

## **Long Bennington Medical Centre – May 2021**

Dear Patients – well spring has definitely sprung bringing with it every kind of weather! We, like you are all looking forward to enjoying getting out and about and hopefully getting to see loved ones (albeit still socially distanced).

### **Covid Vaccinations:**

The vaccination programme continues at pace and the vaccination team are now undertaking second vaccinations as well as working through the rest of the cohorts.

We are aware that there has been a lot of press recently about the AstraZeneca vaccine and that some patients are concerned about side effects. We would advise patients to visit the Uk.gov website for further information - <https://www.gov.uk/government/publications/covid-19-vaccination-and-blood-clotting/covid-19-vaccination-and-blood-clotting>.

Patients can report suspected side effects to medicines, vaccines or medical device and diagnostic adverse incidents used in coronavirus treatment to the Medicines and Healthcare products Regulatory Agency to ensure safe and effective use - <https://coronavirus-yellowcard.mhra.gov.uk/>

We understand that things change very quickly and really do appreciate it if those patients who have access to our Facebook page and website can pass on any information to friends and neighbours who may not have access to social media – thank you for helping to spread the word!

Website - [www.longbenningtonmedicalcentre.nhs.uk](http://www.longbenningtonmedicalcentre.nhs.uk)

Facebook - @LongBenningtonMedicalCentre

### **AskmyGP – triage system.**

We are aware that demand for all our services have increased recently and that not all our patients enjoy the triage system that is in place. Triage systems were introduced at the beginning of the pandemic and whilst we are now starting to emerge from some of the restrictions placed upon us, we have to advise that life in general practice will not return to pre-Covid ways for some considerable time, if ever. We believe that the triage systems used in Primary Care are here to stay and we need to help you to get the best from the system in the most effective way as well as allowing our GP's to practice safely and effectively.

We understand patient frustrations; especially when the system is down (which is something that unfortunately is not under our control) and our GPs are equally frustrated when this happens.

We aim to produce some useful hints and tips which will be published on our website and Facebook page as well as look at ways that we can help signpost you to the most appropriate service as it may well be that your GP is not the best person to help. An example of this is the Musculoskeletal (MSK) Physiotherapy Service that is available via the Extended Access Hub. Some of you may not be aware that if you have new symptoms relating to joint/muscle type injuries (such as muscle strains, sporting injuries, and joint pain) you can self-refer for a Consultation with an MSK Practitioner. These Practitioners are able to discuss treatment plans with you as well as refer for further investigation where necessary. To arrange an appointment please ring Reception and they will book you into the Extended Access Hub.

Please keep an eye out on our Website and Facebook page for further information.

### **Domestic Abuse:**

If you are experiencing domestic abuse you can seek support by ringing the national domestic abuse helpline on **0808 2000 247** or if an emergency dial **999**

#### **Awareness Days – May**

- National Walking month - <https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month>
- 3 – 9 May 2021 – Deaf Awareness Week - <https://www.deafcouncil.org.uk/deaf-awareness-week/>
- 3 – 9 May – Sun Awareness Week 2021 - <https://www.bad.org.uk/sun-awareness-campaign/sun-awareness-week>
- 
- 10 – 16 May 2021 Mental Health Awareness Week - <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Stay safe and remember Hands, Face and Space - **The Team at Long Bennington Medical Centre**