



Long Buckby Practice Patient Newsletter

Summer 2023

Working together to improve end of life care



Armed Forces Veteran
friendly accredited
GP practice



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 could be at another local practice.

Do you know the best person to help with your enquiry?

When you ring the Practice you will come across options to get directly to the correct department without going via reception. Press:

1. The dispensary – for all queries relating to your medication, including any items you are unable to order via the NHS App or your online account.
2. For test results (if you can't access them online.)
3. For appointments
4. Registrations and insurance - for all new patients, queries regarding your medical records, online access or insurance and other reports. This is also the number to contact Ruth, our Carers' Lead.
5. Secretary – for anything to do with referrals, both NHS and private.



Option 1 is open 8.30am-10.30am and 5.30pm-6.00pm.

Options 4 and 5 have an option to leave a message if the call is not answered. We will ring you back within 2 days. Please note that Administration and the Secretary can not deal with appointments or prescriptions.

**Don't forget you can contact us for any administration issue via the
NHS App or the link on our website.**

**Need help with a social problem, your wellbeing
or getting NHS services online?**

**Come to our drop-in session at Long Buckby Library and Hub.
Dates are advertised in the Surgery.**



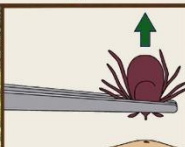
It's Lyme Time!

Protect Yourself Against Lyme Disease

- 1** Walk in the middle of trails; avoid sitting on logs and leaning on trees.
- 2** Wear a hat, tuck in hair, if possible.
- 3** Wear a long-sleeved shirt fitted at the wrist.
- 4** Wear shoes, no bare feet or sandals.
- 5** Wear long pants tucked into high socks or duct tape around pants.
- 6** Consider Deet for skin and permethrin for clothes.
- 7** Wear white or light-colored clothing to make it easier to see ticks.
- 8** Do tick checks immediately and 3 days after outdoor activity.
- 9** If you find a tick, remove it carefully and save it.
- 10** Ask your veterinarian about protection for your furry friends.



Lyme Disease is transmitted by a tiny tick, most often the size of a poppy seed.



Remove tick with tweezers. Pull straight out as close to the skin as possible. Save tick in container and call doctor.



NHS
England

In the past 10 years, skin cancer rates in the UK have increased by 59% in men and 36% in women*

Use at least factor 15 in the sun and apply sunscreen to all exposed skin.

#CoverUpMate



*Cancer Research statistics



SAFE SURGERIES

We are proud to say we are a Safe Surgery.

A Safe Surgery is a GP practice which commits to taking steps to tackle the barriers faced by many migrants in accessing healthcare. At a minimum, this means declaring the practice a 'Safe Surgery' for everyone and ensuring that lack of ID or proof of address, immigration status or language are not barriers to patient registration.

We are willing to lead by example and work to ensure that nobody in our community is excluded. Interpreters are available when needed.



**If you need the help of the food bank
Please let us know. We can refer you.**

**111 for medical
advice when we are
closed.**

Thank you to everyone who supported our Carers' and Veterans' event this year. Everyone had a great time and we raised £330 for Northamptonshire Carers. See you again next year.