



# Barwell & Hollycroft Medical Centres



Striving together to deliver personalised patient centred care

A joint Newsletter for the Jersey Way Surgery in Barwell and Clifton Way Surgery in Hinckley.

# Barwell & Hollycroft Practice News—Winter '22 Issue



As the dark nights roll in after an unexpected warmer Autumn, we have to start thinking about preparations for those cold icy months. Sniffles and coughs are pretty well to be expected but as you know this time of year is one of the busiest for our GP surgeries. Don't forget your local Pharmacies who are also well placed to help with your winter needs.

**Upcoming closed for training dates:** 

Thursday 17th November 1pm-6:30pm & Thursday 19th January 1pm-6:30pm

## **Covid Autumn booster / Seasonal Flu Programme**

The Surgery has successfully completed 4 Saturday Flu and Covid clinics and managed to vaccinate roughly 2000 patients with their Covid Autumn boosters and 2250 patients with their seasonal flu vaccinations.

### **Telephone Appointment Consultations**

We continue to offer 'on the day' telephone consultations daily with our: GP's / Advanced Nurse Practitioner / Paramedic (clinicians will differ on the day due to shift patterns/annual leave). We also have the support of our additional roles staff: Clinical Pharmacist & Pharmacy Technician / Physiotherapist / Mental Heath Practitioner / Social Prescribers / Health & Wellbeing Coach. Since changing our systems to a telephone triage system this has allowed us to increase our appointment capacity by over 25% in the past 12 months alone. We are offering more appointments now than ever before and are working harder than ever before.

#### Health and well-being

It is important for your health and well-being that you eat at least one hot meal each day. Thick warm soups are nutritious and help to keep you fuller for longer. \*\*taken from LLR Winter Newsletter\*\*

If you are struggling to buy food you should let someone know

- Adult social services Leicester City 0116 454 1004 Leicester & Rutland County 0116 305 0004
- Contact Citizens advice Tel: 0808 2787970 if you live in Leicester City or 0808 2787854 if you live in Leicestershire (9.00 4.30, Monday to Friday)

To send articles via the surgery website http://www.barwellmedicalcentre.co.uk go to the 'contact us' section or bring suggestions to the surgery marked for the attention of Sarah.

#### Dry January - January

Challenging you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol.





Time To Talk Day—2nd February 2023

Getting people to talk about mental health and by doing so help change lives.

#### National No Smoking Day – 9th March 2023

Help encourage as many smokers as possible to quit on No Smoking Day by organising your own event.



#### **NHS Friends & Family Test**

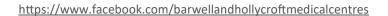
The NHS Friends and Family Test (FFT) was created to help service providers and commissioners understand whether patients are happy with the service provided, or where improvements are needed.

We would love to hear from you, if you've had a recent consultation.

Please follow the link — Friends & Family Test - My Surgery Website (mysurgeryintranet.co.uk)

# Did you know that we have a Facebook page?

We share lots of useful information and practice updates on our page as well as our website.









#### **Local Weekly Coffee Mornings**

St Mary's Church, Barwell – Coffee Morning open each Thursday 10am – 12pm

Barwell Methodist Church – Coffee Morning open Wednesdays 10.30am to 12pm and Saturdays 10am – 12pm