



BRIERLEY PARK

MEDICAL GROUP

Summer Newsletter 2025



Dear Patients and Carers,

Our newsletter is usually produced 4 times per year, helping to improve communication between the practice and our patients.

This Summer we emphasize on health of our patients which is our forte, we talk about your Physical health as we feel summer is good time to go out and about and have fun.

PARK RUN

As a practice we are participating in the **Park Run on Saturday 12th July** at Brierley Park. A number of staff will either be running, walking or volunteering, and also bringing their families with them, so please do come and join us.

COUCH TO 5K

If it's been a long time since you did any exercise, you should check out the [Couch to 5K running plan](#).

It is designed for absolute beginners consists of a 9 week programme broken down into 3 walks/runs a week.

To begin with, you start running for short periods of time, and as the plan progresses, gradually increase the amount.

At the end of the 9 weeks, you should be able to run for 30 minutes non-stop, which for most people is around 5 kilometres (3.1 miles).

The term 'obese' describes a person who's very overweight, with a lot of body fat. It's a common problem in the UK that's estimated to affect around one in every four adults and around one in every five children aged 10 to 11.

Risks of obesity

It's very important to take steps to tackle obesity because, as well as causing obvious physical changes, it can lead to a number of serious and potentially life-threatening conditions, such as:

- [type 2 diabetes](#)
- [coronary heart disease](#)
- some types of cancer, such as [breast cancer](#) and [bowel cancer](#)
- [stroke](#)

Obesity can also affect your quality of life and lead to psychological problems, such as [depression](#) and low self-esteem (see below for more information about the health problems associated with obesity).

caused by consuming more calories – particularly those in fatty and sugary foods – than you burn off through physical activity. The excess energy is stored by the body as fat.

The best way to treat obesity is to eat a healthy, reduced-calorie diet and [exercise regularly](#). To do this you should:

- eat a balanced, calorie-controlled diet as recommended by your GP or weight loss management health professional (such as a dietitian)
- join a local weight loss group
- take up activities such as fast walking, jogging, swimming or tennis for 150 to 300 minutes (two-and-a-half to five hours) a week
- eat slowly and avoid situations where you know you could be tempted to overeat

Here is a link for benefits of exercising - [Benefits of exercise - NHS](#)

Along with this healthy lifestyle is our aim this summer.

Dr Rumana Ishtiaq

GP Partner, Brierley Park Medical Group

Thinking of you we ran a '**Menopause Talk**' by our GP -Dr Nichola Jones within our practice which was attended and benefitted by a large number. We aim to have more of such session and we are open to suggestions for any topic that you would like for us to arrange a session.

Or if you have any queries after reading this newsletter or would like to see an article on a particular subject in future issues, please let us know via submitting an online form below.

Please contact us online on : [Contact us about your request - Accurx Patient Portal](#)

www.brierleyparkmedicalgroup.nhs.uk

- **Call back live** : Our call back function is live - No more hanging on the phone, as you can retain your place, and we will call you back to save you from waiting. Please be aware that all telephone contacts with the practice are recorded for training and monitoring purposes.

- **Self booked appointment is live:** Patients can book appointments online for our clinicians, they can be In-Person or Telephone calls and can be booked in advance within 28 days, 14 days and 7 days. Please make sure that you have the NHS app or Online access to book them. If you have any queries, please ask at the reception.

- **Phone lines:** We would like to inform you of an important update regarding our phone line system from Monday 30th June 2025. While our primary contact number remains unchanged, please be aware that the menu options you hear when calling are changing. These changes have been implemented to more efficiently respond to your appointment requests and general enquiries.

Our goal is to provide you with quicker and more effective service.

Press option 1 for Prescription queries – this is not for ordering your medication.

Press option 2 for urgent on the day appointments.

Press option 3 for any routine and pre bookable appointment. this includes nurses, healthcare assistants, phlebotomists for your annual reviews.

Press option 4 for Results. Open Tuesdays and Thursdays between 2PM and 4PM.

Press option 5 for any general enquiry, for example insurance requests or to discuss a referral.

-EConsult :

From 1st July onwards we have started E-Consult, we have a poster attached here to

We appreciate your understanding and cooperation as we work to enhance your experience when contacting us.

We are attaching the poster here for you to review and make use of the service.



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E-Consult

We're excited to launch our new **E-Consult** service from the 1st July 2025.
Offering you medical advice from a GP without the need of an appointment.

To use this service, simply complete a triage form on our website.
<https://accurx.nhs.uk/patient-initiated/c84077>

The details you provide will be added to your medical records.



What is it used for?

- ✓ Fit (Sick) notes
- ✓ Abnormal Test Results
- ✓ GP Advice

As part of your E-Consultation, you may receive a phone call from the GP. In some cases, this may not be required. However, you can be assured that your query will be addressed within **five** working days of your submission.

June Practice Activity

Did Not Attend (DNA) rates for June

GP APPOINTMENT?
CAN'T MAKE IT?
DON'T NEED IT?

CANCEL IT!

DNA Rates in June – **435 appointments were missed** at the practice without notice. Missed appointments can prevent other patients from being seen and put additional pressure on NHS services. If you no longer need your appointment, please let us know as soon as possible – cancelling takes only a moment and helps someone else get the care they need. Thank you for helping us support our community.



June Phone Data

In June, our team handled **11,492 phone calls, with an average call duration of 4 minutes 55 seconds**. We know how important it is to reach us, and we're working hard to answer your calls as quickly and efficiently as possible. Please help us **by using online services for routine queries where you can**, helping to keep our lines free for those who need urgent help.



Other Practice Activity



Alongside, our appointments and calls, our team **processed 8,970 letters and issued 8,388 medications in June**. This reflects the ongoing behind-the-scenes work to support patient care every day. These are just two examples of many tasks carried out daily by our team, and we continue to work hard to meet the needs of all our patients.

As every other month, June has been a busy month at the practice, with lots of positive activity supporting the health and well-being of our community. We're looking forward to sharing more updates and events with you over the coming months – stay tuned and stay well!

Hay fever

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.

Symptoms of hay fever include:

- Sneezing and coughing
- A runny or blocked nose
- Itchy, red or watery eyes
- Itchy throat, mouth, nose and ears
- Loss of smell
- Pain around the sides of your head and your forehead
- Headache
- Feeling tired



Symptoms are usually worse between late March and September, especially when its warm, humid and windy. This is when the pollen count is at its highest.

Hay fever lasts weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks. There's currently no cure for hay fever and you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high.

Visit - [Hay fever - NHS \(www.nhs.uk\)](https://www.nhs.uk) for more information on how to manage your symptoms.

A pharmacist can help with hay fever

Speak to a pharmacist if you have hay fever. They can give you advice and suggest the best treatments to help with symptoms, such as:

- Antihistamine drops, tablets or nasal sprays
- Steroid nasal sprays

Some antihistamines can make you very sleepy, so speak to your pharmacist about non-drowsy antihistamines if you need to.



Bites and Stings

Insect bites or stings are not usually serious and get better in a few days. But sometimes they can become infected or cause a serious allergic reaction.

Bites from some insect can also cause illnesses such as Lyme disease from ticks, scabies from mites, and malaria from mosquitoes in certain parts of the world.

Check if its an insect bite or sting

The main symptoms of an insect bite or sting are:

- Pain where you were bitten or stung
- A small, swollen lump on skin



The lump may look red. It may be more difficult to see on black or brown skin but you should be able to feel it.



There may be a mark on your skin where you were bitten or stung.



You may have a mild allergic reaction, where the skin becomes itchy and raised around the bite or sting.



Sometimes you may have lots of bites grouped together in a small area.



The area may become more swollen and painful if the bite or sting gets infected.

Easing your symptoms

If there's nothing in your skin, or you've removed it, wash your skin with soap and water to help lower the chance of infection.

The bite or sting should get better in a few days. There are some things you can do to ease your symptoms.

DO

- ✓ Put an ice pack wrapped in a cloth or a clean cloth soaked in cold water on the bite or sting for at least 20 minutes, if its swollen.
- ✓ Keep the area raised if you can.
- ✓ Take painkillers such as paracetamol or ibuprofen if the sting is painful.
- ✓ Use antihistamines to relive any itching (but do not use antihistamine cream if you had caterpillar hairs on your skin)
- ✓ Use a hydrocortisone cream to reduce itching and swelling.



Don't

- ✗ Do not scratch the bite or sting, as it could get infected.
- ✗ Do not use home remedies such as bicarbonate of soda to treat the bite or sting.

A pharmacist can help with insect bites and stings

A pharmacist can advise you about medicines that can help ease the symptoms of a bite or sting, such as:

- Antihistamines
- Steroid creams
- Painkillers



They can also provide other treatments if you need them, without you seeing a GP.

Ask for an urgent GP appointment or get help from NHS 111 if:

You've been bitten or stung by an insect and:

- Your symptoms get worse or are not getting any better
- You were stung in your mouth or throat, or near your eyes
- You have tummy pain and are being sick
- You feel dizzy or lightheaded
- A large area around the bite or sting becomes red and swollen
- You have a high temperature and swollen glands
- You were stung more than once
- You've had a serious allergic reaction to an insect bite or sting before

You can call 111 or get help from 111 online.

Call 999 if:



- Your lips, mouth throat or tongue suddenly become swollen
- You're breathing very fast or struggling to breathe (you may become very wheezy or feel like you're choking or gasping for air)
- Your throat feels tight or you're struggling to swallow
- Your skin, tongue or lips turn blue, grey or pale (if you have black or brown skin, this may be easier to see on the palms of your hands or soles of your feet)
- You suddenly become very confused, drowsy or dizzy
- Someone faints and cannot be woken up
- A child is limp, floppy or not responding like they normally do (their head may fall to the side, backwards or forwards, or they may find it difficult to lift their head or focus on your face)

You or the person who's unwell may also have a rash that's swollen, raised or itchy.

These can be signs of a serious allergic reaction and may need immediate treatment in hospital.



Safety when sunbathing

Did you know that getting burnt five times, more than doubles your risk of developing potentially deadly melanoma?

That's why it's so important to stay protected when in the sun, even in the UK. Make sure to wear sun cream that's at least SPF 30 with at least 4- star UVA protection, and spend time in the shade during the sun's hottest hours (11am-3pm).

Children and babies are much more sensitive to the sun than adults, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.

Children aged under 6 months should be kept out of direct strong sunlight. For further information : [Sunscreen and sun safety - NHS](#)

Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.

Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine, and hot drinks, and have a cool shower or put cool water on your skin or clothes.

Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees. Check the temperature of rooms, especially where people at higher risk live and sleep.

NHS App

Take control of your health with the NHS App and online services. Save time and avoid unnecessary phone calls – download the NHS App today and stay connected to your healthcare whenever and wherever you need it.

What you can do with the NHS App

You need to [prove who you are](#) to get full access to the NHS 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 ([find out what your NHS number is](#))
- use NHS 111 online to answer questions and get instant advice or medical help near you



Before proving who you are, you can use the NHS App to:

- search trusted NHS information and advice on hundreds of conditions and treatments
- find NHS services near you

Our Website:

Our website contains a range of information to help you in making your own choices about your healthcare, as well as providing information about our services.

Via our website, you can do the following –

- Order your repeat prescriptions
- Ask our Reception team a question
- Request to register for online services
- Register as a carer
- Request ongoing sick notes
- Request test results and much more

Visit www.brierleyparkmedicalgroup.nhs.uk and have a look around.

Support your SHIP, mate!

The SHIP Group is the Patient Participation Group (PPG) for Brierley Park Medical Group (BPMG). It comprises patient volunteers from the surgeries at Skegby and Huthwaite, and also members of staff from BPMG. We are one of only a few PPG's that now remain active in the area, and one of our reasons for being established is to support BPMG with initiatives in the interest of their patients.

One major initiative that we pursue is to purchase equipment that BPMG would not be able to fund through the NHS, and which will help its patients. To date this has included purchasing the following:

A PA system for use by speakers at Health Events;

3 sets of folding tables and chairs for support groups at Health Events;

15 large cuffs for blood pressure machines that BPMG loan out to patients;

A defibrillator sited at The Carnarvon Arms, Teversal.

We are currently pursuing purchasing two purpose-made armchairs for Skegby and Huthwaite waiting rooms that may help make the stay more comfortable, for anyone with joint mobility problems.

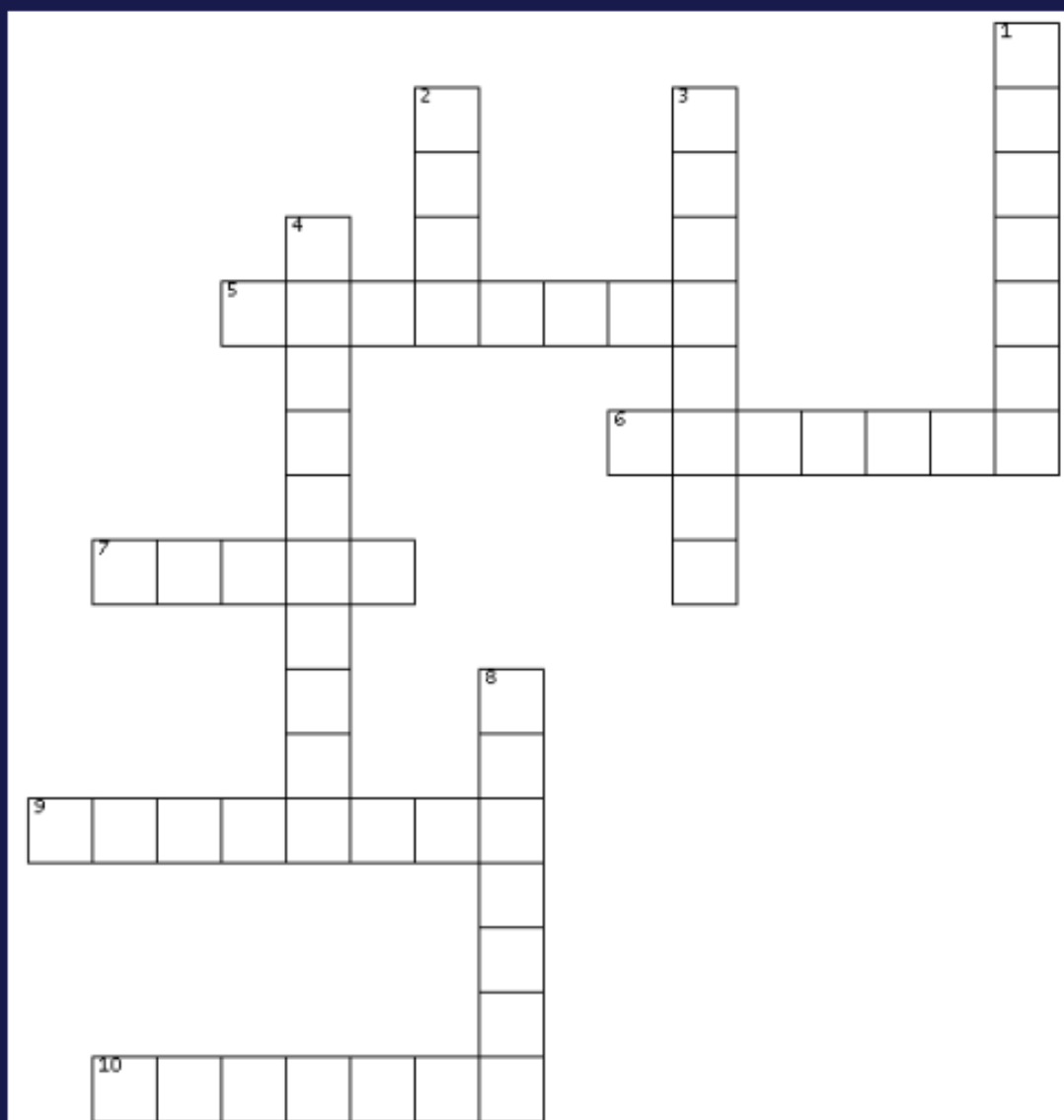
The funding for these is independent of BPMG and is covered by the SHIP Group making bids to external bodies, or through fund-raising events that we hold locally. On September 11 2025, we shall be hosting a Ladies Fashion Show at the Mansfield Hosiery Mills Sports and Social Club from 7.00pm until 9.00pm. This will include ladies fashions from top high street labels including Next, Monsoon, Wallis, Phase Eight, M&S and White Stuff, amongst others. Tickets are £4.00 at the Door and all of the proceeds from ticket sales and the raffle will go to the SHIP Group, who will use them to purchase equipment for the benefit of BPMG patients.

Please come along and show your support for your SHIP Group and, hopefully, pick up a bargain.

See you there!

Steve Wright – Chair of SHIP Group – PPG for Brierley Park Medical Group

CROSSWORD



ACROSS

- 5 - Support services delivered at someone's home
- 6 - Quality of being worthy of honour and respect
- 7 - Reliance on the honesty or integrity of someone
- 9 - Act of being considerate and generous
- 10 - Help given to someone in need

DOWN

- 1 - Ability to understand and share feelings
- 2 - The provision of what is necessary for health and wellbeing
- 3 - The name of our compassionate care company
- 4 - Deep awareness of the suffering of others
- 8 - Treating others with courtesy and care

1. EMPATHY 2. CARE 3. BLUEBIRD 4. COMPASSION 5. HOMECARE
6. DIGNITY 7. TRUST 8. RESPECT 9. KINDNESS 10. SUPPORT

WORD SEARCH

B	P	D	I	T	C	E	P	S	E	R	P	M	Y
L	S	H	T	R	T	E	R	N	M	P	A	T	T
U	U	T	I	I	O	N	O	P	A	N	D	I	I
E	P	C	D	L	E	R	H	U	R	I	I	T	N
B	S	N	O	S	A	R	M	A	E	T	L	E	U
I	E	U	D	M	I	N	C	T	A	I	L	M	M
R	Y	D	Y	R	P	D	T	O	L	O	E	O	M
D	D	T	U	S	H	A	S	H	D	P	M	H	O
A	F	S	I	E	R	R	S	U	R	O	O	R	C
C	P	P	O	N	R	S	P	S	P	O	Y	E	C
C	F	M	F	O	G	M	S	S	I	P	P	R	B
O	M	A	N	S	F	I	E	L	D	O	O	Y	S
C	E	R	A	C	T	C	D	H	U	L	N	R	E
N	L	R	N	T	L	U	F	T	R	A	E	H	T

FIND AND CIRCLE THE 12 HIDDEN WORDS IN THE PUZZLE GRID.
WORDS MAY APPEAR FORWARDS, BACKWARDS, VERTICALLY,
HORIZONTALLY, OR DIAGONALLY.

1. BLUEBIRD 2. CARE 3. COMMUNITY
4. HEARTFUL 5. SUPPORT 6. HOME
7. COMPASSION 8. RESPECT 9. DIGNITY
10. PHILANTHROPY 11. TEAM 12. MANSFIELD