




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 Health 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 \(mysurgeryintranet.co.uk\)](https://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.

<https://www.facebook.com/barwellandhollycroftmedicalcentres>





Anyone who has served in the British Armed Forces including National Service is welcome to the:

Older Veterans' Coffee Morning
At
The Green Rooms, Masonic Hall
St Mary's Road, Hinckley LE10 1EQ
10am to 12 noon
Second Wednesday Each Month

10 November 2021	08 December 2021	12 January 2022
09 February 2022	09 March 2022	13 April 2022
11 May 2022	08 June 2022	13 July 2022
10 August 2022	14 September 2022	12 October 2022

Veterans aged 50+ and their families/carers are welcome to come and share refreshments and good company.

For more information contact Jill Bindley: 0773 983 0859 or Owen Jones: 0773 882 0948
E: joiningforces@ageukleics.org.uk

THE ARMED FORCES COVENANT FUND TRUST



Need support for yourself?
If you care for somebody else...
Then our group is here for you!
You are important too!
~ Meet other carers
~ Have a cuppa and a chat
~ Enjoy group activities
Have your say, we listen!
Venue: Earl Shilton Community House
Weekly day time drop in: Fridays 1pm-3pm
Evening get together:
2nd Tuesday of the month 7pm-8:30pm
Also available:
Facebook & Whatsapp confidential support
Group contact no: 07432889790
Group email: Timeout4carers@gmail.com

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