hinckley & bosworth medical alliance

Fosseway PCN Newsletter

Autumn 2024

A look around the NEW Barwell Medical Centre

Telephone Befriending Service

7 illnesses Pharmacies can issue prescription only medication for

Old School Surgery—Stoney Stanton

Orchard Medical Practice—Broughton Astley

Barwell Medical Centre

The Burbage Surgery

Barwell Medical Centre New Site Walk-around

In the run up to the grand opening of their new location, the Barwell Medical Centre invited their PPG (Patient Participation Group) along for a sneak-peak around the impressive new site earlier this year.

PPG members were thrilled to see the modern yet clinical space that patients will soon be receiving first-class healthcare in.

The new medical centre that will be open from the 6th November 2024 boasts :

- 14 clinical rooms
- 1 theatre suite
- 1 health promotion room
- 52 parking spaces
- Central village location

This huge upgrade from their current space will allow the surgery to better meet demand of the growing population of Barwell & surrounding areas.

If you have ever moved house, no doubt you can appreciate what a stressful task it is, so please be patient with staff at the surgery while the practice moves over to its fresh new building. Your co-operation during this busy period will be much appreciated.

Struggling with Loneliness?

Research shows that loneliness does more harm than obesity or smoking 15 cigarettes a day, according to the Jo Cox Commission on Loneliness. They added "Mentally, loneliness results in anxiety and stress, insomnia and depression, dementia and neurodegenerative disease. Physically it can lead to high blood pressure, cardio vascular disease, strokes and diabetes". All of these issues result in more appointments with health professionals and possible admission to hospital.

The Barwell & Hollycroft Surgery Telephone Befrienders service was set up around 7 years ago after a request from the surgery asking their PPG to help try and address the issue of loneliness.

They now have 25 Befrienders looking after 30 Befriendees who receive a phone call once a week and the numbers of both continue to grow.

Feedback from both Befrienders and Befriendees shows that both parties benefit from the links created, resulting in long term friendships in some cases.

Alan Plumpton, founder of the service says: "With the help of Hinckley & Bosworth Borough Council we have grown to now offer weekly Chatter Chairs activities at the George Ward Centre in Barwell and regular coffee mornings for all to meet up. A Christmas Lunch is another additional feature at the Indoors Bowls club in Barwell as well as a fund-raising tea in Stapleton Village.

The Befrienders have received recognition through the HBBC "Making a Difference Awards" and there is always room for more volunteers."

Interested in being a volunteer?

Please email alanplumpton@aol.com for more information.

Who can use this service?

Any patient registered at a practice within the Fosseway PCN can use the telephone befriending service.

How do I get in touch with a befriender?

All referrals need to either come from a Social Prescriber or Local Area Coordinator. Please contact your surgery to be put into contact with either of these to be referred to a befriender.

What can I talk about?

The service is like having a supportive friend at the end of the phone, so anything you like - whether it's a light-hearted chat or a chance to 'get it all off your chest'.

WELLBEING CONNECT

If you or someone close to you has been affected by the following health conditions:

- Cancer
- Fibromyalgia
- Chronic fatigue
- Long covid
- Low wellbeing
- Menopause
- Diabetes
- Stroke recovery
- Low level mental health
- Social anxiety

Wellbeing Connect is a social space for you, to build networks and friendships to help improve your overall wellbeing. You may also be a carer of someone with a long term health condition looking to connect with others who will understand. Wellbeing Connect is a friendly space to speak with Social Prescribers and visiting specialist professionals.

JOIN US ON:

3RD TUESDAY OF EACH MONTH

TIME :1PM - 3PM

Location:
St Mary's Church,
Church Walk,
Hinckley, LE10 1DW

REFRESHMENTS INCLUDED

Wellbeing Connect is sponsored by the Social Prescribing Service, Hinckley and Bosworth Medical Alliance.
Hosted by St Mary's Church, Hinckley.

7 illnesses your Pharmacy can treat

Since January 2024, most pharmacies in England can provide prescription -only medicines for 7 common illnesses without you needing to see a GP or make an appointment. This is called Pharmacy First.

Conditions they can offer prescription medicine for are:

- Impetigo (aged 1 year and over)
- Infected insect bites (aged 1 year and over)
- Earache (aged 1 to 17 years)
- Sore throat (aged 5 years and over)
- Sinusitis (aged 12 years and over)
- Urinary tract infections (UTIs) (women aged 16 to 64)
- Shingles (aged 18 years and over)

Common questions:

Will I have to pay for my medication?

Usual prescription charges will apply for the seven common conditions. Patients that were already exempt from prescription charges will still be exempt.

How can I access treatment from my pharmacy?

You can get treatment for these conditions by walking into the pharmacy or contacting them virtually. GP receptionists and 111 will also be able to direct patients to a pharmacy that offer the service if contacted.

What if I still want to see my GP?

Patients can still choose to visit their GP, however Pharmacy First offers alternative access for these seven conditions and we encourage people to make the most of this service before consulting a GP.