

## **Buckden & Little Paxton Surgeries Newsletter**

March 2023

### **Welcome to our Newsletter**



### **Missed appointments – an appeal**

Between 1<sup>st</sup> November 2022 and 31<sup>st</sup> January 2023, patients failed to attend **298** booked appointments. We ask that as soon as you cannot attend an appointment, please call the surgery to let us know even if it is on the day. This allows the appointment to be used by other patients who need it.

### **Important information**

Buckden and Little Paxton Surgeries will be participating in the Covid-19 spring booster campaign. We have no further information at this time so there is no need to contact the surgery. Eligible patients will be contacted when appropriate to do so in the coming weeks.

Please, if you contact our surgery, remember to be kind! We are asking people to think about how they speak to our practice staff, small acts of kindness can make a positive impact on someone's day, and help our staff feel valued about the difference they are making on people's lives. However, some of our staff have experienced abuse, which will impact on their own mental health. This is not acceptable. Violent or threatening behaviour towards our staff will not be tolerated.

### **An important message from our nurses regarding travel vaccinations:**

We are not able to provide travel risk assessments, so this will need to be arranged with a private travel clinic or pharmacist. We can administer the following vaccinations for free on the NHS if a patient has then been recommended by the travel clinic; Polio (given as combined Diphtheria / Tetanus / Polio), Typhoid, Hepatitis A, Cholera.

These vaccinations are free because they protect against diseases thought to present the greatest risk to public health if they were brought into the country. If any of the above are recommended, please email or provide us with a copy of the clinic's recommendations and then book an appointment with the Practice Nurse.

Other vaccinations and medication will need to be administered or prescribed at the private travel clinic. For further information please visit <https://www.nhs.uk/conditions/travel-vaccinations/>

### **Team updates**

We would like to welcome to our team, Nadir Khan our newest Registrar GP.

Claire Harris will be moving to the nursing team, providing more support and developing her Health Care Assistant role. She is an asset to the practice and we wish her luck in her nursing career.

Sadly, we said goodbye to Nurse Claire Cox. We would like to wish her the very best of luck for the future.

Joining us in April is a new Practice Nurse, David Carmona. He comes with a wealth of experience and enthusiasm from a hospital environment, we look forward to welcoming him properly in the spring.

Welcome to our new GP / Partner; Dr Mokah!

*"I am truly delighted to be a member of the team here at Buckden and Little Paxton Surgeries as a partner. I obtained my medical degree in 2005 from University of Ilorin, Nigeria.*

*I did my foundation training in Northern Lincolnshire and Yorkshire; and my GP training was here in Cambridgeshire. I am very passionate about my vocation as a GP, with interest in women's health and joint injections.*

*I am married, blessed with 3 lovely children, and spend my downtime from work cooking, jogging/running and gardening."*

We welcome new members from our Primary Care Network including Matt Carey - Care Coordinator, Liam Gardner – Digital Champion and Juhi Saini – Physiotherapist.

### **Activities for your diary from Gary Heath (Health & Wellbeing Coach) and Jo Jamieson (Social Prescriber)**

- Chair Based Exercise Class, Every Wednesday, 10-11am Buckden Village Hall, referral required please.
- Tea & Chat, Every Wednesday, 11-12pm Buckden Village Hall, all welcome.
- Tea & Chat, Every Tuesday, 2-3.30pm, Brampton Institute, 18 High St, PE28 4TG, all welcome.
- Health Coaches are available for Exercise, Wellbeing & Lifestyle changes. Gym Classes & Pilates available, referral required please.

### **Research**

The surgery has been reaccruited as a research practice. This means we will continue to offer the chance for individuals to take part in research in different studies. The next study we are supporting is ATTACK which is aims to identify if Aspirin can reduce the risk of thrombotic events in people with chronic kidney disease. If this study is relevant for you, you will be contacted over the coming months.

### **Our Patient Association is now a Patient Participation Group.**

Everyone is welcome. This is your chance to stay informed and get involved. For more information please visit the [Surgery Website](#) or [PA Facebook page](#)

The notice boards in both surgery waiting rooms shows a list of committee members and copies of the minutes of the meetings held, please do support this group – they are there to help all patients.

### **Dispensary**

Repeat medication should all be ordered either online using the NHS app <https://www.nhs.uk/nhs-app/> or paper prescription requests can be placed in the relevant boxes outside either surgery. Please don't request repeat medication by email.

If you get regular or repeat prescriptions, you could save time by switching to electronic Repeat Dispensing\* (eRD). eRD allows your GP to prescribe your repeat medicines for up to a year if your condition is stable and there is no expected foreseeable drug regime changes in that time. It's reliable, secure and confidential. Your regular prescriptions are stored securely on the NHS database, so they'll be ready at the pharmacy when you need them. \*not all medication can be dispensed this way.

For more information about eRD and how it works, ask at the dispensary, pharmacy, or visit the NHS website: [www.nhs.uk/eRD](http://www.nhs.uk/eRD)

If you need proxy access for children or older people, you can find the form to complete on our website or contact the reception team.

Collections times for medication from the Dispensary at Buckden are:	
Monday	08:00 - 12:00, 14:00 - 17:45
Tuesday	08:00 - 12:00, 14:00 - 17:45
Wednesday	08:00 - 12:00, 14:00 - 17:45
Thursday	08:00 - 13:00
Friday	08:00 - 12:00, 14:00 - 17:00

### **Bank Holidays**

**A reminder that we are closed on bank holidays.**

There are many bank holidays in April and May, please remember that the surgery will be closed.

- Good Friday / Friday 7<sup>th</sup> April
- Easter Monday / Monday 10<sup>th</sup> April
- Early May Bank Holiday / Monday 1<sup>st</sup> May
- Bank Holiday for the Coronation of King Charles / Monday 8<sup>th</sup> May
- Spring Bank Holiday / Monday 29<sup>th</sup> May

For any medical help when the surgery is closed, please call 111 or visit NHS 111 online. <https://111.nhs.uk/>

For life-threatening emergencies, call 999 for an ambulance.

### **Finally...**

We welcome all feedback! There are feedback forms and boxes at both Buckden and Little Paxton Surgery and we would love to know how you, our patients, feel we perform.

All comments will be reviewed and kept confidential. It is important for us to identify areas for improvement and share when the team is doing well. Your comments are valuable so keep them coming!

### **Contact Us**

Website: [www.bandlp.co.uk](http://www.bandlp.co.uk)  
Surgery Tel: 01480 810216

Patient Contact Form: <https://florey accurx.com/p/D81045>