

Forest Health Practice Newsletter

Spring 2025



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 Hardaman Baryan & Dr Benjamin Chisholme
GP Registrars	Dr Safa Ahmed, Dr Hema Praharaju & Dr Kamran Umer
Paramedic Practitioner	Peter Simpkin

Forest Health is a veteran friendly accredited GP practice



**Armed Forces veteran
friendly accredited
GP practice**

As a veteran friendly practice, we:

- Have an appointed 'Veteran's Champion', Paramedic Dan Swain. Regular involvement is sought from Dan in our interactions with veterans, such as via our Patient Participation Group (PPG) meetings and wider events, to feed into our ongoing support efforts to this patient group
- Ask patients to tell us if they're a veteran
- Support veteran patients to access dedicated health services
- Undertake specialist training to meet the health commitments of the Armed Forces Covenant

Being accredited by the Royal College of General Practitioners means that as a practice, we can better identify and treat veterans, refer them, where appropriate, to dedicated NHS services and capture better data to improve future health provision.

Please tell us if you are a military veteran so that we can make sure you are offered the support and assistance you may need, now or in the future, as a result of your service.

Visit our website for more information, including how to tell us if you are a veteran and links to resources for veterans and their families:

www.foresthealthgroup.co.uk/practice-information/information-for-veterans/

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

Forest Health Practice Newsletter

Spring 2025



Long-term Conditions and Medication Monitoring

Dear patient,

You will notice over the next few months that if you have a long-term condition with annual reviews conducted at the practice, or are taking medication which requires regular monitoring, you will receive invitations (via text and/or email) to book these appointments directly without having to call the surgery. You will be able to click on a link and choose an appointment which suits you.

Patients who have annual reviews will start to receive invitations the month before the month of their birth; patients who require regular monitoring will receive invitations two weeks before their monitoring is due.

If you are unable to use links to book your appointments, please call the practice on 01344 421364 (choose option 3) and we will be happy to book for you over the phone.

We hope that you will find this process helpful as you will be able to book your appointments at any time from your phone or other device. This will in turn help patients who are unable to use online booking, as our phone lines will be freed up so we hope that call waiting times will be reduced.

To help us with this process, please update your contact details with the practice. This can be done on our website here – www.foresthealthgroup.co.uk/contact/change-of-contact-details/

Many thanks,

The partners at Forest Health

Travel Advice – Summer Holidays

If you are planning to travel abroad, it is now recommended that you seek travel advice online.

Travel health advice, including recommended vaccinations, can be found on the NHS website www.fitfortravel.nhs.uk. It is your responsibility to find out whether you will need vaccinations for the country you are visiting.

As part of our NHS general medical services, we can provide vaccinations against Polio (Polio vaccination is combined with Diphtheria and Tetanus), Cholera, Hepatitis A and Typhoid (if your travel risk assessment advises these for your travel itinerary).

To arrange a travel vaccination appointment with one of our nurses, please complete the travel questionnaire on our website, linked below. Please note we require 6 weeks' notice for travel vaccinations where your travel questionnaire will be assessed, and you will be contacted to arrange an appointment.

www.foresthealthgroup.co.uk/clinics-and-services/travel-advice/

A private travel clinic will be able to advise you on non-NHS vaccinations should you require these vaccinations and advise of malaria protection if needed. Antimalarial medication is available to purchase over the counter at most pharmacies, and antimalarial medication for children can be purchased from a private travel clinic.

Forest Health Practice Newsletter

Spring 2025



Spring 2025 COVID Vaccinations

Berkshire Primary Care (BPC) have been reaching out to eligible patients via SMS, email and phone to invite them to book their spring COVID vaccination at Spedan House. Appointments at Spedan House will run until Saturday 10th May.

Local pharmacies will continue to offer the COVID vaccine until Tuesday 17th June. Eligible patients can book an appointment or check walk-in availability on the NHS COVID Vaccination website:

www.nhs.uk/nhs-services/vaccination-and-booking-services/book-covid-19-vaccination/

The eligible patient groups are:

- All adults aged 75 and over (including those who will be 75 by 17 June 2025)
- Adults and children aged 6 months to 74 years who have a weakened immune system because of a health condition or treatment

getUBetter

getUBetter is an easy-to-use tool designed to provide you with the knowledge, confidence and skills to self-manage common muscle and joint conditions. It's free and available as an app or on the web, to all patients aged 18 and over.

The app will guide you day-by-day through exercises and tips to help you get better. It is suitable for 80% of muscle of joint conditions, which includes new, ongoing or returning muscle or joint conditions and support while you wait for treatment e.g. Physiotherapy. It is designed to be used alongside the health system and therefore will signpost you back into the system if you need additional review.

You may not need this service at the moment, but it will be available if you do develop any symptoms in the future.

To download the getUBetter app or access it on your computer, visit <https://app.getubetter.com/>

Or find out more about getUBetter at www.getubetter.com/patient/msk-patients/

Healthier Together

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, "red 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.

Download the Healthier Together app at <https://frimley-healthiertogether.nhs.uk/>



Forest Health Practice Newsletter

Spring 2025



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](https://play.google.com/store/apps/details?id=nhs.uk) or the [App store](https://apps.apple.com/gb/app/nhs-app/id1482855238) to use on your smartphone or tablet, or on your computer by visiting 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 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.

Forest Health Practice Newsletter

Spring 2025



Webforms Directory

Our website now features a webforms directory, providing quick access to the webforms which can be used to contact us with specific queries or requests. Find it on the homepage the next time you visit www.foresthealthgroup.co.uk/

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.

Support to Help You Quit Smoking

When you quit smoking, good things start to happen.

You'll begin to see almost immediate improvements to your health.

It's never too late to quit and it's easier to stop smoking with the right support.

Visit the sites below for advice, tips and tools to help you along.

Stop Smoking Berkshire – www.smokefreelifeberkshire.com/

Quit smoking – NHS – www.nhs.uk/better-health/quit-smoking/

And if you'd like to receive one-on-one support from our trained smoking cessation advisor, call 01344 421364 and select the general enquiries line to book into one of our weekly smoking cessation clinics.

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

You don't need to imagine a life without smoking, you can live it! **You've got this!**

smokefree life
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

Forest Health Practice Newsletter

Spring 2025



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

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

Bracknell Forest Resources for Health & Wellbeing

Bracknell Forest Public Health Portal & Community Map

The Bracknell Forest Public Health portal provides access to online services, resources and information to help you take control of your health and wellbeing. Some examples include:

Social Prescribing – find out how the social prescribing service can support you to connect to your community

Walks for Wellbeing – free guided walks in Bracknell Forest to support your health and wellbeing

Ageing Well – information and advice to keep you fit and healthy as you get older - because age is just a number!

Get Active – free and sociable local beginner-friendly exercise classes

Eating Healthily – information on eating healthily and staying hydrated, with local and online groups to support you

Visit the Bracknell Forest Public Health portal – <https://health.bracknell-forest.gov.uk/>

The Bracknell Forest Community Map shows local community groups, clubs, societies, events and activities. They are run by local people for local people – and they all offer a warm welcome.

View the Bracknell Forest Community Map – <https://bfcommunitymap.commonplace.is/en-GB/map/community-map>

The Happiness Hub

The Happiness Hub is a collaboration of services offering mental health and wellbeing advice and support to those living in and around Bracknell Forest aged 18 years and over. The Happiness Hub partners include:

- [Bracknell Forest Community Network \(BFCN\)](#)
- [Community Connectors](#)
- [East Berkshire Wellbeing Service](#)
- [Friends in Need](#)
- [PCN Social Prescribers](#)
- [Stepping Stones Bracknell Recovery College](#)
- [Sport In Mind](#)



The Happiness Hub hosts regular drop-in events, where you can relax with a cup of tea or coffee, make new friends and find out what's going on in your area.

www.bracknell-forest.gov.uk/health-and-social-care/mental-health-and-wellbeing/happiness-hub



PATIENT HEALTH WALK

Come join Forest Health Social Prescribers for a health walk! Enjoy the fresh air, get active, and spend a fun time socialising and making friends.

**LAST MONDAY OF
EVERY MONTH**

Starting from Bagshot Road Site

09:30am-11:00am





Wellbeing Drop-in



Join us for a **relaxing morning** of tea, coffee, socialising and community conversations

Second Monday of every month 11:00-13:00

Crown Wood Community Centre, Opladen Way, Bracknell, RG12 0PE



Come and unwind





Mental Health Awareness Week

**HAPPINESS
HUB**

Supporting your mental health & wellbeing

12-16 May 2025

The theme for 2025 is 'Community', and we want to use **Mental Health Awareness Week** to celebrate the power and importance of community.

Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense purpose' - **Mental Health Foundation**

Добро
пожаловать
خوش آمدید
Üdvözlök
پخیر راغلی

Ласкаво
просимо
स्वागत
Akwaaba
歡迎

Welcome

स्वागतम्
خوشامد
Bem-vindos
أهلاً وسهلاً
Witamy



Sessions are open to all Bracknell Forest residents. No booking required. For further information, email: bfcn@bracknell-forest.gov.uk. The Happiness Hub and other organisations will be at these sessions to promote and support activities available in Bracknell Forest.

Forest Health Practice Newsletter

Spring 2025



Monday, 12 May

10am – 12pm: Dementia Group at The Admiral Cunningham, RG42 1TU.
Join Age Concern for a friendly coffee morning.

1.30pm – 3pm: BFCN 60 and Beyond at Waitrose Café, RG12 1RQ.

Tuesday, 13 May

10am – 12pm: Craft Coop craft drop-in at Craft Coop, Princess Square, RG12 1LS.
Join us in making paper origami wreaths with a cup of tea and a biscuit!

11am – 1pm: Binfield Happiness Hub at Foxes Den Café, RG42 4EW.

1pm – 2.30pm: BFCN Young at Heart Group (over 35's) at Starbucks, RG12 1LS.

1.30pm – 3.30pm Ukrainian Community drop-in at Vsi Razom, Princess Square, RG12 1LS.

2.30pm – 4pm: Walk for Wellbeing meet at Foxes Den Café, RG42 4EW.

Wednesday, 14 May

10.30am – 12 noon: Neurodiversity drop-in at Bracknell Open Learning Centre, RG12 7GR.

12 noon – 1.30pm: Polish Community drop-in at Magdalenka Polish Delicatessen, RG12 7BN.

2pm – 3.30pm: Romanian Community drop-in at Ardeleana, Harmans Water, RG12 9LP.

6pm – 8pm: Nepalese World Café at Forest Café, Times Square, RG12 1JD.

Thursday, 15 May

10.30am – 12 noon: Walk for Wellbeing meet at Running Horse car park, RG12 2UJ

12.30pm – 2.30pm: Beginners English Language Café at Bracknell Open Learning Centre, RG12 7GR.

2pm – 3pm: Dogs for Good walk at South Hill Park, RG12 7PA.

3.30pm – 4.30pm: LGBTQ+ Community drop-in at Bracknell Open Learning Centre, RG12 7GR.

Friday, 16 May

11am – 1pm: Crowthorne Happiness Hub
at Crowthorne Fire Station, RG45 7AP.

12 noon – 2pm: Afternoon event at Princess Square, RG12 1LS. A showcase of Happiness Hub partners, local organisations, and entertainment within the Bracknell Forest Community. Join us for some feel-good community fun.

2pm – 4pm: Hong Kong Community drop-in at Bracknell Library, RG12 1BH.

