

Great Barford Surgery Newsletter

January-March 2024

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What's new at our Practice?

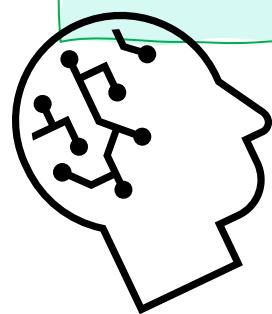


New Telephone system!

Following the installation of our **new** telephone system we are pleased to inform you that the system offers a **call back feature**.

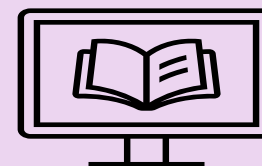
Patient calls are answered in order of when you dial in and how long the person who has been answered is on the phone.

The call backs are actioned in the **same** queue. So, if you are called number **8** in the queue and request a call back the phone system will call you after the **7th** patient.



ONLINE RESOURCES

Life Hub Bedford



You can discuss with a lifestyle advisor topic such as healthy eating and getting more active.

Visit the website:

<https://bedfordshirehospitals.nhs.uk/lifestyle-hub-Bedford-hospital/>

Contact Us:

Lifestyle@bedfordhospital.nhs.uk

Confidential Email:

bhn-tr.bedfordlifestyle-hub@nhs.net

NHS Managing your weight: 12 tips to help you lose weight; <http://www.nhs.uk/live-well/healthy-weight/managing-your-weight/12-tips-to-help-you-lose-weight/>

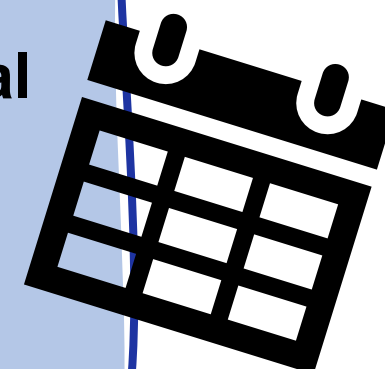
Download the **FREE NHS** weight loss plan

APPOINTMENTS

Please be reminded to **CANCEL** any pre-booked appointments without **Nurse/HCA/Paramedic or Clinical Pharmacist**.

24 hrs prior in order that we may be able to offer the appointment slot to another patient.

Thank you for your support!



M.E.E.T

Every other Sunday, 12pm-4pm

Men. Exercise, Engage, Talk.

Golden Gardens: **The Copse, Goldington, Bedford MK41 OEU.**

Join us for **FREE**. Sunday afternoon group for men aged 18-35. Get to know one another, learn new skills and get active outside. Explore and support your health and wellbeing during regular sessions

Text: 07415 387894 or

07722 478601



DISPENSARY

Please remember that we require **'4 working days'** notice for repeat prescriptions (excluding Bank Holidays)

On occasions we may **NOT** be able to provide you with all your medication, mainly due to either supplier **issues/out of stock**, and we will therefore give you a script that you can take to any pharmacy to source missing items.

A list of local Pharmacies are available at dispensary counter for your use.

Thank you



A Carer's life!

Are you an **UNPAID** Carer?

Are you aware of what **support** is available for you?

Contact Tel: **0300 111 1919**

Or visit; www.carerinbeds.org.uk

Usual Contact Numbers

NHS Bedfordshire Talking Therapies

Do you feel down or sad a lot of the time?
Do you find yourself feeling stressed?
Do you find it hard to cope?

Making a positive difference through talking therapies;
Self-Refer contact; 01234 880400
www.left.nhs.uk/Bedfordshire-talking-therapies

Medications Reviews



To make sure you're on the **best** medicine for your needs, we undertake **regular medication** review.

After a medication review, we may suggest changes to your medication to keep up with the latest guidance or advice.

- Ensuring safety
- Effectiveness
- Change of Medication/doses

Call reception and check if you're due for a medication review.

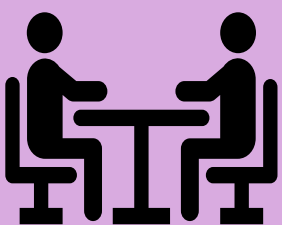
Review appointments

If you're invited to have a review for your long-term condition, it's important to **attend**.

We will check how you're managing, and you'll get the opportunity to discuss any concerns.

Benefits of a review

- Regular monitoring
- Early detection
- Medication Optimisation
- Education and Support
- Preventive Measures



International Nurse Day 12th May



Family & Friends Results

Scores for Jan-Feb-March



35 Very good

14 Good

1 Neither good/nor poor

1 Poor

2 Very poor



Mental Health Week Awareness

13th – 19th May

