



Long Buckby Practice Patient Newsletter

Spring 2023

Working together to improve end of life care



www.longbuckbypractice.nhs.uk

Practice Opening Hours

The Practice is open Monday to Friday 8am to 6.30pm. Closed on Bank Holidays.
Appointments are now available up to 8pm on weekday evenings and Saturdays 9am to 5pm.
These may be at our neighbouring practices.



If you have been to see our Health Care Assistant, Anita, over the past few weeks, you will have noticed that her room has been refitted. We have created a new storage area to make more space in the clinical room, this will make it easier to work around the couch.

There is a new face in reception. Mairead has recently started. It takes many months to train a new receptionist, so please be patient.

You may also have noticed a new display screen in the reception area. Please take time to read all the health and surgery related information on it.

Be prostate aware

It's important to get checked if you notice any of the following:



Difficulty in passing urine



Feeling your bladder hasn't fully emptied



Weak urine flow



Urinating more often, particularly at night



Sudden urges to urinate



Blood in your urine or semen

See the information folders in the waiting room

Carers

Veterans

Children & Young People

Local & National health and social information

THANK
YOU!

We would like to thank everyone who gave us gifts over the Christmas period. They were much appreciated by all the staff.

Hay fever, bites and stings

You don't need to see your GP for treatments for hay fever, bites and stings:

They can be bought from your local community pharmacy or supermarket.

Visit the community pharmacist for advice.

www.nhs.uk/conditions/hay-fever

Summer picture designed by Prostooleh / Freepik



Do you need some help with your weight management?

We can help with a referral for a

FREE 12 week course.

See the Practice Nurse or contact Ruth via the NHS App, our website or on 01327 841842.



Long Buckby Practice Invites You

Carers' & Veterans'

Tea & Coffee Afternoon

On Wednesday 2nd June 2023

At Long Buckby Community Centre

2pm – 3.30pm

Come and meet other carers, have tea, coffee & cake, get advice, raffle, and see what other services are available from the Practice and other organisations.



For urgent
medical help
contact 111 first
to get help
quickly and safely

NHS

111