



In Good Health

DNAs (Did not attend)

Each month we publish how many appointments have not been attended. These are displayed in surgery and on our website.

As a practice we would strongly advise that if you book an appointment, you record it carefully and you call to cancel if you are unable to attend, we are then able to offer this appointment to another patient.

Previous 3 months figures;
May - 476
June - 422
July - 445

Child Vaccinations

Each surgery runs clinics to vaccinate your children. These are held once a week, on a Wednesday morning at Harris and on a Thursday afternoon at Adelaide. Your child will be invited a total of 5 times. At 8 weeks, 12 weeks, 16 weeks, 1yr old and for pre-school vaccinations when at around 3yrs 4 months old. If you have not received an invitation to these clinics and you feel your child is due to attend, or would like to check your child's immunisation status, then please contact either surgery.

Further information:
www.nhs.uk/Conditions/vaccinations

Implementation of revised and updated clinical policy

The Strategic Commissioning Committee of NHS Lancashire and South Cumbria, on behalf of all eight CCGs and the replacement Integrated Care Board, ratified the clinical policy identified below:

- Continuous Glucose Monitoring and Flash Glucose Monitoring to patients with Diabetes Mellitus Policy.

The policy has been circulated and is also available to view on the ICB website via the following link:

<https://www.lancashireandsouthcumbria.icb.nhs.uk/our-work/commissioning-policies/reviewed-clinical-policy>

We can confirm that the policy for the provision of continuous and flash glucose monitoring has been aligned with updated NICE (NG17, NG18 and NG28) guidance regarding the provision of these devices to type 1 diabetes patients and

to type 2 diabetes patients on an insulin regime who meet the criteria outlined in the policy.

We can also confirm that patients with non-type 1 or non-type 2 diabetes caused primarily by (near-) absence of insulin production, or with any form of diabetes on haemodialysis, will be eligible for these devices on the same basis as type 2 diabetes patients. The policy also confirms the criteria applicable to children, young people and pregnant patients in accessing continuous and flash glucose monitoring.

Any queries you may have on these matters can be submitted via email to ifrpolicy.project@nhs.net or by contacting the ICB directly.

New Staff

Several staff changes have happened since our last practice newsletter. In summary:

Recently joined or joining soon:

Dr Rajay Arora - GP
Dr Ayodele Oyegunwa - GP
Dawn Mercer - Physician Associate
Dan - Business Support Manager

Ruby - Office Junior
Skye - Office Junior
Emily - Receptionist
Chantelle - Receptionist
Georgeta - Receptionist
Brogan - Receptionist
Our nursing team has also grown over the past year with the addition of Claire Rule, Jayne Brown and Michelle White.

We also have Julie and Carole in reception and Anthony Lynn the Pharmacist who joined us after Elizabeth Street closed.



FY2's & Students

As a teaching practice, it may be quite common for a student to be present when you attend your appointment. If you would like to be seen without the student then please inform reception or the GP/nurse etc.



REMEDIES - Sexual Health Service

Remedies (an anagram of mereside) is a sexual health service provided by Adelaide Street & Harris Medical Centre. The service is open to all Blackpool residents, including those not registered with the practice.

The service aims to identify instances of sexually transmitted infections and

treat them accordingly. It is a completely anonymous and confidential service, where patients do not even need to give us their names if they do not wish.



Flu & Covid vaccinations

Seems a bit odd to be talking about flu vaccinations in a summer newsletter, but we take delivery of our flu vaccines in September. Covid vaccine boosters will also be arriving in September, and much like last year we will be offering those eligible to have both at the same time. These joint clinics will run from our Gorton Street practice, just like last year, with some smaller clinics being run from Harris Medical Centre. Invites for eligible people will be sent out in the next few weeks. The

majority of these will be done by text so please ensure we have your most up-to-date contact details.

We're aware that pharmacies are already starting to contact patients. We would encourage patients to wait until we invite you. We order enough vaccine to cover our eligible population each year, and would hate to see it go to waste. Please support your GP practice by choosing to have your vaccination here.

Flu jab

Protect yourself, your family, colleagues and patients



GP practices gain small amounts of money for performing tasks.

This money helps practices provide other services to patients.

If that money goes elsewhere, it is not going towards the services YOU use.



**SUPPORT YOUR PRACTICE
HAVE YOUR FLU JAB HERE!**

Are you on facebook? Yes? So are we.

We recommend that all our patients join our facebook page to keep up to date with surgery news. Our page is updated regularly with information regarding not only the two surgeries, but also local health matters and other health related information.

The link for our page can be found at the bottom of this page.



Dates for your diary

13th & 14th Aug - Blackpool Air Show
20th & 21st Aug - Lytham 1940s Weekend
28th Aug - Classic Car Show (Stanley Park)
29th Aug - Surgeries Closed (Bank Holiday)
30th Aug - Ride the Lights
31st Aug - Blackpool Night Run
2nd Sept - Illuminations switch on

Happy Retirement to Jill

We recently had to say a fond farewell to Jill, our Operations Manager. Jill has worked at the practice for 24 years and her knowledge and expertise will be sorely missed. Some of you will know Jill quite well as she often frequented reception as she was reception manager for a number of years before being promoted.

I'm sure you will join us in wishing Jill a happy retirement. Rather than replace Jill (because she can't be replaced) elements of her role have been split between Adam (Operations Support Manager) and Dan (Business Support Manager).

Need a plumber, local pharmacy, or a local support group?

This information and a whole host of other information can be found in the FYI directory. The FYI directory is a new, unique directory for people across Blackpool, Fylde and Wyre. It brings together information about a wide range of local health and council services, community & social groups, wellbeing activities and events into one comprehensive source.



A Healthy Recipe To Try...

Chicken Chow Mein

Serves 3

Ingredients

Dash sunflower oil
 1 onion, halved and thinly sliced
 2 chicken breasts, shredded into 4cm long strips
 1 carrot, cut into 2cm long matchsticks
 125g shiitake mushrooms
 1 courgette, cut into sticks
 100g frozen soya beans, defrosted
 2 tsp Chinese 5 spice
 2 tsp reduced salt soy sauce
 2 cloves garlic, crushed
 300g pack ready-cooked noodles

Method

1. Add the sunflower oil to a large pan or wok, then add the onion and cook for 2 minutes.
2. Next, add the chicken and stir constantly for 3-4 minutes, making sure the pieces don't stick together.
3. Add the carrots, mushrooms and courgette. Cook for a further 3-4 minutes, again, stirring constantly.
4. Next, add the soya beans, Chinese 5 spice, soy sauce, garlic and noodles.
5. Mix well for another 3-4 minutes until the noodles are hot through.

Kcal - 417	Fibre - 7.9g
Fat - 8.9g	Protein - 38.1g
Carbs - 42.3g	Salt - 0.80g
Sugars - 6.2g	Per Serving

