



# Boultham Park Medical Practice Newsletter



Spring 2026

## Welcome

Welcome to this Spring 2026 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](http://www.boulthamparkmedicalpractice.co.uk)

## Utilising our Website

Did you know you can contact us through our website?  
Read more about our new triage system on the next page 'Our Triage System'.

## 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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## Our Triage System

In November we introduced our new triage system to improve how appointments are booked at Boultham Park Medical Practice. **All appointment requests must now be submitted via the Accurx system [here](#).** Alternatively, you can go to our website and find the 'Submit a New Request' icon.

### **How to Submit a Request:**

- *For urgent or same-day appointments, select "I have a health problem"*
- *For routine appointments or administrative requests, select "I have an admin or routine care request"*

This change is designed to make accessing care quicker and more convenient for everyone. *If you are unable to submit a request yourself, our Patient Care Navigators are here to help and will be happy to submit one on your behalf.*

Feedback received so far has been positive, with our patients saying that once they found out how the online system works, it was quite easy! As well as commenting that it was easy to get an appointment without constantly ringing.

We have received other exceptional feedback regarding our reception team and their hard work, going out of their way to show patients how to use the new system.

Well done to our Reception Team!

**NHS**

## Contact us online

If you need help with a non-urgent medical or admin request, you can now contact us online.

[Submit a new request](#)

**NHS** Your Practice  
Powered by accurx

What would you like help with?

- I have an admin request**  
Contact us about a fit (sick) note, questions about referral, get a repeat prescription, or anything else admin related
- I want help for a medical issue**  
Contact us about a new or ongoing symptom
- I want to see online advice**  
See advice and guidance on conditions, symptoms and treatments

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## Celebrating Dr Jackson

In February we spent some time celebrating Dr Jackson and his 30 years of working at BPMP!

Dr Jackson completed his training at the University of Leicester, registering in the same city in 1987. He joined us a several years later, with special interests in Dermatology and Minor Surgery.

We would like to thank Dr Jackson for all his hard work and dedication over the past 30 years at Boultham Park Medical Practice. What an incredible achievement and how lucky we have been to have him practicing with us for so long!





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## Saying Goodbye to Dr Coffey

After an incredible 33 years as a Partner at Boultham Park Medical Practice, Dr Coffey is finally hanging up his stethoscope and retiring.

Throughout his career, Dr Coffey has been so much more than a GP. He is extremely kind, caring, and deeply compassionate, touching the lives of countless patients and colleagues. A dedicated teacher, a trusted mentor, and a true friend to many, his impact will be felt for years to come.

His commitment to making the practice the success it is today has been truly remarkable, always striving for the very best for our patients and setting the highest standards of care.

Thank you, Dr Coffey, for your unwavering dedication, your wisdom, and the genuine care you have shown every single day. You will be greatly missed, but never forgotten.

Wishing you a long, happy, and well-deserved retirement, from your Boultham Park Medical Practice Family.

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## Around 70,000 people in England don't know they have hepatitis C



Hepatitis C is spread by blood-to-blood contact, often with **no symptoms**. Prolonged hepatitis C infection can cause long-term liver damage.

Check your status today with a free at-home test.

### Do these risk factors apply to you?



Had a piercing, tattoo, electrolysis, semi-permanent make-up or acupuncture in a country or premises where infection control procedures may be poor or using equipment which may have not been sterilised.



Had dental surgery or dental procedures carried out in a country or premises where infection control procedures may be poor. Shared a toothbrush with someone who may have hepatitis C.



Recipient of blood transfusions before 1996 and/or those who have received treatment with an NHS blood product before 1986 in England.



People born or raised in a high prevalence country (Egypt, Pakistan, Portugal including Madeira, Russia, Poland and former Soviet republic states including Moldova, Latvia and Romania).



Shared equipment used to take recreational or performance-enhancing drugs, such as steroids, even once.

Simply scan the QR code or visit <https://hepctest.nhs.uk/> to order a test.



[/hepctest.nhs.uk/ref/ntm1](https://hepctest.nhs.uk/ref/ntm1)

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## Carers Digital

Lincolnshire County Council have teamed up with Carers UK to offer carers free access to their Digital Resource for Carers.

This website is packed with helpful information and resources, e-learning modules, hands-on guides and tools to help carers manage their caring responsibilities and look after themselves. It

covers areas such as:

- Health and Wellbeing
  - Practical Support
  - Financial Support
- Technology and equipment
  - Home adaptations

To access this support, visit [carersdigital.org](https://carersdigital.org) and sign up using the free access code **DGTL1946**



**NHS**  
Lincolnshire

### Have you had your physical health check?

Have you been diagnosed with schizophrenia, bipolar disorder, or psychosis?

If so, you are entitled to a physical health check. It includes:

- A chat about your mental and physical health
- An offer to check your weight, height and blood pressure
- An offer of a blood test
- A chat about your medication
- Questions about your health and wellbeing
- Advice or referrals for further support

Contact your GP if you haven't been invited to your health check, or need anything to help make your appointment easier.

**Find out more: [lpft.nhs.uk/smi-annual-health-check](https://lpft.nhs.uk/smi-annual-health-check)**

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## Headfit

# Success, it's all in your head

In the British Military, mental fitness is as important as physical fitness. To help give us all the perspective and help we need, use HeadFIT- Designed by the military, for the military.

HeadFIT, developed by UK Ministry of Defence, provides free, 24/7 access to trusted, evidence-based mental fitness tools.

Available to serving personnel, civilians, veterans and reservists, the resources support resilience, stress management, sleep, and overall wellbeing - designed to fit into everyday working life.

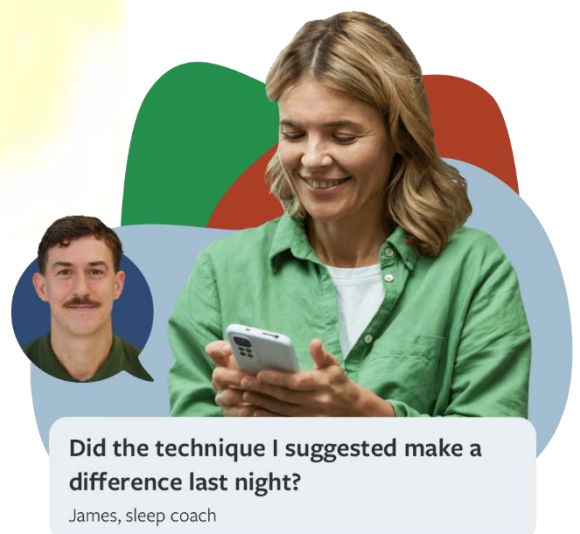
Explore HeadFIT at [headfit.org](http://headfit.org)

## Sleepstation

Better sleep without the wait.

Sleepstation provides free NHS sleep support, resources and insomnia therapy for patients over 18.

Start today at [sleepstation.org.uk](http://sleepstation.org.uk)



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# We want your feedback

on NHS wheelchair services in  
Lincolnshire

Help us improve services for wheelchair  
users and their carers

## What we want to know:

- What's working well?
- What needs improvement?
- What would an excellent service look like?

Complete the survey by  
20 April 2026



To complete the survey, scan the QR code or visit  
[lincolnshire.icb.nhs.uk/wheelchair-services](https://lincolnshire.icb.nhs.uk/wheelchair-services)



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## National Walking Month

May is National Walking Month! This encourages people to walk more and highlights the benefits of walking.

This year, living streets are highlighting the benefits of walking for women. They state;

“ We're asking women to #WalkOut – and get outside for a walk or wheel each day in May for their own health, wellbeing and enjoyment.

The call for women to ‘walk out’ for National Walking Month is in recognition of women being more likely to make multi-purpose journeys, such as combining school drop-offs, care responsibilities and errands within a single trip.

**Living Streets wants women to go for a walk for themselves – and their own enjoyment.**

A mass ‘walk out’ will be organised for Friday 29 May to mark National Walking Month – will you join us?

**Research shows that walking can reduce a woman’s chance of getting breast cancer, strengthen the muscles of the pelvic floor, and help women recover after having a baby or experiencing a long illness.**

It’s not just good for women – people who walk regularly report being happier and less anxious, and have a stronger sense of community. Living Streets research also shows that people who walk or wheel to do their shopping spend more money than those who drive.

As well as improving our bodies and our mood, leaving the car at home also helps to cut air pollution and make streets safer. That’s why we are encouraging everyone to #WalkOut this May for National Walking Month.”

Find out more [here](#), or visit [livingstreets.org.uk](http://livingstreets.org.uk)





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## International Midwives Day

The 5<sup>th</sup> May marks International Day of the Midwife! A day to celebrate midwives and showcase key stories from the nursing workforce.

The International Confederation of Midwives have a Triennial Strategic Plan (2024-2026) which includes four pivotal priorities that are critical to advancing continuity of midwife care models of practice, and midwifery more broadly, ultimately leading to better sexual, reproductive, maternal, newborn, and adolescent health (SRMNAH) outcomes:

1. **Drive** innovation, leadership, and sustainability for the future of midwifery.
2. **Support** the dissemination and implementation of the Professional Framework for Midwifery.
3. **Collaborate** with partners to grow the movement for midwifery and elevate the role of midwives as competent and respected healthcare providers who put women's voices at the centre.
4. **Work in partnership** to ensure member associations are prepared and well positioned to respond to emergent humanitarian and climate crises.

Find out more [here](#), or visit [internationalmidwives.org](http://internationalmidwives.org)

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NHS  
Lincolnshire  
Integrated Care Board

# Have Your Say

## ADHD in Lincolnshire

If you have ADHD, are waiting for an assessment, support someone with ADHD, work in services, or simply have an interest, this survey is for you.

Your feedback will help shape **ADHD support in Lincolnshire** over the next five years.



**Complete the survey by 17 April 2025**



To find out more and complete the survey, scan this QR code or visit our website at [lincolnshire.icb.nhs.uk/adhd-survey](https://lincolnshire.icb.nhs.uk/adhd-survey).

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## Have you noticed any changes in your health?



Something new?



Something unusual?



Something that won't go away?

Spotting cancer at an **early stage** means treatment is **more likely to be successful**.

If you notice anything that's not normal for you, talk to your doctor.



For more information, scan or visit  
[cruk.org/spotcancerearly](https://cruk.org/spotcancerearly)



Together we are  
beating cancer

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247) ©2025





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## Useful Links

**Lincolnshire Talking Therapies** - Lincolnshire Talking Therapies provide talking therapies for people aged 16 years and older. The service helps people who are experiencing common mental health problems such as anxiety, depression and stress. The service also offers support with issues such as bereavement or the impact of a traumatic event.

If you would like to access talking therapies, you don't need to make an appointment with your GP or healthcare professional. Self refer yourself here or google;

[Lincolnshire Talking Therapies.](#)

**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](#)