

Forest Health Practice Newsletter

October 2024



New Additions to the Clinical Team

Over recent months, we have been pleased to welcome the following new clinicians to the Forest Health team:

Salaried GPs	Dr Joana Obire & Dr Jennifer Singh
GP Registrars	Dr Tara Daniel, Dr Moe Irshidat & Dr Mashal Talat
Healthcare Assistants	Claire Drew & Amelia Field-Maziere
Mental Health Practitioner	Ntombi Ntamane

Care Navigation

When you call into the practice about a new or worsening condition, you'll be put through to one of our trained Care Navigators.

The Care Navigator will ask questions about the symptoms you're experiencing, so that we can gather the relevant information needed to triage your symptoms effectively and determine the right medical care outcome for you.

The Care Navigators are supervised and supported by the Duty AHP (Advanced Health Practitioner), who in turn is supervised by one of our GPs.

Congratulations to our Queen's Nurses

We are delighted to announce that three of our Nurses have received the title of Queen's Nurse.

Please join us in congratulating Natasha Allen, Alison Dick and Carole Potts on this formal recognition of their knowledge, skills and commitment to delivering and leading outstanding care in the community.

To find out more about the Queen's Nursing Institute, visit <https://qni.org.uk/>.

Bracknell Parkrun

Staff at Forest Health have partnered with Bracknell Parkrun, a free, fun and friendly weekly 5kg community event held every Saturday at 9am at Great Hollands Recreation Ground.

Find out more and register to participate at www.parkrun.org.uk/bracknell/.

Walk, jog, run, volunteer or spectate – it's up to you!

Telephone:
01344 421364

Bagshot Road
Ringmead, Birch Hill,
Bracknell, Berks,
RG12 7PG

County Lane
1 County Lane,
Bracknell, Berks,
RG42 3JP

Mount Lane
Mount Lane,
Bracknell, Berks,
RG12 9PG

Skimped Hill
Skimped Hill Health
Centre, Skimped Hill
Lane, Bracknell, Berks,
RG12 1LH

Practice Partners
Dr Rachel Boyce
Dr Carolyn Davies
Dr Sarah Lewandowski
Dr Jeremy Mellins

Practice Manager
Rachel Reid

Assistant Manager
Emily Bowers

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Autumn 2024 Vaccinations offered at the Practice

We are in the process of contacting eligible patient groups to book the following vaccinations at the practice. Eligible patients are welcome to contact the practice to book their vaccination even if they have not heard from us yet.

- **Child Flu (by either Live Nasal Vaccine or Non-Live Vaccine Injection as required)**

- Children aged 2-3 years old (born between 01/09/2020 and 31/08/2022)
- At-Risk Children aged 6 months to 17 years old
- Children with long-term conditions

Children in Reception to Year 11 without long-term conditions will be routinely offered the vaccine at school, not at the surgery.

- **RSV vaccine (Non-Live Vaccine Injection)**

- Pregnant Women from 28 weeks – Cannot be given within 2 weeks of the whooping cough vaccine
- Patients aged 75-79 – Cannot be given on the same day as flu or COVID vaccinations
- Patients who turned 80 on or after 01/09/2024

The RSV vaccine helps protect against respiratory syncytial virus (RSV). RSV is a common cause of coughs and colds. Most people get it several times during their life. It usually gets better by itself, but in some people (especially babies and older adults) it can cause illnesses such as pneumonia (a lung infection) and bronchiolitis (a chest infection that affects babies). These illnesses can cause serious breathing problems. They may need to be treated in hospital and can be life-threatening. For more information, please visit <https://www.nhs.uk/vaccinations/rsv-vaccine/>.

Autumn 2024 COVID and Flu Vaccinations at Spedan House

COVID Vaccination Programme Dates:
3rd October – 20th December

Flu Vaccination Programme Dates:
3rd October – March 2025

As in previous years, the local Covid and Flu Vaccination Programme will be run by Berkshire Primary Care (BPC) from Spedan House. Their priority has been to offer appointments to co-administer both vaccines at same appointment – this is following the guidance of NHS England.

All patients aged 65 years and over are automatically eligible for a Covid and Flu vaccination, and over the last few weeks BPC have been reaching out to patients via SMS, email and phone to invite them to book an appointment at Spedan House.

Age group 18-64 years – patients within this age group who have specific underlying health conditions will soon be invited to book for Covid, Flu or for both. The criteria for each vaccine differs and have changed from previous vaccination campaigns, so patients in this group may be invited for a single vaccine, or possibly both.

Vaccinators have limited access to patient records and must ensure they vaccinate according to the criteria, so will need to ask questions to ensure eligibility.

Age group 5-17 years – Spedan House will only be offering Covid vaccinations to those eligible in the age group. Clinics for this age group will be set up in November, once the vaccine to be used has been announced.

For this programme the decision has been made by The Joint Committee on Vaccination and Immunisation and NHS England that carers (paid or unpaid) and household contacts of immunosuppressed persons are not eligible for Covid vaccination.

Flu only appointments – BPC will be setting up Flu only appointments from mid-November – the delay in having the flu vaccination will ensure good protection when the flu season takes hold in January/February.

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Repeat prescriptions & the NHS App

The NHS App allows you to view parts of your GP health record, order repeat prescriptions, track ongoing referrals and view details of your upcoming and past appointments.

The NHS App can be downloaded from [Google play](#) or the [App store](#) to use on your smartphone or tablet, or accessed from your computer by visiting <https://www.nhsapp.service.nhs.uk/>. If you don't already have an NHS login, you'll need to create one.

Once you've logged into the NHS App or website with your NHS login, you will need to prove your identity and link your NHS login with your GP health record. There are two ways you can do this:

1 – Proving your identity with your NHS login

For those who are able, we recommend proving your identity using photo ID, which you can do using your NHS login. If successful, you'll be granted access to your GP health record without the need to contact the practice.

To prove your identity using photo ID, you will need to use your smartphone camera, or a webcam, to upload a photo of a valid photo ID and record a video of your face.

The NHS login team then will then check your ID and contact you by email to let you know if your application has been successful.

If it hasn't been successful, they'll advise you of the next steps to take. If it has, your NHS App will automatically link with your GP health record.

For more information on this process, please visit <https://help.login.nhs.uk/provewhoyouare/withid/>

2 – Applying for Online Access at the Practice

If you cannot prove your identity with your NHS login, you'll need to request online access registration details from the practice instead.

Please visit one of our sites with a form of photo ID and ask reception for an online access patient application form. Within 3 working days of receiving a copy of your photo ID and your completed application form, we will email a document to you which contains 3 online access registration details:

- Linkage Key
- ODS Code
- Account ID

You can then enter these registration details into your NHS App to link it with your GP health record.

For more information on this process, please visit <https://help.login.nhs.uk/provewhoyouare/withoutid/>

For more information, visit <https://www.foresthealthgroup.co.uk/online-services/>.

To order repeat prescriptions via the NHS App, select "Request repeat prescriptions" from the home screen. You'll see a list of repeat medications you can request. Once we receive your request, we'll issue your prescription to your nominated pharmacy, usually within 48 hours (excluding weekends).

To track a recent prescription request and find out whether your prescription has been issued to your nominated pharmacy, select "View and manage prescriptions" from the home screen, then "Requested medicines".

Due to the volume of prescription requests we receive, we are unable to contact individual patients to advise that their prescriptions have been issued.

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Pharmacy First

Patients can now receive treatment for seven common conditions directly from their local pharmacy, without the need for a GP appointment or prescription. The seven common conditions are:

Earache	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infections	Women 16-64 years

By expanding the services community pharmacies offer, the NHS aims to help free up GP appointments and give people more choice in how and where they access care.

Don't wait for minor health concerns to get worse – think PHARMACY FIRST and get seen by your local pharmacy team.

Healthier Together App

Forest Health encourages parents and guardians of children aged 18 and below to use the Healthier Together App as an alternative to calling the practice. The Healthier Together App provides guidance and information about common childhood illnesses, “reg flag” signs to watch out for, and allows you to check your child's symptoms in-app.

If your child needs to see a GP, you will be able to send information about their symptoms to us directly through the app, and we will contact you to arrange an appointment.

To download the Healthier Together App, please visit <https://frimley-healthiertgether.nhs.uk/>.

Quit Smoking this Stoptober

This October, join the 2.5 million people who've been inspired by Stoptober.

Even if it's your first time or you've tried before, Stoptober gives you the perfect opportunity to quit smoking. Stay smoke-free for 28 days, and you're 5 times more likely to quit for good.

With the right support, quitting is easier than you think. Start planning today by checking out the free tools and tips at <https://www.nhs.uk/better-health/quit-smoking/> to help you stay on track.

Smoking Cessation Clinics are run at our Skimped Hill site on Wednesdays. To receive one-on-one support from our trained smoking cessation advisor, call 01344 421364 and select the general enquiries line to book an appointment.

Call in to book – our advisor can help and support your journey to quit.

You've got this!

smokefreeLife
Berkshire

Free support to quit smoking for good

Free in-house clinic for Forest Health Group patients

Wednesdays
9am - 4:30pm
Starting 22/11/23

Please speak to the reception team to book an appointment

[f](#) [i](#) [t](#)

Solutions4Health



PATIENT HEALTH WALK

JOIN FOREST HEALTH'S SOCIAL PRESCRIBERS
REHANA AND SIMI FOR A HEALTH WALK

THE LAST MONDAY OF EVERY MONTH,
STARTING FROM BAGSHOT ROAD SITE
AT 9.30AM



ALL PARTICIPANTS CAN ENJOY 10% OFF
AT SOUTH HILL PARK CAFE

Forest Health Wellbeing Drop In



Every second Monday of the month
11.30am to 1.30pm
Crownwood Community Centre

Tea, coffee and snacks will be provided

Please join your Social Prescribers Rehana and
Simi for a tea, coffee and chat.



Come and join the
Happiness Hub



Come for a chat,
we'd love to see you!

Treat yourself to a
cuppa or a cake!

The second Tuesday of every month at
The Foxes' Den café
from **11am -1pm**
Binfield Parish Offices, Benetfeld Road,
Binfield, RG42 4EW

The Happiness Hub is a collaboration
of support services offering mental
health and well-being advice to
individuals 18 years and over who live in
Bracknell Forest and surrounding areas.

Scan the
QR code
for more
information



Make
new friends!

No need
to book.

Come and
go as you
please.