.uk/nhs-app)

## Flu and covid-19 vaccination clinics

We have allocated both flu and COVID vaccines for all our eligible patients, and clinics will be available to book from August.

Appointments will be offered during the week and on Saturdays, providing flexibility to suit your schedule.

Having your vaccinations at your GP surgery ensures a safe, clinical environment with fully trained staff on hand

### Eligibility

#### Covid-19

#### Please note that this criteria is different to previous campaigns

- All adults aged 75 years and over
- Persons aged 6 months and over who are immunosuppressed
- Residents in a care home for older adults

#### Flu Vaccine

- Pregnant women
- All children aged 2 or 3 years on the 31st August 2025
- Those aged 65 years and over
- Those aged 6 months and over who are in clinical risk groups
- Those in long-stay residential homes & registered housebound patients
- Carers

**Appointments are now available to book on the system for eligible patients**



Over 40?  
You need to know your blood pressure



Find out more, visit [nhs.uk/bloodpressure](http://nhs.uk/bloodpressure)



Help us help you



## Local support groups

### Happy & Healthy Men

Connection, conversation and creation – that’s what joining a Men’s Shed is all about.

Men’s Sheds encourage people to come together to make, repair and repurpose, supporting projects in their local communities.

Improving wellbeing, reducing loneliness and combatting social isolation.

“When men come together to connect, converse and create, they stay healthier for longer, both mentally and physically.”



### Brew, Chat & Build

Every Tuesday Evening 5pm-8pm  
Warwick Street, Longridge

For more information  
email: [longridgemensshed@gmail.com](mailto:longridgemensshed@gmail.com)  
or visit us on Facebook: [longridge.mens.shed](https://www.facebook.com/longridge.mens.shed)

[www.menssheds.org.uk](http://www.menssheds.org.uk)

### Shed Support

Fun, helpful, social – Men’s Sheds have been called a lot of things and our community of Shedders are to thank for all their success. But what exactly is a Shed? How do they start? Where can you find them?

To learn these answers and more take a look at all things Shed [here](https://menssheds.org.uk/sheds/).  
<https://menssheds.org.uk/sheds/>



## Parkinson's Walking Football

A slower paced version of the beautiful game for those with a diagnosis of Parkinson's

Walking Football is designed to help participants maintain a healthy and active lifestyle and to support those who have had to stop playing football get back into the game. It doesn't matter what your ability or whether you're male or female, all are welcome to join in!

#### When

Wednesdays, from 11am to 1pm

#### Where

PlayFootball, Tag Lane, Ingol, Preston, PR2 3TX

#### Cost

Free

Our Parkinson's Walking Football sessions are aimed at individuals who are living with Parkinson's, providing a supportive and friendly environment to enjoy football at your own pace.

For further information, please contact [healthandwellbeing@pne.com](mailto:healthandwellbeing@pne.com)

### Preston Bereavement Café



It's an informal group where anyone can come and chat, have a brew and talk to others about their loss, whether their loved one has died recently or some time ago.

There's no need to book, and if you would like to bring a friend along for a bit of support then please do.

It's not a counselling group and there's no set structure to it, but anyone who wishes to introduce themselves and tell their story is welcome to; or if you would prefer to sit and listen that's fine too.

The Bereavement Café is supported by St Catherine's Hospice and St Margaret's Church. [www.stcatherines.co.uk/events/](http://www.stcatherines.co.uk/events/)

**When:** Second Wednesday of the month 2pm-3.30pm

**Where:** St Margaret's Church, Tag Lane, Ingol Preston PR2 3ZU

**When:** First Thursday of the month, 10am-11.30am

**Where:** Rothwell Hall, Farringdon Lane, Ribbleson, Preston, PR2 6LX

For details please email [communities@stcatherines.co.uk](mailto:communities@stcatherines.co.uk) or phone 01772 629171




Are you preparing for, or currently going through **cancer treatment?**

We can help you **improve your cancer journey.**

**Lilywhites Cancer Prehab**

Come and join us each week for exercise, a brew and a chat to improve your quality of life.  
Supported by Macmillan.

**Mondays 9:30-11:30 Deepdale Stadium**

**Contact: Rebecca Moore [rebecca.moore@pne.com](mailto:rebecca.moore@pne.com) 01772 693309**








# 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.

**A referral from your GP practice to the pharmacy is required for you to be able to access this service.**

## Accessing Pharmacy First services

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

<b>Impetigo</b> Aged 1 year and over Think Pharmacy first	<b>Infected insect bites</b> Aged 1 year and over Think Pharmacy first
<b>Earache</b> Aged 1 to 17 years Think Pharmacy first	<b>Sore throat</b> Aged 5 years and over Think Pharmacy first
<b>Sinusitis</b> Aged 12 years and over Think Pharmacy first	<b>Urinary tract infections (UTIs)</b> Women aged 16 to 64 years Think Pharmacy first
<b>Shingles</b> 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](https://nhs.uk/thinkpharmacyfirst)

## June 2025 Monthly Statistics

- 533 telephone consultations with a GP or Nurse Practitioner
- 1831 face to face appointments with a GP or Emergency Surgery Clinician
- 882 Nurse Appointments
- 57 home/Community Hospital Visits
- 4449 requests for medication
- 150 nursing Home Visits/Telephone calls
- 191 patients came to see our First Contact Physiotherapist
- 22 patients saw our Mental Health Practitioners
- 210 new patients were registered
- Our secretaries actioned 452 referrals
- Our reception team answered 8,921 phone calls

**164 People did not attend their booked appointments**

**Total Clinical time lost: 55 hours**

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.

## Missed appointments

### ! MISSED 3 APPOINTMENTS IN 3 MONTHS?

Our reception team check all missed appointments daily. If you don't attend and no reason is given, it is recorded as Did Not Attend-in your medical record.

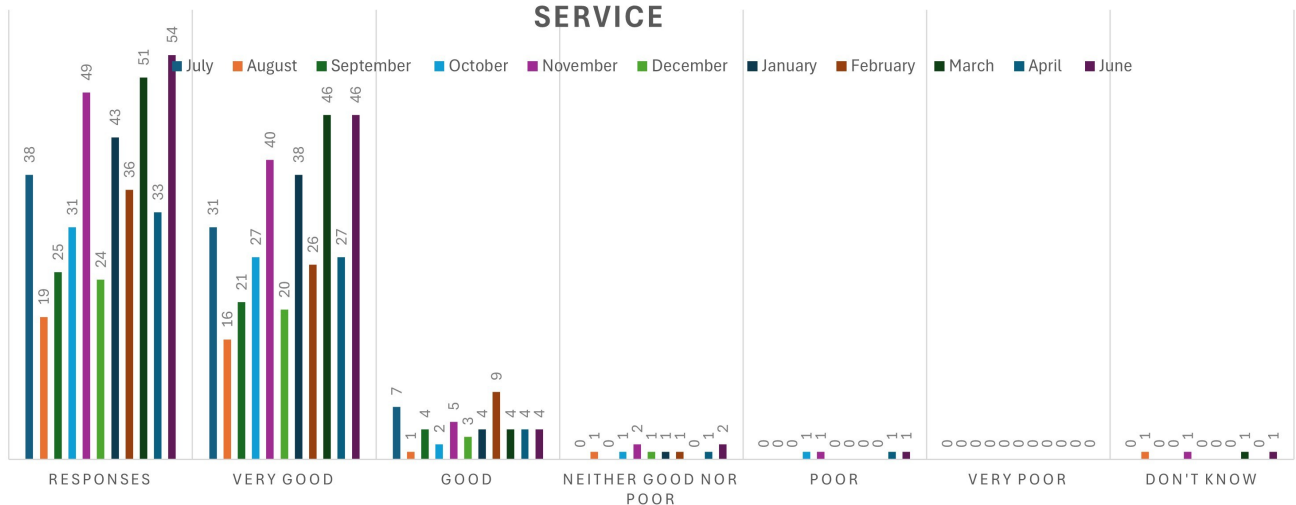
Here's what happens after repeated missed appointments:

- **Letter 1** - First warning: 3 missed appointments in 12 months.
- **Letter 2** -Final warning: If you miss another appointment within 3 months
- **Letter 3** - If you miss another after your final warning, you WILL be asked to register elsewhere.

**This policy is in place to be fair to all patients.**

## 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.

Thinking about your recent contact/visit to Berry Lane Medical Centre



## Awareness campaigns: Dates and events

### Alcohol Awareness Week 7—13th July 2025

A chance for the UK to get thinking about drinking. It's a week of awareness-raising, campaigning for change, and more.

If you're worried that you're drinking too much, there's support available. Find out about your options.

[Alcohol Awareness Week | Alcohol Change UK](#)



### World breastfeeding Awareness week 1—7th August



The global campaign that aims to inform, anchor, engage and galvanise action on breastfeeding and related issues.

[World Breastfeeding Week \(WBW\) - World Alliance for Breastfeeding Action](#)

### Cycle to Work Day—7th August 2025

Cycle to Work Day is the UK's biggest cycling commuting event.

This year workers all around the country will be encouraged to get on their bikes and get into work the best way possible – on two wheels (or three for tricyclists!)

It's an event for everyone, from people who haven't hopped on a bike since their school days to committed cycle commuters.

[Bike Month 2025](#)



### Pulmonary Fibrosis Awareness Month— September 2025



A month raising awareness of the symptoms and need for more research into pulmonary fibrosis.

[PF Awareness Month Sep 2024](#)

### Organ Donation Week 22-27 September 2025

Encouraging people to join the NHS Organ Donor Register and encourage people to share their donation decision.

[Turn the skies pink for Organ Donation Week - NHS Blood and Transplant](#)





## 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](https://nhs.111.uk)

[www.nhs.uk/nhs-services/urgent-and-emergency-care-services](https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services)

[www.whenshouldiworry.com](https://www.whenshouldiworry.com)

[www.nhs.uk/conditions/](https://www.nhs.uk/conditions/)

[www.nhs.uk/nhs-services/prescriptions-and-pharmacies/](https://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/)



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



[berrylanemedicalcentre@nhs.net](mailto:berrylanemedicalcentre@nhs.net)



[facebook.com/BerryLaneMedicalCentre](https://facebook.com/BerryLaneMedicalCentre)

**I felt fine...  
but I still had  
lung cancer.**

**That's why the NHS is offering  
people aged 55-74 who have ever  
smoked a lung check to make  
sure everything is ok.**

**Chances are you'll be ok but if it is  
cancer, catching it early can make  
all the difference.**

**It did for me**

