



# PATIENT NEWSLETTER



Your quarterly update from Lancaster Medical Practice



Dalton Square | Galgate | King Street | Meadowside | Owen Road | Rosebank | University

**WELCOME TO THE  
QUARTERLY  
EDITION OF OUR  
NEWSLETTER!**



## READ MORE

We are very excited to bring to you the April - June edition of Lancaster Medical Practice (LMP) Patient Newsletter. Our aim is to publish a quarterly newsletter so we can keep our patients and local communities up to date with all things LMP! We will be publishing our newsletters on our website and have printed versions available across our sites.

## READ MORE



We have lots of information to share with you! From meeting our new doctors, sharing more information about our Patient Participation Group, to keeping you up to date with any medical related news - we have it all for you and more.

**WHAT TO EXPECT  
FROM OUR  
NEWSLETTERS**

# MEET YOUR NEW GP'S



**Dr James Chidgey**  
GP Partner

*"I previously trained at LMP before working for a period in the South West and then returning to Lancaster as a GP partner in early 2023. I have 2 children and live up in Kendal so am often found out on the hills. I have a particular interest in palliative care and I am the clinical lead for mental health at the practice to help support both our staff and patients in this area."*

*"I am Dr Chukwuemeka Unachukwu. I am the first child from a family of 4 children; I am also married to my lovely wife and we have a daughter. I am from the South-eastern part of Nigeria. I have been living in the UK and working with the NHS for almost 6 years now. I undertook my GP training here in Lancaster with LMP and I had a good time which made it an easy decision for me to apply to work here after training and it remains a pleasure."*



**Dr Chukwuemeka Unachukwu**



**Dr Thomas Accialini**

*"I joined LMP as one of the salaried GPs in October 2023. Before this I worked as a GP partner in Blackburn, commuting from Lancaster for several years. I did part of my GP training at Dalton Square and it's been lovely to come back "home". You may have wondered about my accent and surname. I'm half German/Italian and my name is Italian. It's pronounced with a 'cha' sound, like ciao or cha-cha-cha. Thank you everyone for the warm welcome and making it easy to be part of the team!"*

*"I qualified as a doctor in 2015 from the University of Ibadan, Nigeria and as a GP in 2023. I joined Lancaster Medical Practice the same year. In my spare time, I like enjoying the outdoors with family and friends. "*



**Dr Oluyinka Adesanya**

# IMPORTANT MEDICAL UPDATES FOR YOU

## »»» CHANGE TO THE LICENCE OF MIRENA COILS

There has been a change to the licence of mirena coils if used for contraception, and it has now been approved to extend the use of the device from five years to eight years. For patients who use the mirena coil for contraception purposes only, this means that your coil can now be left in for eight years, and your coil refit date may be extended.

All patients affected by this change will be contacted by the practice to check what purpose their mirena coil is currently being used for and to understand if they would like their refit date amending in line with the updated guidance. Patients will be contacted in order of refit date, starting with those due soon.

Mirena coils can now be used for the following durations depending on the purpose it is being used for:

Purpose	New guidance
For contraception	Eight years (changed from five years)
For heavy bleeding only	Five to eight years depending on bleeding patterns
For HRT	Five years (no change)
Patients aged 45+ years when fitted	Can be used until aged 55 if bleeding is controlled

Patients with any queries about this are encouraged to contact the practice.

## »»» APPOINTMENTS FOR SPRING COVID BOOSTERS ARE NOW OPEN!

It is now easier than ever before to get your spring booster dose of the Covid Vaccine. If you are in one of these eligible groups, or you know somebody in one of these groups, you can now book an appointment via the NHS App or contact the practice on 01524 551 551. We are accepting walk-in appointments.

The booster job is available across our clinics for people at the highest risk of severe illness:

- Everyone aged 75 and over
- Residents in care homes for older adults
- Immunosuppressed people aged 5 and over



### EXPERT ADVICE

*"We welcome the extension in mirena coil duration when used for contraception from 5 to 8 years as it will benefit patients since they will not have to come as often to have their coils changed. Mirena coils give the added benefit of reducing period bleeds as well as providing extremely effective contraception. We have regular dedicated mirena coil fitting clinics and are happy to chat with you about whether a mirena coil would be suitable for you"*

**Dr Jane Bass, GP Partner & Chair of Clinical Services Committee**



Protect yourself from serious illness this spring

# FIND OUT WHAT OUR RESEARCH TEAM IS UP TO

## »»» TAKE PART IN OUR ON-GOING RESEARCH STUDIES

The LMP Research department provides high quality, valuable research across a wide range of topics. Our research team was awarded Primary Care Research Team of the Year at the North West Coast Research and Innovation Awards 2023! The team received the award for demonstrating how research is being delivered in Lancaster and for making more research opportunities available to the local community. We are currently involved in recruiting patients onto 14 different studies. We are actively recruiting for two studies:



If you are a woman over 18 years of age with a new onset, uncomplicated urinary tract infection and would be happy to come to the LMP University Health Centre to provide a fresh urine sample. We can analyse the urine onsite, ensuring that the sample you provide gets tested using the very latest technology providing results within 40 mins. We also ensure that the sample gets sent over to the labs at the Royal Lancaster Infirmary for further testing.

If you are interested in knowing more, please contact the team on 01539 718867 or email us on [lsicb-mb.lmp.research@nhs.net](mailto:lsicb-mb.lmp.research@nhs.net)



If you are over 50 years old and develop shingles for the first time, you may be eligible to take part in the Athena study. This study looks at the effects of introducing a low dose amitriptyline or a placebo for 10 weeks, to see if it reduces the nerve pain that can be caused by shingles.

# NEED TO ORDER REPEAT PRESCRIPTIONS?

## »»» DOWNLOAD THE NHS APP

You can use the NHS App to view your previous orders and request a repeat prescription if the medication item is available to order. It's a completely free service which is quick, easy and convenient. When you select a repeat prescription request, it is sent directly to the surgery for sign-off and then issued directly to the nominated pharmacy. Orders can be made at any time at your convenience!

The screenshots illustrate the following steps in the NHS App:

- Prescriptions:** User is on the 'Prescriptions' screen and clicks 'Order a prescription'.
- Check the pharmacy:** User selects a pharmacy (Boots City Station Concourse, Leeds) and reviews opening times.
- What type of prescription:** User chooses between a repeat prescription (signed off for repeated use) or a non-repeat prescription (one-off).
- Check details:** User reviews medication (Trandolapril 1mg capsules) and the nominated pharmacy (Boots City Station Concourse, Leeds).
- Order confirmed:** User confirms the order, and the app shows the ordered items (Anastrozole 1mg tablets, Itraconazole 100mg capsules) and the next steps.

# YOUR CONTRIBUTIONS MATTER!



## »»» JOIN OUR PATIENT PARTICIPATION GROUP (PPG)

### Aims of the PPG

- To facilitate good relations between the practice and patients by communicating patient experience, interests and concerns and providing feedback to the practice on current procedures and proposed new developments.
- To work collaboratively and positively with the practice to improve services and facilities for patients and to act as a sounding board for practice staff on issues affecting patients.
- To build two-way communication and co-operation between the practice and patients, other individuals and organisations in healthcare, and the wider community to the mutual benefit of all.
- To act as a representative group to support the practice and influence local provision of health and social care.

## WHY JOIN US?

Get to **share your suggestions** or ideas to benefit patient care at Lancaster Medical Practice.

**Stay updated** about the practice and the services we are developing.

**You get to meet with us** in an informal setting and take part in our surveys and communications!

### More about the membership

- Membership of the PPG is open to all registered patients. You must be a patient at Lancaster Medical Practice to join the PPG.
- The carer of a patient registered with the practice can be a member of the PPG even if they are not registered at the practice.
- To sign up, please complete the online sign up form on our website or speak to a member of our reception team.

## »»» HEAR FROM OUR PPG CHAIR

“As Chair of the Patient Participation Group at Lancaster Medical Practice, alongside Vice Chair Stephanie Smith, my aim is to ensure patients have a voice. I am myself a patient. We want our ongoing meetings and proposed Facebook group to be places where patients can share their thoughts, both positive and negative, about their experiences with the practice.

*By joining the group, patients can help shape how healthcare services are delivered. We gain a better understanding of the services offered by the practice and from our own experiences we can offer valuable feedback on their effectiveness and appropriateness.*

*Through discussions, feedback and collaboration with healthcare professionals on the group, we can influence decision-making processes that will positively impact healthcare provision in Lancaster. Feel free to contact me with items you would like on the agenda, at: [chair@lmp-ppg.co.uk](mailto:chair@lmp-ppg.co.uk)*



**Malcolm Martin, PPG Chair**



# DID YOU KNOW?

## >>> THERE IS A NEW AND IMPROVED WAY FOR US TO STAY CONNECTED



## WHY USE PATCHS?

Easily request medical or administrative help or book appointments. ✓

Get messages directly from your GP if they have any updates for you. ✓

View all your contact with the practice in one place! ✓

## >>> YOU CAN GET A FREE NHS HEALTH CHECK EVERY 5 YEARS

### Who is the NHS Health Check for?

If you're aged 40 to 74 and do not have any of the following pre-existing health conditions:

- heart disease
- chronic kidney disease
- diabetes
- high blood pressure (hypertension)
- atrial fibrillation
- transient ischaemic attack
- inherited high cholesterol (familial hypercholesterolemia)
- heart failure
- peripheral arterial disease
- stroke
- currently being prescribed statins to lower cholesterol
- previous checks have found that you have a 20% or higher risk of getting cardiovascular disease over the next 10 years

### Why you should get it?

The NHS Health Check is for your overall health. It aims to lower your risk of getting conditions such as heart disease, stroke and kidney disease.

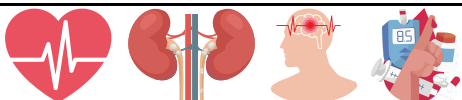
### What happens at an NHS Health Check?

The check up takes about 20-30 minutes, where a healthcare professional will check your BP, cholesterol, blood sugar levels, among other things and enquire about your health.

### How can you get the NHS Health Check?

If you think you are eligible, contact the practice via Patches, ask at reception or call us on 01524 551551.

**LOWER YOUR RISK OF SERIOUS ILLNESS**



# BEHIND THE SCENES



## >>> DO YOU KNOW WHAT THE MEDICAL RECORDS TEAM DOES?

“*Medical Records is an extremely important department within the practice because it is our role to ensure that all patients records are up to date. We ensure that all clinical documents received in the practice are filed in a timely manner for GPs to review and provide the care or treatment needed for a patient.*

*We also follow a systematic coding process for all your health records. This not only helps GPs identify them but also helps our medication management team efficiently prescribe and/or alter medication.*

**Wayne Clifford**  
Medical Records Co-Ordinator



Here at the practice we aim to provide you with the highest quality of health care. To do this we must keep records about you, your health and the care we have provided or plan to provide to you.

# WE ARE AN ARMED FORCES VETERAN FRIENDLY GP PRACTICE



Armed Forces veteran friendly accredited GP practice

## >>> WE'RE OFFICIALLY ACCREDITED AS A VETERAN FRIENDLY GP PRACTICE

Being accredited by the Royal College of General Practitioners means we can better identify veterans and collect data we can use to improve future health provision. It also means that the NHS is better able to meet the health commitments of the Armed Forces Covenant, which says the Armed Forces community, including veterans, should face no disadvantage in accessing health services. Understanding the needs of our veterans will help us identify their healthcare needs better.

How the NHS can help if you're in the British armed forces or are a veteran, a reservist or a family member of someone who is serving or who has served:



Mental health support



Support for families



Access to charities and support groups



Step-by-step guide for service leavers



Accessing NHS healthcare while in active service

# PRACTICE INFORMATION

## ➤➤➤ PROTECTED LEARNING TIME & BANK HOLIDAYS

Protected Learning Time (PLT) is an opportunity for staff to develop and for improvements to be implemented across the practice. The busy nature of general practice means that without this time, it would be very hard to introduce any changes or train our staff. PLT occurs for one afternoon in most months of the year, and is in line with all GP practices across England.

**The practice will be closed for PLT from 12:30pm on the following dates and will reopen at 8am the following day:**

Thursday 16th May 2024

Wednesday 19th June 2024

Thursday 11th July 2024

Wednesday 11th September 2024

Thursday 10th October 2024

Wednesday 13th November 2024

**The practice will be closed on the following bank holidays:**

Monday 6th May 2024

Monday 27th May 2024

Monday 26th August 2024

Wednesday 25th December 2024

Thursday 26th December 2024

## ➤➤➤ OPENING TIMES AND ADDRESSES

Monday	8:00am to 6:30pm
Tuesday	8:00am to 6:30pm
Wednesday	8:00am to 6:30pm
Thursday	8:00am to 6:30pm
Friday	8:00am to 6:30pm
Saturday	Closed
Sunday	Closed

**DALTON SQUARE PRACTICE**  
8 DALTON SQUARE  
LANCASTER  
LA1 1PN

**OWEN ROAD SURGERY**  
69 – 71 OWEN ROAD,  
LANCASTER,  
LA1 2LG

**UNIVERSITY HEALTH CENTRE**  
LANCASTER UNIVERSITY,  
BAILRIGG,  
LANCASTER,  
LA1 4ZP

**KING STREET SURGERY**  
38 KING STREET,  
LANCASTER,  
LA1 1RE

**ROSEBANK SURGERY**  
ASHTON ROAD / ROSEBANK,  
LANCASTER,  
LA1 4JS

**GALGATE SURGERY**  
HIGHLAND BROW,  
GALGATE,  
LANCASTER,  
LA2 0NB



Rosebank surgery is open on Saturdays, 8am - 12pm



01524 551551



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