

Brunel Medical Practice

Have you got the NHS app?



The NHS App gives you a simple and secure way to access a range of NHS services. You can Download the NHS app on your smartphone or tablet via Google Play or Apple App store. You must be aged 13 or over to use the NHS App. You also need to be registered with a GP surgery in England or the Isle of Man.

What can you do on the app?

With full access you can:

- Order repeat prescriptions and nominate a pharmacy where you would like to collect them.
- Book and manage appointments.
- View your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results.)
- Book and manage COVID-19 vaccinations.
- Register your organ donation decision.
- Choose how the NHS uses your data.
- View your NHS number.
- Use NHS 111 online to answer questions and get instant advice or medical help near you.

Other services:

- Access health services on behalf of someone you care for.
- View and manage your hospital and other healthcare appointments.
- View useful links your doctor or health professional has shared with you.

February 2024

Kindness at Brunel

General Practice is experiencing a huge demand for its services and we thank all of our patients for the kindness and patience they offer our staff during these busy months which we understand can be frustrating.

However there are still occasions where our staff are made very upset by lack of compassion and kindness often for issues that are beyond their control.

Studies have demonstrated that the more acts of kindness you carry out the happier you become and the happier the people who receive the kindness become.

Being in a happy state of mind reduces stress and this in turn reduces the stress chemicals which can be responsible for many aspects of feeling chronically stressed and unwell.

We hope this can be a gentle reminder to everyone that during this busy time they remember to BE KIND 😊



Order repeat prescriptions on the NHS App



- 📍 easily choose where your prescriptions are sent
- 🕒 order at a time that suits you
- 📄 need help? Access support in the app or visit nhs.uk/helpmeapp



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Pharmacy First

This is a new initiative for patients to receive care and prescriptions from their local pharmacy and was launched on 31st January 2024.

<https://www.england.nhs.uk/long-read/launch-of-nhs-pharmacy-first-advanced-service/>

This service will allow patients with uncomplicated UTI, ear infections, insect bites, impetigo, acute sore throats, acute otitis media and acute sinusitis will soon be able to be offered an appointment directly with their community pharmacist.

This is one of several great new initiatives that will see General Practice working more closely with their community pharmacy colleagues which will offer patients an excellent service and more available appointments.

The logo for Pharmacy First features the word 'PHARMACY' in a light green, sans-serif font above the word 'FIRST' in a bold, dark green, sans-serif font. To the right of 'FIRST' are three green chevrons pointing to the right.

Doctors' appointments aren't always necessary
...ask your pharmacist

Have your Say

Last year, the impact of winter illnesses and flu has been significant. Demand for appointments has been greater than ever before, with the NHS working together to care for our patients.

It is lovely to know that during this time, patients have taken the time to share positive feedback with us and praise for the team.

If you would like to share feedback with us you can do so by completing the friends and family, short questionnaire which can be found on our website.

Awareness Month

March is the month for both Prostate and Ovarian Cancer month.

Prostate Cancer:

In the UK, about 1 in 8 men will get prostate cancer in their lifetime. Prostate cancer mainly affects men over 50 and your risk increases with age. The risk is even higher for black men and men with a family history of prostate cancer.

please visit the link below for further information.

<https://prostatecanceruk.org/>

Ovarian Cancer:

Each year 7,400 women are diagnosed with ovarian cancer in the UK. Please visit the link below for further information including symptoms, treatment and research: <https://targetovariancancer.org.uk/>

**If you are
concerned
or have
symptoms
contact the
surgery**

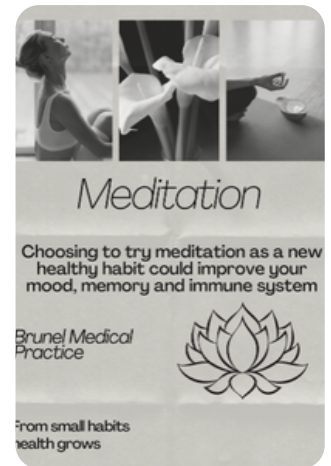
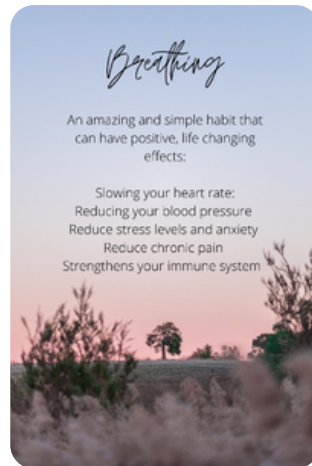
Healthy Habits

The Brunel Team support their patients every day to manage disease and illness. We also wish to inspire our community of staff and patients with their health and wellness. Each Friday we will introduce a new Healthy Habit idea. We will try and explain the benefits and hopefully tempt a few of you to give it a try. Changing your habits will change your life and from small habits, health grows.

Visit our Website for more information and find articles that include:

- Gut Health
- Meditation
- How to make new habits stick
- Parkrun
- Breathing
- Happiness: What healthy habit we can adopt to feel happier.

View our website for more information:
<https://www.brunelmedicalpractice.co.uk/>



New to the Brunel Team

In the past few months we have had various new starters within the practice.

Reception:

- Emma, Sarah and Mia. All members of the team will be starting their journey in Babbacombe eventually working across all 3 sites.

Nursing Team:

- Linda is a Phlebotomist and will be mainly based in our Babbacombe surgery.

Health and Wellbeing Team:

- Daniella is a Social Prescribing Health Coach who will be based at within Brunel all week. As a Social Prescriber Daniella will work on social determinants of health, aiming to improve overall well-being.
- Megan is an Occupational Therapist and will work at Brunel Monday, Tuesday, and Wednesday. As an Occupational Therapist Megan will focus on address physical and mental health challenges in a holistic way improving mental health symptoms by focusing on their challenges.

Are you struggling with your sleep and not sure how to fix it?

Sleepstation combines psychology and sleep science with dedicated support to help people get great sleep.



Adam

24, IT Engineer

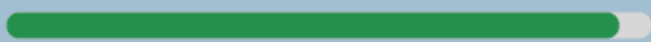
“Absolutely life-changing, my stress levels have dramatically dropped. My performance at work is better and my mood has improved hugely. I’m finding it easier to settle down and relax.”

Sleep quality

Before Sleepstation **62%**



After four sessions **95%**



- ✓ Dedicated personalised support
- ✓ Highly-effective, drug-free solution
- ✓ Reach your individual sleep goals
- ✓ Expert ongoing guidance
- ✓ Long-lasting results
- ✓ No waiting list

Fix your sleep problem

- 1 Get access**
Select the service that fits your needs and create your account.
- 2 Identify your sleep problem**
Your sleep coaches will work with you to pinpoint your sleep problem.
- 3 Discover your sleep needs**
Your sleep needs are as individual as you are. We'll help you create a plan.
- 4 Reach your sleep goals**
We'll show you how to apply the science, taking into account your needs.



Sleepstation

Don't sleep on it, Start TODAY!
Ask your GP about access to Sleepstation
or visit their website: www.sleepstation.org.uk