

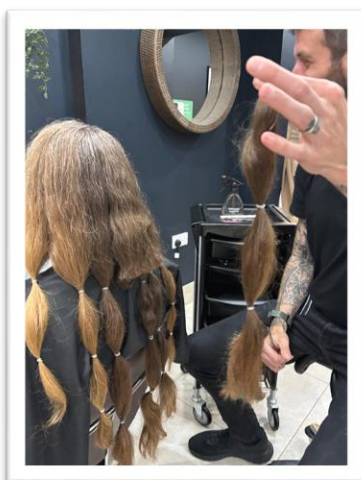


Welcome to our December Newsletter!

We would like to wish everyone a very Merry Christmas and a Happy New Year!

Haircut for charity

On the 6th November Dr Rodriguez McCullough donated her lovely long locks to the Little Princess Trust.



www.littleprincesses.org.uk

The Little Princess Trust has been helping children and young people since 2005. They provide free real wigs to those who have lost their own hair through cancer treatment or other conditions. The Little Princess Trust also funds specific childhood cancer research searching for kinder and more effective treatments



It costs £700 to provide one child or young person with a real hair wig.

Thanks to the generosity of her supporters, Dr Rodriguez McCullough has smashed the original target raising £1928 as at the end of November. Dr Rodriguez McCullough luscious locks have provided enough hair to make 2 to 3 wigs so every penny helps.

There is still time to contribute, please find her fundraising page here: <https://www.justgiving.com/page/nrm>

She would like to say a BIG thank you to all patients, staff, colleagues and friends for their kindness and generosity.

IMPORTANT – Blood Tests

As a GP practice, we are currently trying to manage a huge and unprecedented rise in workload. We have made the difficult decision to stop providing certain requests by hospitals/trusts.

Blood test requests that we will arrange for patients:

- Post hospital discharge bloods – no more frequent than one week.
- High risk drug monitoring when we have signed an agreement with a specialist.
- Heart failure nurse requests.
- Diabetic specialist nurse requests.
- Dementia support worker requests.
- Drug and alcohol team requests.
- Practice based specialist **Clinician** requests.

Blood tests that we will no longer carry out:

- Any requests which ask us to forward the results to the hospital/specialist.
- Fertility clinic requests.
- Requests from outpatient NHS clinics.
- Requests from private clinics.
- Psychiatry requests.
- High risk drug monitoring during initiation, before a shared care is in place.
- Pre-op checks.

[Please click to read more.](#)

Repeat prescriptions

During December, we trialled giving two months of medication to cover the Holiday period. This was to help manage our workload and enable you to obtain your medication for the holiday period. We believe this has worked well and we shall run it next year from the first week in November up until the middle of December each year. We are considering trialling it at Easter too.

Please note we do not accept prescription requests over the phone, please request in person, by completing the repeat prescription form or by using the online repeat prescription ordering system. Go to online prescription ordering [here](#) or use the NHS app.

<https://www.nhs.uk/nhs-app/about-the-nhs-app/>

Autumn Vaccination Programmes

This autumn we had a challenging schedule delivering the Respiratory Syncytial Virus, Flu and COVID vaccinations as well as our normal vaccination rollouts of Shingles and Pneumococcal vaccinations.

During October and November, we gave over **5000** vaccinations! Thanks to all involved including our wonderful volunteers who helped at our Flu/COVID clinics.

We still have flu vaccinations available. If you are eligible, please call our reception team after 1pm to book or contact us on <https://florey.accurx.com/p/D81045>.

We are no longer offering COVID vaccinations this year, but they can be booked via <https://www.nhs.uk/book-a-coronavirus-vaccination/do-you-have-an-nhs-number>.

Shingles and Pneumococcal vaccinations are available all year round and we will invite you as you become eligible.

Respiratory Syncytial Virus (RSV)

Respiratory Syncytial Virus (RSV) is a highly infectious and common cause of coughs and colds. It usually gets better by itself, but it can be serious for some babies and older adults, leading to complications such as bronchiolitis and pneumonia.

Older people need just one dose for protection that will last multiple years.

You will be able to get the vaccine if:

- you're aged 75 to 79
- you're 28 weeks pregnant or more – this will help protect your baby for the first few months after they're born - this is being offered by your maternity services.

Patients who turn 80 after 1 September 2024 and August 2025 have until 31 August 2025 to get vaccinated. We will be inviting eligible patients to have the vaccination throughout the year.

Please follow this **link** to find out more about the RSV Vaccine.

<https://www.gov.uk/government/publications/respiratory-syncytial-virus-rsv-vaccination-for-older-adults/your-guide-to-the-rsv-vaccine-for-older-adults>

Contacting the Surgery for Admin Queries

Our preferred method of communication is via our [Patient Triage system](#)

You can contact us about administrative or prescription issues (but not prescription requests). This is a great way to contact us for non-urgent matters. Answer a few short questions and we will get back to you within 2 working days.

Please do not use this online form for urgent or emergency requests. The submitted forms will only be read during office hours. The forms will not be read on the weekends (Saturdays and Sundays) or on bank holidays. They will not be read Monday to Friday between the hours of 5.00pm to 9.00am. Please contact 111 during out of hours or 999 if this is an emergency.

Missed appointments

Between 1 September 2024 and 30 November 2024, patients failed to attend **263** 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. If you received texts, there is an option to cancel your appointment. This allows the appointment to be used by other patients who need it.

Research

The surgery is accredited as a research practice.

We are currently recruiting or setting up the following research studies:

1. CanRisk

<https://www.canrisk.org/>

CanRisk is an online tool that enables healthcare professionals to calculate an individual's future risks of developing breast and ovarian cancer using cancer family history, genetic and other risk factors. It presents the cancer risks in textual and graphical formats to assist the communication of the results. CanRisk is designed for use by healthcare professionals to help them communicate and discuss breast and ovarian cancer risk with their patients.

2. RCGP RSC Virology surveillance

<https://orchid.phc.ox.ac.uk/surveillance/clinical-informatics/virology-dashboard>

We are collaborating with the Oxford-RCGP Research Surveillance Centre. Throat/nasal swabs can be offered to patients presenting with cough/cold/flu like symptoms in the first 10 days of illness. This information can be used to monitor circulating respiratory viruses across the UK. This is important for monitoring disease outbreaks and can be helpful when looking at the benefits from Flu/COVID/RSV vaccinations. Additional benefits include the characterisation of vulnerable populations and how age, gender, ethnicity, household size and population density link to rates of infection.

3. Asthma RELIEF study

<https://www.nctu.ac.uk/our-research/randomised-trials/current-studies/relief.aspx>

Assessing a new relief inhaler for mild Asthma; the overall aim is to determine the clinical effectiveness, cost effectiveness and acceptability, of replacing SABA inhalers (Salbutamol) with inhalers containing ICS/formoterol (Fostair or equivalent) in patients with asthma treated with low dose ICS maintenance treatment.

4. Join Dementia Research

<https://www.joindementiaresearch.nihr.ac.uk/>

We support Join Dementia Research, a service enabling people to take part in vital dementia research. Everyone over 18 can register whether they have a diagnosis of dementia or not.

For more information, please visit the [Join Dementia Research website](#).

Youtube Video: [How to get involved in UK dementia research \(subtitled\)](#)

Patient Participation Group



For more information please visit the [PPG Facebook page](#)

Dispensary Opening times

Monday to Thursday: 8.00am to 6.00pm
Friday: 8.00am to 5.00pm
Saturday/ Sunday: Closed

Bank Holidays

A reminder that we are closed on bank holidays.

Wednesday 25 December

Thursday 26 December

Wednesday 1 January 2025

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

Surgery Tel: 01480 810216

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