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Summer 2021

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

**Covid Vaccinations**

As you will have seen the Covid-19 vaccination programme is now concentrating on inviting younger age groups to nationally run vaccination sites through the NHS National Booking Service.

The Hambleton Primary Care Networks have now moved out of the Forum to allow the site to get back to 'business as usual' and also to allow practices to place an increased emphasis on GP services after a period of intense vaccination delivery.

Patients still requiring their 1st vaccination will be able to book via the National Booking Service. There are numerous sites around the area. These appointments can be booked via: [**NHS.UK website**](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/)

We would like to take this opportunity to thank the Forum for their support over the last 6 months and all our staff, volunteers and community partners.

**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.**

You can access your COVID-19 vaccination status through the free [NHS App](https://www.nhs.uk/nhs-services/online-services/nhs-app/). You can access the app through mobile devices such as a smartphone or tablet. Proof of your COVID-19 vaccination status will be shown within the NHS App. We recommend that you register with the app before booking international travel. For access via the NHS App you do not need to contact your GP.

You can view your COVID-19 vaccination status online and download or print it as a PDF document. To access the service, you’ll need to register for an [NHS login](https://www.nhs.uk/nhs-services/online-services/nhs-log-in/) if you do not have one already. NHS login registrations may take longer than usual when there are high numbers of requests.

You can request a vaccination status letter to be posted to you: via accessing [Access your COVID-19 vaccination status via the NHS website](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/vaccination-status-for-travelling-abroad/) or by ringing 119.

Request a letter only if you:

* have been fully vaccinated by the NHS in England (you should wait 5 working days after your second dose)
* are planning to travel in the next 4 weeks to a country that requires evidence of COVID-19 vaccination
* are aged 16 or over

The letter will be sent to the address registered with your GP. If you have recently moved house, make sure you’ve given us your new address before requesting a letter.

It can take up to 5 working days from the date of your second dose appointment before the system is updated. We then expect the letter to take up to 5 working days to reach you.

**General Practice Data for Planning and Research (GPDPR)**

The data held in the GP medical records of patients is used every day to support health and care planning and research in England, helping to find better treatments and improve patient outcomes for everyone. NHS Digital has developed a new way to collect this data, called the General Practice Data for Planning and Research data collection.

This data extraction was due to start from July 1st, but this date has now been pushed back to 1st September 2021

For more information click here:

[Collecting GP data - advice for the public - NHS Digital](https://digital.nhs.uk/data-and-information/data-collections-and-data-sets/data-collections/general-practice-data-for-planning-and-research/advice-for-the-public)

We will share more information on our website in advance of September 1st.

**Community Pharmacy Consultation Service**

The NHS Community Pharmacist Consultation Service (CPCS) offers patients same day minor illness consultations with a Community Pharmacist. The service was developed to allow surgery teams to refer patients for convenient, same-day consultations with clinical advice and, where indicated, the purchase of any over-the-counter medicine the patient may need.

*What is this new service about?*

When you call the practice, you will be asked about your symptoms. If they indicate that you can best be helped by a Pharmacist, you will be offered a same day private consultation with a Community Pharmacist at Boots or the Pharmacy in Tesco's.

Community Pharmacists have already successfully seen thousands of patients for a consultation for a minor illness, following a call to NHS 111. This new way of arranging consultations with the pharmacist by a GP practice, has been successfully piloted around the county.

*Why are you doing this?*

Pharmacists are qualified healthcare professionals and experts in medicines. They can offer clinical advice and over-the-counter medicines for all sorts of minor illnesses, and a same day consultation can be arranged quickly and at a time to suit you.

This in turns frees up GP appointments for those people with more complex symptoms who really need to see a GP.

*What happens when I see the Community Pharmacist?*

We will share your personal details with the Pharmacist and details of your minor illness and the Pharmacist will contact you to arrange your consultation on the same day, or at a time that suits you.

You may be seen in person in a private consulting room, if the pharmacist thinks it appropriate, or your consultation may be carried out over the phone or via video. You will be asked about your medical history and symptoms and current medication; in the same way the GP would ask you about them.

Usually, the Pharmacist will provide you with advice and can sell you with an over the counter product where needed if you choose. They will also send details of your consultation back to us for our records.

If the Pharmacist feels you need to be seen by a GP urgently, they will call us to ensure you are seen, or they will advise you to contact the hospital Emergency Department if deemed necessary. You may also be referred back to us to arrange a non-urgent appointment or follow up.

*What if I get free prescriptions from my GP?*

Your pharmacist will provide you with advice on how to treat your symptoms, which may include a medicine or product. Medicines that can be purchased in a pharmacy to treat minor illnesses, are usually inexpensive and would not normally be prescribed by your GP anyway. You are free to choose if you wish to make a purchase or not.

*What happens if I don’t want to see the pharmacist?*

We want to ensure that you are offered an appointment with the most appropriate qualified health care professional based on your symptoms. If you have minor illness symptoms that can be treated the same day through a consultation with a qualified Community Pharmacist, but do not want to accept this referral, you will be offered a routine appointment with your GP at a future date.

*What if the patient is my child?*

Children aged over one years are eligible to use this service and can be seen by the pharmacist. Children who can make their own decision about their health may be seen unaccompanied.

*Why is this a good thing for patients?*

Community Pharmacies are local, open longer hours than the GP practice and can offer you the same consultation outcome at a time that is more convenient for you. If the Pharmacist thinks you need to see the GP, they can help arrange an urgent appointment for you.

**International Friendship Day: 30th July 2021**

One of the best ways to keep your mental health in check is by catching up with friends and family. For tips on how to have more meaningful conversations, take a look at this page from the Mental Health Foundation:

 [https://www.mentalhealth.org.uk/you...r-your-mental-health/talk-about-your-feelings](https://www.mentalhealth.org.uk/your-mental-health/looking-after-your-mental-health/talk-about-your-feelings)

**400/600/600 calorie rule**

Public Health England suggests aiming for 400 calories for breakfast and 600 for lunch and dinner to assist you in leading a healthier lifestyle. For more tips on how to eat better, read this helpful page from their ‘One You’ campaign: <https://www.nhs.uk/oneyou/for-your-body/eat-better/#txIWELci7u3AOvOS.97>

How Are You? Public Health England has designed a personalised health assessment tool to help point you toward a healthier lifestyle. You can try it today by using this link: <https://www.nhs.uk/oneyou/how-are-you-quiz/>

**Park run**

Park runs look set to return on July 24th and are a great way to keep fit and have fun with free, weekly, community events for adults and children. Access to the outdoors is incredibly important for healthy bodies and minds. Find out about events near you at: [https://www.parkrun.org.uk](https://www.parkrun.org.uk/).

**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)