



Boultham Park Medical Practice

Newsletter

Spring Edition 2021

Editorial

Welcome to this Spring 2021 edition of the Boultham Park Medical Practice newsletter which we encourage you to read as it contains useful information, some of which you may not be aware of. You are welcome to take a copy home with you. However, an electronic copy is also available on the Boultham Park Medical Centre webpage for you to download. We also hope you had a pleasant Easter and were able to see some of your family and friends in your gardens or parks.

Of course, many of you are aware that from the 8th of March this year, we saw restrictions start to lift and the government's four-step roadmap offer a route back to a more normal life. The success of the vaccination programme is one factor – and Boultham Park Medical Practice has provided their part in this program whilst still keeping an 'open doors' policy for those of you who need to see someone about a non-COVID related issue. Something, I am sure, we are all pleased and grateful for. The members of the Patient Participation Group have fed back how pleased we are with the staff and how they have reacted to the pandemic. That said, the Practice is aware of how you have also risen to the challenge of suppressing COVID-19: by staying at home; getting tested when needed; isolating when required and following the 'hands, face, space' guidance. Please remember that although you may have received your first, or even second, COVID vaccine the rules still apply. We still need to beat this virus!

The roadmap to exit lockdown are outlined on the next few pages and it is important that you follow these steps to see a successful end to lockdown

Also – look out for our PPG Facebook page which contains useful information about COVID and the vaccination program too.

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Contents:

Page 2	Roadmap out of Lockdown
Page 5	Virus Protection – Germ Defence website
Page 6	Social Prescribing
Page 6	Steps 2 Change
Page 7	Active Mind – Soduku's
Page 8	Prescription Price Change
Page 9	Staff Update
Page 10	New Practice Webpage
Page 11	Extended Access



Boultham Park Medical Practice

Newsletter

Spring Edition 2021

Roadmap out of Lockdown

As we move through each of these phases in the roadmap, we must all remember that COVID-19 remains a part of our lives. We are going to have to keep living our lives differently to keep ourselves and others safe. We must carry on with 'hands, face, space'. Comply with the COVID-Secure measures that remain in place. Meet outdoors when we can and keep letting fresh air in. Get tested when needed. Get vaccinated when offered. If we all continue to play our part, we will be that bit closer to a future that is more familiar. Below outlines the 4 steps out of lockdown.

Step 1

Changes on 8th March

Education

All children and students return safely to face-to-face education in schools and colleges. Childcare and children's supervised activities can also resume where necessary to enable parents to work or engage in similar activities. Introduction of twice-weekly rapid testing for secondary and college pupils - in addition to regular testing for all teachers - to reduce the chance of the virus spreading in schools. Higher Education students at English universities on practical courses can also return.

Social Contact

People are allowed to leave home for recreation and exercise outdoors with their household or support bubble, if they are eligible for one, or with **one person** from outside their household. Care home residents will also be allowed one regular visitor.

Changes on 29th March

Social Contact

Outdoor gatherings (including in private gardens) of either 6 people (the Rule of 6) or 2 households will also be allowed, making it easier for friends and families to meet outside.

Business and Activities

Outdoor sports facilities such as tennis and basketball courts and open-air swimming pools will also be allowed to reopen. People will be able to take part in formally organised outdoor sports.

Travel

The 'stay at home' rule will end on 29 March but many restrictions will remain in place. People should continue to work from home where they can and minimise the number of journeys they make where possible, avoiding travel at the busiest times and routes. **Travel abroad will continue to be prohibited**, other than for a small number of permitted reasons. Holidays abroad will not be allowed, given it will remain important to manage the risk of imported variants and protect the vaccination programme.



Boultham Park Medical Practice

Newsletter

Spring Edition 2021

Step 2

Not before 12th April

Business and Activities

Will see the opening of non-essential retail; personal care premises such as hairdressers and nail salons; and public buildings, including libraries and community centres.

Indoor leisure facilities such as gyms will also reopen (but only for use by people on their own or in household groups); as will most outdoor attractions and settings including outdoor hospitality venues, zoos, theme parks, and drive-in cinemas.

Self-contained accommodation such as campsites and holiday lets, where indoor facilities are not shared with other households, can also reopen.

Hospitality venues will be allowed to serve people outdoors at Step 2 and there will be no need for customers to order a substantial meal with alcoholic drinks and no curfew, although customers must order, eat and drink while seated ('table service').

Wider social contact rules will apply in all these settings to prevent indoor mixing between different households.

Events

While funerals can continue with up to 30 mourners, the number of people able to attend weddings, receptions and commemorative events such as wakes will rise to 15.

Step 3

Not before 17th May

Social Contact

The government will look to continue easing limits on seeing friends and family wherever possible, allowing people to decide on the appropriate level of risk for their circumstances. This means that most legal restrictions on meeting others outdoors will be lifted - **although gatherings of over 30 people will remain illegal**. Indoors, the Rule of 6 or 2 households will apply – the government will keep under review whether it is safe to increase this. The government will also update the advice on social distancing between friends and family, including hugging. But until this point, people should continue to keep their distance from anyone not in their household or support bubble.

Business and Activities

Most businesses in all but the highest risk sectors will be able to reopen. In all sectors, COVID-Secure guidance will remain in place and businesses may not cater for groups bigger than the legal limits. Indoor hospitality will reopen - and as in Step 2, venues will not have to serve a



Boultham Park Medical Practice

Newsletter

Spring Edition 2021

substantial meal with alcoholic drinks; nor will there be a curfew. Customers will, however, have to order, eat and drink while seated.

Other indoor locations to open up in Step 3 include indoor entertainment venues such as cinemas and children's play areas; the rest of the accommodation sector, including hotels, hostels and B&Bs; and indoor adult group sports and exercise classes. The government will also allow some larger performances and sporting events in indoor venues with a capacity of 1,000 people or half-full (whichever is a lower number), and in outdoor venues with a capacity of 4,000 people or half-full (whichever is a lower number). In the largest outdoor seated venues, where crowds can be spread out, up to 10,000 people will be able to attend (or a quarter-full, whichever is lower).

Events

Up to 30 people will be able to attend weddings, receptions and wakes, as well as funerals. This limit will also apply to other types of significant life events including bar mitzvahs and christenings.

Review of Social Distancing

Finally, before Step 4 begins, the government will complete a review of social distancing and other long-term measures that have been put in place to cut transmission. This will inform decisions on the timing and circumstances under which the rules on 1 metre plus, the wearing of face coverings and other measures may be lifted. This will also inform guidance on working from home – which should continue wherever possible until this review is complete.

Step 4

Not before 21st June

Social Contact

The government hopes to be in a position to remove all legal limits on social contact.

Business, Activities and Events

The government hope to reopen remaining premises, including nightclubs, and ease the restrictions on large events and performances that apply in Step 3. This will be subject to the results of a scientific Events Research Programme to test the outcome of certain pilot events through the spring and summer, where we will trial the use of testing and other techniques to cut the risk of infection. The same Events Research Programme will guide decisions on whether all limits can be removed on weddings and other life events.





Boultham Park Medical Practice

Newsletter

Spring Edition 2021

Virus Protection

We are letting you know about a very useful website called **Germ Defence** which was created by a team of doctors and scientists to give you advice that has been proven to reduce the spread of viruses in the home. It can help you plan how to protect yourself and members of your family from infection by COVID-19 and 'flu. It's easy to use and only takes 10 minutes - just click on this link:

www.germdefence.org

(If this link does not open when you click on it, please copy and paste it into your web browser.)

Please pass details of the Germ Defence website to your friends and family.

There's a button at the bottom of the Germ Defence website for sharing by social media.

If you'd like to know more:

- Over 20,000 people previously took part in research about Germ Defence
- People who followed the advice in Germ Defence had fewer and less severe illnesses - and so did the people they lived with
- Results of the study were published in The Lancet medical journal
- Germ Defence has been updated with COVID-19 advice to help prevent another wave of COVID-19 and 'flu this Autumn/Winter
- Information about how the Germ Defence website is being evaluated is available here.





Boultham Park Medical Practice

Newsletter

Spring Edition 2021

Social Prescribing

Not all health needs require a health professional. Lots of factors can combine to create health problems but need the root cause to be treated rather than the symptoms they cause. Social isolation, poor housing, financial issues, personal relationship problems can all manifest themselves into health problems but doctors often aren't the solution and are often poorly placed to help. This is where Social Prescribing can help.

Social Prescribing can often help the following :

- Anyone over the age of 18
- A person who has given their consent to the referral
- A person who is actively willing to engage in self-care/self-help activities
- A person who has been identified as requiring a non-clinical service
- Someone who is classed as having mild-moderate frailty
- Someone who is struggling in one way or another to manage some of their social issues
- Someone whose medical needs are managed or stable, including their physical and mental health, but who have other social needs and would benefit from support.

We do have a Social Prescriber who works in the surgery on a fortnightly basis. Please ask at reception if you feel an appointment may be of benefit to you or alternatively visit their website at : www.voluntarycentreservices.org.uk/social-prescribing

Steps 2 Change

steps2change is a free NHS service providing a range of talking therapies for problems like depression and anxiety. If you feel that your daily life is being affected by stress, anxiety or depression, then we are here to help. **steps2change** provides talking therapies for people 16 years and older experiencing problems with anxiety, depression, stress, and offers help with issues like bereavement or the impact of a traumatic event.

If you feel that you would like to access talking therapies you don't need to make an appointment with your GP or healthcare professional. You can self-refer to our service by either:

- Completing an online self-referral : <https://www.lpft.nhs.uk/steps2change/home>
- Filling in a self-referral form and emailing back to SPA - lincs.spa@nhs.net
- Calling our Single Point of Access on 0303 123 4000 to request a form

If you are under the age of 16 please visit our CAMHS website or telephone 01522 309777 to speak to Healthy Minds.

Please note that steps2change Lincolnshire is for mild to moderate mental health problems and cannot provide an urgent/emergency service. If you feel you are at risk of harming yourself, or someone else please contact your GP, attend the nearest A&E department or call 999 as a matter of urgency.



Active Mind



Easy

				6	2	3		
3	4	9		1		7		
	5		4	3				1
		2	6	5				9
		8		4		1	6	2
	6	4	2	9	1		3	8
					6			
	8			7			5	4
9			3	2		6		7



Medium

				3	5			2
	1		7		8	5		
2	5						3	1
3	7		2	6				5
		9	5		1		6	3
		1		7				
	4		8	1				
	9	6						
8					4			



Boultham Park Medical Practice

Newsletter

Spring Edition 2021

Prescription Update

In England, the NHS prescription charges will increase to £9.35 per prescription item from 1st April 2021. Below are the changes for both the NHS prescription charge and prescription pre-payment certificates (PPCs):

Prescription charge type	Current charge (up to 31st March 2021)	New charge (1st April 2021 onwards)
Single charge (per prescription item)	£9.15	£9.35
3-month PPC	£29.65	£30.25
12-month PPC	£105.90	£108.10

Ordering of prescriptions.

Please remember that the Practice cannot accept the third party ordering of prescriptions. Patients cannot use pharmacies or other organisations to send us requests for their medication. Prescription Requests must be submitted either from your online account, in writing or by using your repeat medication list on the right hand side of your prescription / token. By far the easier, quickest and most secure way of ordering repeat medication is via our online service. Details on how to register for online services are available at reception.

Please also check the prescription slip given to you either in the surgery or by the pharmacy it may well have important information included that you will need to act upon.





Boultham Park Medical Practice

Newsletter

Spring Edition 2021

Practice Staff Update

First Contact Physio's (FCPs)

The Practice now has Thea Boyd working at the Practice. Technically employed by the Apex PCN, she is providing four sessions a week on Tuesday and Friday. Appointments for the FCP are currently made by the Doctors on assessment. The benefit of this service is that those patients requiring it do not have to wait excessive amounts of time to benefit from it. Particularly for those who have manual jobs/self-employed who need to get better quickly so they can resume their work.

Pharmacy Tech

This role is not able to prescribe but is able to provide a significant 'step up' with the background work for the Clinical Pharmacist. Her name is Lucy Morris and she was with us for 3 months but we are hoping to have more access to her. This will give more time to the Clinical Pharmacist which in turn frees up more time for the doctors.

Receptionist

We have two new receptionists, Luke and Kate. Sophie has left the Practice to take up a new post at Lincoln County Hospital. We all wish Sophie well in her new role. This increases the reception staff by one

PPG Special Comment

During the roll out of the COVID-19 vaccination program it has been evident that both the medical and support staff at Boultham Park Medical Practice have pulled out all the stops to ensure its implementation is successful and would like to formally recognise and thank them for all their efforts.





Boultham Park Medical Practice

Newsletter

Spring Edition 2021

Practice New Webpage



If you have not visited our webpage recently then you are in for a great surprise! The Practice has spent a lot of time and effort in updating the webpage so that it is a lot more User friendly and works extremely well through your smart phone too.

It is well worth a look because not only does it include the usual Practice information such as opening times and staff information, but it also includes such items as COVID-19 updates, health advice and access to these newsletters too.

Remember, that if you are registered to use the online functions, you can also request your repeat prescriptions and view your medical records as well.

Take a peak – you will be surprised how much information is available to you.

Please note that the online instruction pack is in the process of being updated in line with the new format.

Patient Participation Group

Our Patient Participation Group (PPG)

The overall aim of our group [PPG] is to develop a positive and constructive relationship between patients, the Practice and the community it serves, ensuring the practice remains accountable and responsive to all its patients needs.

Our group is affiliated to The National Association for Patient Participation which issues periodic bulletins and newsletters. These can be accessed at www.napp.org.uk.

Latest NAPP Ebulletin below:

<http://www.napp.org.uk/latestbulletins.html>





Boultham Park Medical Practice

Newsletter

Spring Edition 2021

Extended Access

After 1830	The surgery is open on Tuesday evenings until 1830 for prebooked appointments only. Other services, including reception services, are NOT available after 1830.
Saturday	Pre-bookable appointments (on a rota basis with other Practices in the Optimus Federation) but patients may need to travel to another surgery for these No other service is available during these times
Sunday	Pre-bookable appointments (on a rota basis with other Practices in the Optimus Federation) but patients may need to travel to another surgery for these. No other service is available during these times



We are open **NHS**
But working differently to stay safe

Phone first
Due to social distancing you can't walk-in without an appointment. Please be kind to the people who you are talking to on the phone or online, they are working to make sure you get the best care you need, while also keeping you safe following the guidelines.

You may not be given a face-to-face appointment
We will first talk to you on the phone or through an online video call. If you do need to physically see someone, we will let you know what to do.

If you are asked to come to the surgery, please do
Don't forget your face covering

If we make a referral it may be longer than expected
Unfortunately due to coronavirus, some referrals are taking longer than usual. Only get back in touch with us if your condition is getting worse



Coronavirus is nobody's fault, but it's everyone's responsibility