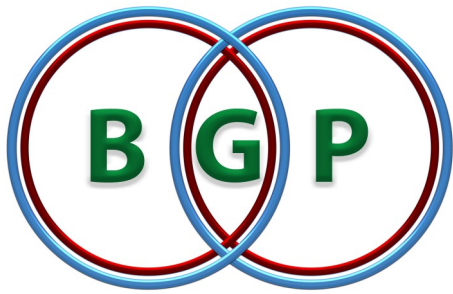


BARTLETT GROUP PRACTICE



MONTHLY NEWSLETTER

APRIL 2024 / VOL. 008



From all at Bartlett Group Practice, we would like to wish all our patients a Happy Easter period.

YOU SAID

WE
DID

You said: It's really difficult to book in for a cervical smear appointment.

We did: We now hold a waiting list so that when you first contact us, we will add you to our waiting list and contact you with the next available appointment.

TOP NEWS

- A Focus on.....
- We're Going Green
- BGP Recommends

Bank Holiday Prescriptions

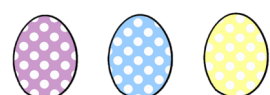
Bartlett Group Practice will be shut on the 29th March and 1st April for the Easter period.

If you require advice or help during this period, you can contact 111 either online or via phone for guidance.

Alternatively there are walk in centres available in Bracknell and Woking and a minor injuries unit in Haslemere.

If it is an emergency, there is 999 or A&E.

There may also be some pharmacies available to help you over the bank holidays.



DIABETES

Firstly, you will be recalled either in or just before your month of birth. You will be invited to book into a 'Diabetes Assessment' appointment.

At your assessment, you will have the following checked:

1. Blood test—testing your HbA1c (average blood sugar levels) and your cholesterol and lipid profile (checking the levels of different fats in your body)
2. Blood pressure, height and weight check
3. Foot check
4. Urine sample (please bring this with you ahead of your appointment)



You should also make sure you attend your diabetic retinopathy appointment. This is usually done at the hospital where they have specialist equipment.

Following your assessment with one of our nursing team, you will then be contacted about your diabetic review. This is usually with one of our diabetes specialists who can help assess your results and decide on the best plan for you and your health.

Getting your full review is super important to ensure you are getting the best care, and laying the groundwork means you won't have to come in numerous times for different checks. When booking with reception, be sure to mention it's for a diabetic assessment and reception will book you into the best slot to get all your checks completed in one appointment.

Pharmacy First Service

The Pharmacy First Service is now available to provide advice and treatment where clinically appropriate for seven common conditions.

You can see your pharmacist before you see your GP which may mean reduced waiting times, and quicker treatment. If the pharmacy thinks you need to speak with a GP, they will let you know.


You may find that you are referred to the pharmacy from us if you haven't seen them and it is appropriate. Our reception team are able to

complete a referral form that goes straight to the pharmacy who will then contact you.

Navigating to the most appropriate service for illnesses helps us to see those who cannot be seen elsewhere and helps to reduce waiting times for appointments.

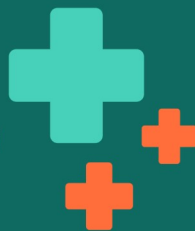
So, if you find you have one of the 7 illnesses below, why not try out the pharmacy first?

Most pharmacies can help you with **seven common conditions** without needing a GP appointment


Providing NHS services

Speak to your pharmacist if you suspect you have:

- **Sinusitis**
(adults and children aged 12 years and over)
- **Sore throat**
(adults and children aged 5 years and over)
- **Earache**
(children aged 1 year to 17 years)
- **Infected insect bite**
(adults and children aged 1 year and over)
- **Impetigo**
(adults and children aged 1 year and over)
- **Shingles**
(adults aged 18 years and over)
- **Urinary tract infection**
(women, aged 16 to 64 years)



Visit your
Pharmacy First!

Concerned about Dementia or Memory Loss?

Becoming forgetful doesn't always mean you have dementia. There can be many causes of memory loss. But it's always better to know. If you're worried about your memory, or think you may have dementia, it's a good idea to see a GP.

If you're worried about someone else's memory problems, encourage them to make an appointment with a GP and

perhaps suggest that you go with them.

To help rule out other causes of memory problem, we will organise a blood and urine test. You'll also be asked to do a short memory test at the surgery.

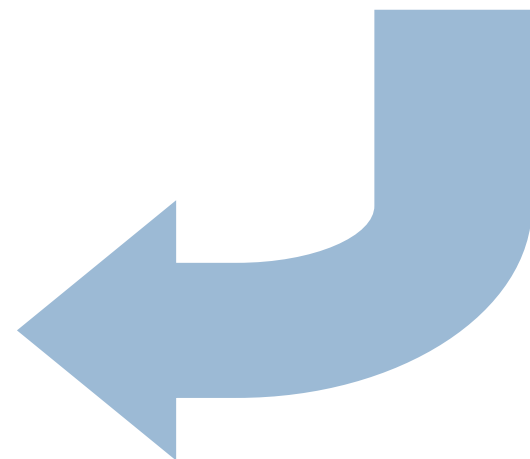
If we are able to rule out other causes for your symptoms, we can refer you to the memory clinic, with specialist

experts in diagnosis, caring for, and advising people with dementia, and their families.

Getting a diagnosis might sound scary, but it gives you and your family the best chance to prepare for the future. With treatment and support from healthcare professionals, family, and friends, many people are able to lead active, fulfilling lives with dementia.

Memory loss can be a symptom of many health conditions, including dementia. Other common conditions that cause forgetfulness are:

- depression or anxiety
- chest and urinary tract infections
- thyroid problems
- menopause
- vitamin deficiencies, such as vitamin B12
- long-term heart or kidney conditions
- head injuries



Some memory problems can be a result of:

Stress: Being stressed or overwhelmed can make it harder to focus, think clearly, and learn new information. This can make it difficult to form new memories and remember them later.

Sleep problems: Not getting enough sleep makes it harder for the brain to process information from the day and store new memories.

Consuming too much alcohol: Drinking harmful levels of alcohol can lead to short-term difficulties remembering what has happened. Excessive drinking over a long period of time can lead to damage in the brain, known as alcohol-related brain damage (ARBD).

Medication side effects: Some medicines can significantly affect the ability to think and remember clearly. For example, they can cause confusion or drowsiness. Checking the leaflet that comes with a medicine can identify if it may be causing problems with memory or thinking. It can also be helpful to ask a GP or pharmacist.

Problems with taking in information: Sometimes it can appear that someone is not remembering things well, but the problem may be with the way they are taking in information.

Problems with attention: Being unable to focus on a task means not being able to keep information in the mind. It may seem like forgetting but is actually losing focus.

Problems with eyesight or hearing: Not being able to see or hear properly may result in not taking in full information from the world around. What may appear like forgetting something that was said, is actually not hearing it properly in the first place, so it will not have been stored in the memory.

If memory loss is caused by a treatable health condition, it can improve with the right support. Talking to a GP (or other healthcare professional at the surgery) can help get the treatment to feel better.



Local advice and support to help manage and improve the health and wellbeing of babies, children, and young people

ASCOT | BRACKNELL | FARNHAM | MADDENHEAD | NORTH EAST HAMPSHIRE | SLOUGH | SURREY HEATH | WINDSOR



SPEAK OR
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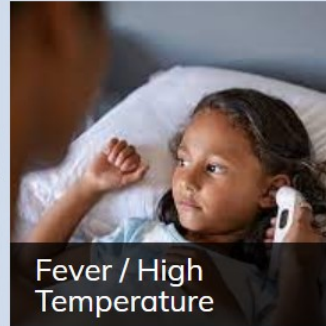
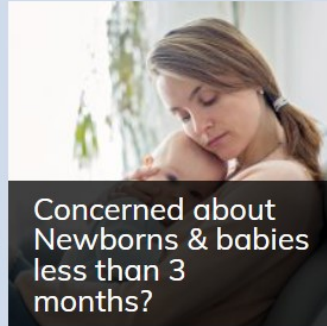
Parents/Carers ▾

Mental Health ▾

Health for Young People ▾

Professionals ▾

I am worried about...



Frimley Healthier Together

We know it's easy to worry when your child is ill, especially if you're not sure what's wrong.

The Frimley Healthier Together app and website are a dedicated tool, built by paediatricians and doctors to help give you advice and guidance for your child.

It provides useful information such as 'should my child go to school today', or has sections dedicated to 'I am worried about'. There are also sections on mental health, for both children and parents.

On the app, you can put in your child's details and there is a useful red, amber, green system that highlights you to the most appropriate service depending on their symptoms.

It is also a way for you to create an online consultation request with the GP for your child to be seen.

We do ask when using the app, that you can make sure your child is available to be called down to be seen or they are with you should the doctor need to ask you any questions about your child.

The app can also give you information about nearest hospitals or pharmacies. It is great for on the go or when you need a little advice but aren't sure where to look.



Healthier Together

We're going GREEN



You may start to notice some scaffolding going up at our Frimley Green site. We are in the process of installing some solar panels to the roof of the building to help with rising energy costs, and to help play our part in using greener energy sources to benefit the environment.

We are also signed up to the 'Green Impact for Healthcare Toolkit' which is a DIY guide to help practices become more environmentally sustainable by making step-by-step changes through a whole range of actions.

We hope there will be minimal disruption whilst this work is carried out, but thank you for bearing with us whilst we get the equipment in place.



How can you help the environment?

1. If you use an **inhaler**, when it runs out, **return it to the pharmacy** to help reduce your carbon footprint. The propellants used in some inhalers are powerful greenhouse gases that contribute to climate change. Even after an inhaler is finished it still contains these environmentally damaging gases. **PLEASE DO NOT** throw used inhalers into your household waste or recycling bins!
2. If you have medication, you can **collect your medicines blister packs to recycle in selected Superdrug and Boots stores that contain a pharmacy**. Please make sure you **only collect empty medicines packets**. You can continue to recycle the cardboard packing in your normal household recycling.
3. Consider **walking, cycling or using public transport** when possible. Active travel is good for your health as well as for the environment.

Reduce, Reuse, Recycle



Bartlett Group Recommends..... Slow-cooked Lamb and Leek Bake

Ingredients

1 teaspoon vegetable oil
350g lamb neck fillet, trimmed and chopped into bite-sized chunks
1 large onion, peeled and chopped
1 leek, sliced
2 carrots, peeled and sliced
100g dried red lentils
50g frozen peas
750ml reduced-salt vegetable or chicken stock
2 tablespoons tomato purée
1 teaspoon ground cumin
1 teaspoon ground paprika
1 pinch ground black pepper
400g potatoes, washed and thinly sliced

Method

1. Sprinkle the dried mixed herbs, pepper and flour onto a plate and mix. Roll the cubes of pork in this mixture.
2. Preheat the oven to 180C (fan 160C, gas mark 4).
3. Heat a large flameproof casserole dish on the hob and add the vegetable oil. Add the lamb chunks, letting them sear and brown. Cook for 3 to 4 minutes, until browned on all sides.
4. Add the onion, leek, carrots, lentils, peas, stock, tomato purée, cumin and paprika. Season with some pepper and stir well to mix. Bring up to the boil, then remove from the heat.

The cumin and paprika add extra flavour and spiciness, though you could leave them out (or switch them for something else) if you prefer.

5. Arrange the sliced potatoes in an overlapping layer to cover the surface of the lamb mixture.
6. Cover and bake for 75 minutes hours, removing the lid for the final 30 minutes to brown the potatoes. Remove from the oven and leave to stand for 5 minutes before serving.

Serve with a portion of your favourite green veg – like broccoli, green beans or spinach – to help towards your 5 A Day.



Staff Sickness

Unfortunately, from time to time, our staff do get sick and are unable to work.

We know how annoying it can be to have your appointment cancelled so we try our best to either re-book you on the same day, or another day. We sometimes also send you a booking link so you can find the appointment that suits you best.

Sometimes, we can also get clinics covered by other clinical team members, so we try to find a solution that works best for everyone. We are sorry for the inconvenience this may cause you.

Thank you for your patience as we know how frustrating this process can be.

Hay fever Season

As we enter hay fever season, please remember a pharmacist can give advice and suggest treatments to help relieve your symptoms.

How to treat hay fever yourself:

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.

Do

- put Vaseline around your nostrils to trap pollen
- wear wraparound sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you have been outside to wash pollen off
- stay indoors whenever possible
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- buy a pollen filter for the air vents in your car and a vacuum cleaner with a HEPA filter

Don't

- do not cut grass or walk on grass
- do not spend too much time outside
- do not keep fresh flowers in the house
- do not smoke or be around smoke – it makes your symptoms worse
- do not dry clothes outside – they can catch pollen
- do not let pets into the house if possible – they can carry pollen indoors

TOP *tips*

As we step into Spring, it's a chance to try something new:

1. Try that new food you've been thinking about for a while, or make a new meal you've seen that looks good!
2. Step outside and enjoy the flowers as they start to bloom.
3. Catch up with friends and family, maybe go on a day trip somewhere with them and make some memories.
4. Try not to compare yourself to others. You're doing the best you can.



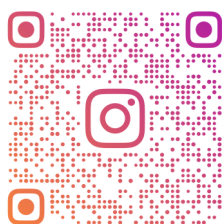
We're on Facebook & Instagram!

Why not give us a like or a follow?

We post helpful and up to date information about what's going on in the practice as well as useful links to helpful websites and apps.

You can find us by searching

[@BartlettGroupPractice](#)



BARTLETTGROUPPRACTICE

Practice Stats

Over the month of March (1st – 28th) we have had:

18,774 phone calls into the practice

8796 medication requests

258 people did not attend their booked appointment

529 people used the Healthier Together app

We also have:

28,371 patients registered with us

17,876 patients using online access

6983 flu vaccines given since flu season started