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Spring 2021

**Welcome to the Lambert Medical Centre Newsletter.**

**Staffing update**

We are welcoming Dr Karthikeyan Shanmugam to our Practice at the end of April. He will be joining as a Partner and will be in the surgery 4 days per week.

Dr Shanmugam is a very experienced GP Partner and has a special interest in Diabetes.

**Easing of lockdown restrictions**

The Lambert Medical Centre has kept its doors open throughout the Covid Pandemic and will continue to do so.

In line with guidance issued by NHS England, we have been operating a telephone triage system for appointment requests with GPs and Nurse Practitioners and we will be continuing with this system.

It has been apparent that a lot of patient's issues can be dealt with over the phone which is a positive for both patients and staff. This reduces the need for patients to attend the surgery so is more convenient and efficient, and it also reduces the footfall into the surgery which goes some way in keeping patients and staff as safe as possible.

We would like to reassure you that wherever it is needed, we remain happy to see patients face to face, and we have been doing this throughout the pandemic.

Our staff will continue to wear PPE when seeing patients and we hope that all patients respect our request that they wear face mask/covering when attending the surgery for any reason.

**Covid Vaccinations**

We continue to support and contribute to the vaccination program at our Local Vaccination Site (LVS) situated at The Forum, Bullamoor Road, Northallerton, DL6 1LP.

The uptake for the vaccinations has been high in this area and we hope this continues as we work through Cohorts 10 -12 (those aged 18 to 49)

The team at the Forum continue to invite patients for their 2nd vaccinations and it is important that we do not become complacent – please attend for your 2nd vaccination when you are invited.

Vaccinations are also being delivered at Mass Vaccination Sites (MVS) There are several of these around the area and these are being organised at a national level and so we are not able to help you booking into these clinics or answer queries. These appointments can be booked via: [**NHS.UK website**](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/)

**We are unable to offer you a certification of a Covid Vaccination, a vaccination passport, or a letter to prove you have been vaccinated against Covid-19.**

**These proof of vaccination documents have not yet been developed and as such cannot be provided by your surgery. As soon as we have further information, we will share it with you.**

**Inviting people to take up the vaccine is much easier and efficient by text. As you will appreciate, making individual calls to landlines takes so much longer as well as blocks up our telephone lines making it harder to get through to the surgery.**

**If you are not sure that we have your mobile number, please let us know so we can update your record.**

**Routine Checks and reviews**

Some routine and non-urgent services have been paused during the pandemic to allow us to manage the increased workload due to Covid. These procedures/services will be re-started where possible and when safe to do so.

We are looking make some changes to how we carry out chronic disease checks and medication reviews; over the coming months we will be moving to having reviews/chronic disease checks aligned to the month of a patient's birthday. Our aim is that where possible, regular checks and monitoring are all done at the same appointment to save patients making multiple visits for various long-term conditions they may have.

We hope that once this process becomes embedded it will also help patients to remember their annual checks as they will be due around their birthday.

**IBS and bowels**

April is IBS Awareness Month. Chances are, if you do not suffer from IBS, you know someone who does. Sufferers often do not talk about their symptoms due to embarrassment. Irritable bowel syndrome can be a life-long challenge to live with, restricting your diet and activities. If any of the symptoms sound familiar, such as recurring stomach pain, bloating, diarrhoea, and constipation, it might be worth making a GP appointment to discuss it further. COVID-19 has led to fewer people seeking help for worrying symptoms. If you have bleeding from your bottom and/or blood in your poo, you should get it checked out. It may not be anything serious, but it’s better to find out quickly. While the number of people who have bowel cancer is small, appropriate support costs money. Bowel Cancer UK would like to see you get active every day in April. You can raise funds for Bowel Cancer UK and get fit simultaneously, so it’s a win-win.

<https://www.bowelcanceruk.org.uk/support-us/fundraise/step-up-for-30/>

<https://www.bowelcanceruk.org.uk/about-bowel-cancer/symptoms/>

<https://www.bladderandbowel.org/news/april-is-ibs-awareness-month-but-what-is-ibs-really-like/>

<https://www.nhs.uk/conditions/irritable-bowel-syndrome-ibs/>

**Ageing and Shingles**

Some changes to your body are common when you get older. What changes can you expect, and how can you minimise the impact? It is not just physical changes. You may find that you need to reassess other areas of your life. You might want to give some thought to how you would like your life to look as you get older. It’s worth thinking about how much support you might need and whether you’d need to make changes to your living arrangements before it becomes an urgent need.

Some conditions can be particularly uncomfortable if you are older, and shingles is one of them. If you are aged between 70 and 79, you are eligible for a shingles vaccination. If you have previously been told that you are eligible but did not take up the offer, you can still have the vaccine before your 80th birthday. Shingles can be very unpleasant for several weeks, and it is much better if you can avoid it altogether.

Please contact the surgery if you are eligible and would like a shingles vaccination.

<https://www.nhs.uk/conditions/shingles/>

<https://www.nhs.uk/conditions/vaccinations/shingles-vaccination/>

<https://www.webmd.com/healthy-aging/guide/normal-aging#1>

<https://www.caregiversolutions.ca/caregiving/5-stages-caregiving/>

**Stress awareness**

Stress has been a significant feature of the last 12 months for most people in the UK. We’ve had to cope with things we probably never would have thought possible. If you are not feeling as happy as you did 12 months ago, then perhaps it is worth taking a look at the NHS quiz below. Mindfulness can help to relieve stress, and if you think that relaxation is all crossed legs and yoga, you could not be more wrong; relaxation takes many forms, as the following information from MIND shows. [https://www.nhs.uk/mental-health/se...ties/depression-anxiety-self-assessment-quiz/](https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/depression-anxiety-self-assessment-quiz/)

<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>

**Dispensary phone lines**

Please be aware that the Dispensary phone line is open from 11am to 3pm every weekday.

This is to allow the Dispensary staff to concentrate on their dispensing duties at the times when the surgery is most busy.

**We do not take requests for prescriptions over the telephone**.

These requests should be made either by using the online services, or by placing your request slip in the box in Reception.

**The Lambert Medical Centre**

We are active on social media. Follow us on Twitter and Facebook where we post details about local and national health campaigns.

 @lambertmedical1  @lambertmedicalcentre

**Don’t forget we have a Patient Participation Group:**

PPGs are groups of active volunteer patients that work in partnership with practice staff and GPs – this unique partnership between patients and their practices is essential to achieving high quality and responsive care. The group can help the practice by enabling us to be more proactive in providing the services that truly reflect what patients want and need.

We tend to communicate via email and meet up face to face just a couple of times a year so the commitment isn’t too onerous. We aim to have an inclusive and representative membership so..

**Please see our website for details on how to join**

[**www.lambertmedicalcentre.co.uk**](http://www.lambertmedicalcentre.co.uk)

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