

Autumn 2025

Editorial

Welcome to this Autumn 2025 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 website for you to download;

www.boulthamparkmedicalpractice.co.uk

Utilising our Website

Did you know you can contact us through our website?

Scroll down on our home page, or simply click the '[Contact Us](#)' icon at the top of the page to get in touch regarding either an admin, or medical query. This saves you having to ring the practice, we will then review your query and contact you to provide the best way forward. You can even attach photographs when discussing a medical issue to help us better understand the action you require.

This is such a useful tool for those who have a laptop, computer or smart phone.

Who Do I See?

Are you never quite sure who you need to speak for your medical issue? A lot of problems do not actually need to be seen by a GP, and can be handled by our other medical professionals such as our Pharmacy Team or Practice Nurse. Although we get into a habit of asking to see our GP Doctor, this isn't always necessary and being seen by the appropriate staff member can help us fight delays due to appointment availability. Go to our website home page and click '[Who Do I Ask To See](#)' to find out who is the best medical professional for you to ask for when booking an appointment. Our reception team are also trained to ask relevant questions about your condition in order to book you in with the most appropriate clinician.

Do not forget to like and follow us on [Facebook](#) to keep up to date with all goings on within the practice, as well as local events which may be useful to you!

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Mounjaro Prescribing

We kindly ask that you do not contact the practice specifically to request Mounjaro.

To qualify for Mounjaro (Tirzepatide) for weight loss, patients must meet the following criteria, based on current guidance:

- ❖ Over 18 years of age.
- ❖ Body Mass Index (BMI) of 40 or greater. Calculate your BMI with the [NHS BMI Tool](#).
- ❖ Confirmed diagnosis of at least four of the following five co-morbidities
- ❖ Diagnosed Hypertension
- ❖ Diagnosed Sleep Apnoea
- ❖ Diagnosed Type 2 Diabetes
- ❖ Diagnosed Cardiovascular Disease
- ❖ Diagnosed Hypercholesterolemia.

If you do not meet a BMI of 40 or above AND at least four of the five conditions, your GP will not be able to prescribe Mounjaro for weight loss.

In the meantime, if you are looking for support with weight management or diabetes, please speak to our team about alternative services that may be available to you.

Thank you for your understanding and patience.

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Upcoming Protected Learning Time (PLT)

Protected Learning Time

In order to be able to continue to provide a safe and effective service we need time to conduct essential staff training and updates.

Linconshire GP Practices are permitted to close on one afternoon per month in order to be able to deliver this valuable training.

Next Closure for Training

Boultham Park Medical Practice will next be closed for Protected Learning Time

Thursday October 16th – Times TBC

Tuesday November 18th – Times TBC

If health advice is needed when we are closed, please use either the **NHS Website** or if needed call NHS 111.

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When did you last do
something just for you?

Friendship, laughter, real conversations, build confidence



Well Woman
COLLECTIVE

2nd Thursday of each month beginning
9 Oct 2025 from 9.30 am - 11.30 am

FREE ENTRY, FREE CUPPA

**Moorland Community Centre
Moorland Avenue Lincoln
Lincolnshire LN6 7NH**

**Ladies you deserve this.
Come as you are. Leave feeling uplifted.**

 **Spaces are limited!**

 **Email us to save your spot:
wellwcollective@gmail.com**

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Vaccinations

Flu and Covid

Flu and Covid vaccination campaigns start 1st October 2025. If you are eligible, you will be contacted by a member of our team and asked to book in. For the time being, this is for all 75 years old and over, and 18-74 immunosuppressed patients. For more information regarding winter vaccines and keeping well throughout the winter, click [here](#) or visit the NHS website.

HPV

The HPV Vaccine is now available for girls under the age of 25, and boys born after 1st September 2006, who missed having the vaccine at school. Please note if you or your child are eligible for the vaccine, you will be contacted by a member of our team to book in. Children aged 12 to 13 (Year 8) can still expect to get the vaccination at school. You can find more information about the HPV Vaccine [here](#) or visit the NHS website.



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Cervical Screening Changes

From the **1st of July 2025**, anyone who has a Cervical Screening Test on or after this date, **and tests negative for HPV will be recalled in 5 years**, as apposed to 3 years. This only applies to those aged between 24 and 49 yrs as after this age the recall remains 5 yrs as previous schedule.

From September, NHS plans to start sending results from the NHS Cervical Screening Programme, utilising the NHS App.

In September, those who have a negative test result will be notified of this by an NHS App message. It will also appear as an NHS App notification. If the NHS App message isn't read within 72 hours, a letter will be sent as a failsafe.

Abnormal result letters will continue for the time being to be delivered by post.

Women's Health Hub

We are pleased to confirm that as part of the pilot initiative for the remainder of the year (until 31st March 2026) we will commence the WHH clinics from September.

Appointments will be on Thursday's and Fridays. Appointments will be put on one month in advance, this can be opened up in the week leading up to the appointment only if not filled.

Implants can be fitted on a Thursday and Coils on a Friday.

Coils will need to be prescribed by your own practice and brought to your appointment.

All appointments for the above procedures will be done at Birchwood Medical Practice

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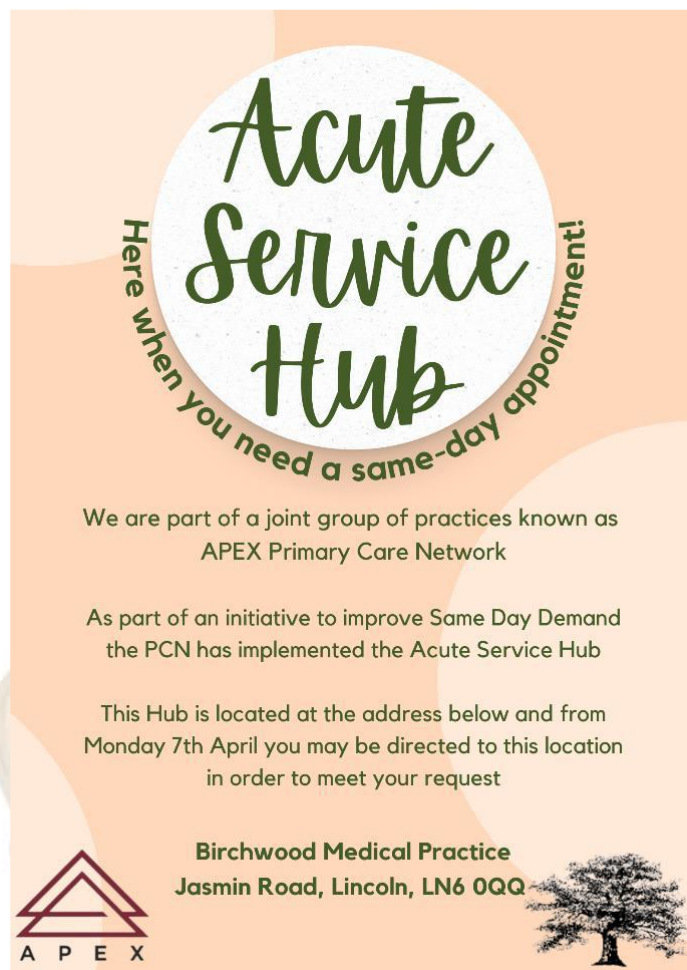
PCN Acute Hub

We are excited to be a part of the **PCN Acute Hub, based at Birchwood Medical Practice**, as part of a national pilot program aimed at improving access to urgent care within Apex PCN where Boultham Park Medical Practice is part of.

Staffed by experienced Advanced Nurse Practitioners (ANPs) and Advanced Clinical Practitioners (ACPs), the hub offers same-day appointments for patients with acute but non-life-threatening health concerns, ensuring they receive the appropriate care.

To ensure patients receive the most appropriate care, the reception team will assess whether pharmacy services can meet your needs as the first port of call. If suitable, you will be referred to a pharmacy for expert advice and treatment. For those requiring further clinical support, the reception team will refer patients to the Acute Hub. We are actively working to improve this process to enhance access and efficiency across the practice.

If you think you might need support from the hub, please speak to your surgery's reception team for guidance on accessing this service.





Acute Service Hub
Here when you need a same-day appointment!

We are part of a joint group of practices known as
APEX Primary Care Network

As part of an initiative to improve Same Day Demand
the PCN has implemented the Acute Service Hub

This Hub is located at the address below and from
Monday 7th April you may be directed to this location
in order to meet your request

Birchwood Medical Practice
Jasmin Road, Lincoln, LN6 0QQ



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National Campaigns

Click on the synopses below to find out more info on each national campaign!

September



Urology Awareness Month

September 2025

Urology Awareness Month is an annual campaign running in September to raise awareness of urology diseases.

[Urology Awareness Month](#)

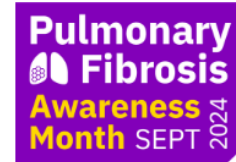


East and South East Asian heritage month

September 2025

A chance to celebrate, acknowledge and learn about the incredible ways in which these communities have helped shape the UK.

[ESEA Heritage](#)



Pulmonary Fibrosis Awareness Month

September 2025

A month raising awareness of the symptoms and need for more research into pulmonary fibrosis.

[Pulmonary Fibrosis Awareness](#)

October



Speak Up Month October

A national campaign to illustrate the part which we all play in fostering a culture where people can speak up and be confident they will be listened to.

[National Guardian's Office](#)



Stoptober October

Encouraging the nation's smokers to make a quit attempt for the month of October and beyond.

[Quit smoking - NHS Stoptober](#)



Sober October October

Get involved in Sober October by going alcohol-free in October to raise money for people with cancer.

[Sober October](#)



National Cholesterol Month October

Devoted to raising funds for HEART UK and raising awareness of the dangers of high cholesterol.

[Heart UK](#)

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Black History Month

October

A nationwide celebration of Black History, Arts and Culture throughout the UK.

[Black History Month](#)

**BREAST
CANCER
NOW** The research
& care charity

Breast Cancer Awareness Month

October

To raise awareness for the disease and to raise funds for research. Information and free resources to help you with local campaigns.

[Breast Cancer Now](#)

November

**ISLAMOPHOBIA
AWARENESS MONTH**
SEEDS OF CHANGE

Islamophobia Awareness Month

November

Raising awareness of Islamophobia and highlighting the positive contributions of Muslims to society.

[Islamophobia Awareness Month](#)


MOVEMBER®

Movember - Men's Health Awareness Month

November

Responsible for thousands of moustaches on men's faces. Aims to raise vital funds and awareness for men's health.

[Movember UK](#)

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Polite reminders

Please read below our polite reminders to help our surgery run as smoothly and efficiently as we can. We appreciate all of our patients understanding and patience.

- ❖ **When ordering prescriptions, please give at least 4 working days** before picking up from your pharmacy. Unfortunately these are not sent over instantly and ordering is a multi-step process. You must order within plenty of time to ensure you do not run out of your medication. Our pharmacy team are struggling to contact local pharmacies due to the volume of patients calling their pharmacy and asking if they prescription is ready. This could be avoided by ordering within plenty of time, and giving at least 4 working days before going to pick up your prescription.
- ❖ Please can we remind patients to **not use the Boultham Park Medical Practice car park unless they have an appointment or are visiting the surgery**. We often run Saturday clinics and it can be incredibly hard for patients to get to the surgery when the car park is full.
- ❖ We would like to remind patients to regularly **check that your contact details are up to date**, so that we are able to get hold of you when necessary. Incorrect contact details can cause delays and may mean we cannot get the information to you that we need. Your details can be updated through the NHS App or [website](#). Alternatively, you can contact our reception team to check your details are up to date.

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Useful Links

Voluntary Centre Services - supports volunteers and voluntary and community organisations across West Lincolnshire. Click this link or google:

[Voluntary Centre Services: Lincoln, North Kesteven and West Lindsey](#)

Lincolnshire Recovery College - are you finding life challenging or supporting someone who is? If so, the Lincolnshire Recovery College could be for you. The Lincolnshire Recovery College offers free educational courses about mental health, recovery and wellbeing. Click this link or google:

[Recovery College \(lpft.nhs.uk\)](#)

Carers First - If you're an unpaid carer, aged 16 and over, supporting someone in Lincolnshire, Carers First are there to help with online help and advice, as well as 1-2-1 practical and emotional support. Please call the Carer Wellbeing Hub on 01522 782224 or access the support request form via the enclosed link:

[Request for support form](#)

How Are You Lincolnshire - a family of websites that bring together everything in the local community that boosts wellbeing. Click this link or google:

[How Are You Lincolnshire | H.A.Y. Home \(haylincolnshire.co.uk\)](#)

Connect to Support Lincolnshire - an online information and advice library, community directory and marketplace for adults in Lincolnshire. Click this link or google:

[Connect to Support Lincolnshire](#)