



Boultham Park Medical Practice

Winter Edition 2020

Editorial

Welcome to this Winter edition of the Boultham Park Medical Practice newsletter which contains lots of useful information. 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.

What a year 2020 has been for us all! I am sure, like me, you are fed up with hearing the words '**these unprecedented times**' but that's what it has been for all of us. Plus, we have also finished the year off with a period of lockdown, something we thought we had left behind in the Summer. And, to cap it all, Lincolnshire has had some exceptionally high rates of COVID-19 infections.

However, whatever has been thrown at us, through it all, the team at Boultham Park Medical Practice have stood tall and "weathered the storm" and continued to provide us with a first rate service to the community it serves. For that the PPG feel extremely proud and are very grateful. Neil Hewson, Practice Manager has contributed, as always, to the content of the Newsletter. Please read what he has to say on Page 2. There is a COVID-19 vaccination update on Page 4 and information on the flu vaccination on Page 5. There is also a Christmas Quiz to try out.

Finally, your Patient Participation Group wish you all warm, festive greetings for the season.



Also – look out for our PPG Facebook page which contains useful information too.

Content:

Page 2	Christmas Message from Surgery Staff
Page 2	Message from Neil Hewson – Practice Manager
Page 3	Repeat Prescriptions and Christmas and New Year Opening Times
Page 4	Coronavirus Update
Page 6	Flu Vaccination and One You Lincolnshire
Page 7	Home Fire Safety and Kitchen Safety
Page 8	Heaters and Electric Blankets
Page 10	Electrical Safety and Smoking and Vaping
Page 11	Candle Safety and Chimney Safety
Page 12	Connect to Support – Mental Health and Staying Safe
Page 13	Christmas Quiz
Page 14	Quiz Answers





Boultham Park Medical Practice

Winter Edition 2020

Merry Christmas from All the Surgery Staff

2020 has been a year a very difficult year for many people. It has been a time to look after ourselves and our families and, more importantly, to look after all those less fortunate or more vulnerable than ourselves and fortunately this year has seen a welcome sense of community re-appear. Let's make sure we all stick together in the coming months and by supporting each other and staying safe we will come out of this unsettling period of Covid, and hopefully be stronger for it.

On behalf of all of us at Boultham Park Medical Practice, we would like to say thank you to everyone who has put others first by caring for and supporting them during this difficult year. To all key workers across the region, and especially our local health colleagues and carers who work with and alongside us in caring for all of our patients, thank you for everything you have done this year. We hope that everyone can all at least try to have a rest for a few days and enjoy a Merry Christmas and hopefully a much, much better 2021.

Message from the Practice Manager

As you can imagine, the Surgery, along with all other GP Practices, is extremely busy at the moment. There is undoubtedly a much increased work-load due to Coronavirus in the local area as well as the start of the normal period of winter pressures. We would like to reassure you that we are here for you and that despite some of the negative coverage of the wider NHS in the media, our doors have been open throughout the whole period of the COVID pandemic. We always have been, and still remain, here for you if you have medical concerns that need the help and assistance of the doctors and nurses at the surgery and we certainly do not advocate taking a doing nothing approach. If you have a persistent or concerning problem we do advise that you to contact us.

We are working hard to maximise our availability and as you will be aware, we have adapted our appointment system this year and will need to continue this into the New Year. Due to Covid we are continuing to operate a GP led telephone triage system with the GPs or Nurse Practitioners asking patients to come in for face to face appointments where their telephone or video consultation with the patient identifies the need. To help us though these exceptionally busy times, we do ask that you use all the health facilities and help available to you, especially for common self-limiting conditions which usually don't need GP intervention. Please use the NHS Choices website for guidance and other local resources such as pharmacies, self-referral to local help and services and over the counter medicines where appropriate.

We know that face coverings are uncomfortable – we are all wearing them all day! We also know that most patients are helping us all stay safe by wearing face covering when they come in the surgery and we are very grateful for this. Please remember that we can only help patients if our staff are fit and health and COVID free, otherwise they will not be available for you. So, as uncomfortable as they may be, we really would appreciate it if face coverings could be worn by as many patients as possible please when attending the surgery. It is particularly important for you





Boultham Park Medical Practice

Winter Edition 2020

and for us that if you have a respiratory condition that you do try and wear a covering. Facemasks should cover both the nose and mouth fully otherwise they are ineffective.

We have had a small handful of patients come into the surgery and have only told us they have been with a COVID positive person during their actual consultation, even when asked previously. Please do NOT come to the surgery if you have been in direct contact with someone who has tested positive or is suffering from the symptoms of COVID unless you have completed the necessary isolation period or have been told by one OUR doctors or nurses to come in. We have additional procedures for the scenarios when a patient is either confirmed or suspect COVID positive. There are national guidelines on self-isolation criteria and we need everyone to please comply.

Neil Hewson
Practice Manager



Repeat Medication and Opening Times Over Christmas and New Year



Christmas is coming – so please plan ahead and make sure that you order your repeat prescriptions in good time. We give us at least 48 hrs to process your prescription requests. Remember that these are now created electronically and sent to your nominated pharmacy. Please also remember that we cannot accept the third party ordering prescriptions.

This means that 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 easiest, 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.

As well as the surgery being closed for specific periods over the Christmas, so will the local pharmacies. So please give some thought to ensure you order your medications so that you are able to collect them from your nominated pharmacy.

We will be open over the Christmas and New Year periods as follows:



Thursday	24 th December 2020 - 0800-1830
Friday	25 th December 2020 – Closed
Saturday	26 th December 2020 – Closed
Sunday	27 th December 2020 – Closed
Monday	28 th December 2020 – Closed
Tuesday	29 th December 2020 – 0800-1830
Wednesday	30 th December 2020 – 0800-1830
Thursday	31 st December 2020 – 0800 -1830
Friday	01 st January 2021 – Closed





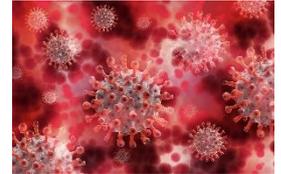
Boultham Park Medical Practice

Winter Edition 2020

When the surgery is closed, please only use the hospital accident and emergency department for genuine accidents and emergencies ensuring you observe national guidance which is being updated regularly by Public Health England. Coughs, colds and minor ailments **are not** normally emergencies and should not ordinarily be taken to A&E.

The NHS 111 service provides advice and guidance and can direct you to appropriate services when we are closed. Local pharmacies can also provide advice and over the counter medicines

COVID-19 Update



COVID Vaccinations

I'm sure that everyone will now be aware of the release of the first of the many COVID vaccinations that have been in development. These are now starting to be made available and we will expect to start providing vaccinations for our patients in the near future. Along with other local GP practices, we expect just to have a small number of vaccines initially, and we expect our first priority will be to give these to patient's over age 80 in accordance with the national criteria. Initially, we will not have sufficient supplies to vaccinate everyone in each age group until the vaccines supply increases in the period between New Year and the Spring, hence, we will be prioritising within groups based on clinical need.

Our initial priorities within age groups will be based on those who are clinically extremely vulnerable (those who received a COVID shielding letter), severely frail patients and then those with multiple chronic diseases and vulnerable ethnic groups. After that, we will offer the vaccine to the remainder of the patients within the relevant age group.

Patients cannot receive the COVID vaccine within either 7 days of having had the flu vaccination or within 28 days of having been confirmed of having COVID. Patients with significant allergies will also be excluded in this initial group.

Please do not call the surgery to ask for a COVID vaccine. Patients will be called in due course in accordance with national guidance. We do not set the criteria for when the various groups, prioritised by the Joint Committee for Vaccinations and Immunisation, will be called forward – this is a national decision.

Initially, due to limited supply of the vaccines and certain storage requirements, we are working collectively with other local surgeries within our Primary Care Network and expect to be providing these vaccinations offsite at the **Ruston's Marconi Sports and Social** facility on Newark Road. Please **do not contact** the Club as they are just kindly providing the facility. All administration and appointment booking will be done by the surgery. Also, please do not turn up unless you have been contacted and given a specific appointment as we will not be able to give you the vaccination.

All the necessary Health and Safety and social distancing measures will be in place for the reassurance of both patient and staff.





Boultham Park Medical Practice

Winter Edition 2020

Patients will need 2 doses of the vaccination for it to be effective and will be given 2 appointments to ensure this works. The vaccine must be administered within a specific time frame and therefore we ask patients to make every effort to make the appointments at the times given.

This COVID vaccination campaign is one of the biggest ever logistical challenges for the NHS ever. It is complex, it is changing and will constantly be refined. We do not have the ability to choose when or where we run these clinics and there will certainly be little flexibility in running these clinics and we therefore ask for your understanding and for you to please try to attend the appointments as and when they are made available to you. The vaccine is a precious (inter)national resource and we cannot afford for it to be wasted.





Boultham Park Medical Practice

Winter Edition 2020

Flu Vaccine

The seasonal flu campaign has never been more important, and while the majority of our usual recipients have now had this year's vaccine, the annual campaign still continues and does so into the New Year (until end Mar). However, we are now able to offer the flu vaccines not just to the over 65s or those under 65 in clinical at risk groups, but we can now offer this **to all patients aged between 50 and 64** too, regardless of whether or not they have an underlying health condition.

Our next seasonal flu vaccination clinic for patients aged 50-64, or patients aged 18-49 if in a clinical at risk group, will be on Tuesday 22 December. Patients aged 50-64 are asked, if possible, to book this appointment online to try and help keep the phone lines free which are busy. For those not registered for our online services, or for those aged 18-49 years who are in clinical 'at risk groups' e.g. COPD, diabetes, CKD, Learning disabilities, pregnant ladies, immunocompromised etc, you will need to call the surgery to book your appointment into these clinics.

Flu is a serious condition, and we encourage all those entitled to seek a flu vaccination

One You Lincolnshire

Nearly two thirds of the UK adult population are overweight or obese and this extra pressure on the body makes it more difficult to fight off diseases such as cancer, heart disease and COVID-19.

- 2020 has been a tough year. For our families, for our friends, for our health. One You Lincolnshire can help get 2021 off to the right start. They have FREE weight management programmes available to Lincolnshire residents. <https://bit.ly/GPOYLClient>
- Using alcohol free wine is a great way to reduce your alcohol consumption. Want more support? Join us for dry January! <https://bit.ly/GPOYLClient>
- Knowing your units could really help your relationship with alcohol. Join us this Dry January for support: <https://bit.ly/GPOYLClient>
- Looking for a fun, local kick about & a chance to lose weight? MAN v FAT has several leagues in One You Lincolnshire. One You Lincolnshire offers 14 weeks for FREE for Gents with a BMI of 27.5 or above. <https://bit.ly/GPOYLClient>
- Like cake, pizza and chips? Great! So do we. You can still lose weight and incorporate your favourite foods, let us show you how. <https://bit.ly/GPOYLClient>
- Move more, lose weight, drink less or stop smoking...What could you achieve in 2021 with One You Lincolnshire? Find out today: <https://bit.ly/GPOYLClient>
- After this year, who fancies a bit of a pamper? Did you know One You Lincolnshire are hosting some little competitions throughout December, concentrating on well-being? Take a look at their Facebook page, there's some great prizes up for grabs! <https://bit.ly/GPOYLClient>

You do NOT need a GP to refer you to get help and support. Lincolnshire residents can self-refer by either calling *between 9am -5pm on 01522 705162* or via the website at

<https://thrivetribe.typeform.com/to/AEz6CMOD>





Boultham Park Medical Practice

Winter Edition 2020

Home Fire Safety

During the winter season we spend a lot more time indoors and it's easy to forget to be careful when doing things on a regular basis. It's when we forget to be careful when it may result in a home fire.

Kitchen Safety

Kitchens and cooking are the main causes of house fires.



To keep your kitchen safe:

- consider fitting a heat alarm in your kitchen
- do not cook if you have been drinking alcohol, or taking drugs or medication
- keep the grill clean to avoid a build-up of fat or food
- check that your toaster is clean and away from curtains or cupboards
- avoid leaving oven gloves or tea towels on, or near, your hob and oven

While you are cooking:

- avoid being distracted. If you need to leave the hob, take the pans off the heat
- turn saucepan handles so they do not stick out or are over another ring
- take care if you are wearing loose clothing as it could catch fire
- do not put metal in the microwave
- always double check the hob is turned off when finished

Deep fat fryers

It is safer to use a thermostatically controlled deep fat fryer to cook chips or use the oven.

If you choose to deep fat fry:

- never fill a chip pan more than a third full of oil
- turn off the heat and leave the oil to cool if it starts to smoke

In the case of a chip pan fire, turn off the heat (if it is safe), get out and call 999.

Never use water on a chip pan fire, as it will explode.





Boultham Park Medical Practice

Winter Edition 2020

Heaters and Electric Blankets



Central heating, portable heaters and electric blankets can cause fires. To reduce your risk, you must maintain and use them correctly.

For all heating, you must also get an audible carbon monoxide alarm.

You should know the [symptoms of carbon monoxide poisoning and what to do](#). See Below

For central heating:

- have your boiler serviced annually
- check for warning signs that your appliances are not working properly

For portable heaters:

- do not sit too close (keep them at least 1m away)
- keep them away from curtains and furniture
- do not buy them second hand
- do not dry washing near or on them
- make sure they are on a flat surface and cannot fall over easily

For electric blankets:

- read the instructions and warnings provided by the manufacturer
- replace them every 10 years
- replace them if you notice any damage, such as frays or burns
- do not fold them as it can damage the wiring
- do not get them wet

Carbon Monoxide

The symptoms of carbon monoxide poisoning are not always obvious especially with low-level exposure. A tension type headache is the most common symptom of mild carbon monoxide poisoning. Other symptoms include:

- dizziness
- feeling sick
- tiredness and confusion
- stomach pain
- shortness of breath and difficulty breathing

The symptoms of exposure to low levels of carbon monoxide can be similar to those of food poisoning and flu. But unlike flu, carbon monoxide poisoning does not cause a high temperature.





Boultham Park Medical Practice

Winter Edition 2020

The symptoms can gradually get worse with prolonged exposure to carbon monoxide, leading to a delay in diagnosis. However, your symptoms may be less severe when you're away from the source of carbon monoxide. If this is the case, you should investigate the possibility of a carbon monoxide leak and ask a suitably qualified professional to check any appliances you think may be faulty and leaking gas.

The longer you inhale the gas, the worse your symptoms will be. You may lose balance, vision and memory and, eventually, you may lose consciousness.

This can happen within 2 hours if there is a lot of carbon monoxide in the air.

Treating Carbon Monoxide Poisoning

Seek medical advice from your GP if you think you have been exposed to low levels of carbon monoxide.

Go to your local A&E straight away if you think you have been exposed to high levels

Your symptoms will often indicate whether you have carbon monoxide poisoning, but a blood test will confirm the amount of carboxyhaemoglobin in your blood. A level of 30% indicates severe exposure.

People who smoke can often have higher than normal levels of carboxyhaemoglobin in their blood which can sometimes make it difficult to interpret results.

Mild carbon monoxide poisoning does not usually need hospital treatment, but it's still important that you seek medical advice.

Your house will also need to be checked for safety before anyone returns.

For more information take a look at the following:

<https://www.nhs.uk/conditions/carbon-monoxide-poisoning/>

You can always install a Carbon Monoxide alarm





Boultham Park Medical Practice

Winter Edition 2020

Electrical Safety



Electricity can kill or injure people and cause damage to property. There are steps you can take to reduce the risk of electrical accidents in your home.

For cables and plugs:

- do not overload sockets with too many appliances
- keep an eye out for fraying power leads
- switch off and unplug appliances when not in use, unless designed to stay on
- never charge or place electrical equipment under pillows or blankets

To avoid house fires due to electrical appliances:

- register your appliances at <https://www.registermyappliance.org.uk/> This will let you know of any safety repairs or recalls
- make sure your electrical appliances are not near water
- have them serviced once a year
- do not leave washing machines, tumble dryers or dishwashers on when you are out or asleep
- beware of fake products as they may not meet safety requirements

For more electrical home safety advice, visit the following webpage:

<https://www.electricalsafetyfirst.org.uk/guidance/safety-around-the-home/>

Smoking and Vaping

More people die in fires caused by smoking than any other causes.

If you do smoke in your home:

- do not smoke if you are tired or in bed
- do not leave cigarettes alight
- double check your cigarette is stubbed out
- use a proper ash tray which has water in
- do not leave matches or lighters within reach of children
- make sure you have working smoke alarms and test them

To reduce your risk of fire or accident whilst vaping:

- only use the charger supplied with your vaping kit
- read the instructions and warnings provided by the manufacturer
- do not over-tighten the screwed connection to the battery
- do not leave your e-cigarette on charge overnight or unattended
- only buy chargers with the CE mark





Boultham Park Medical Practice

Winter Edition 2020

Candle Safety



Candles are often used for birthdays, family occasions and religious festivals.

It is safer to use battery-powered candles. If you do use anything with a naked flame, it should be treated with care. You should:

- never leave a burning candle unattended
- always keep candles away from soft furnishings
- make sure candles are secured in a proper holder, on a heat-resistant surface
- keep candles out of reach of animals and children
- keep candles away from hair and clothing
- check that you extinguish candles after use
- keep lighters and matches are out of the reach of children
- never move a lit candle

Chimney Safety



Chimney fires are usually due to poor maintenance or a blocked flue. The risk of having a chimney fire reduces when chimneys are swept regularly. It also reduces the risk of a build-up of carbon monoxide.

How often you should sweep your chimney depends on the type of fuel you use. The recommendations are:

- smokeless fuels – once a year
- coal – twice a year
- wood – four times a year
- oil – once a year
- gas – once a year

For more safety advice or to find an approved chimney sweep, visit the National Association for Chimney Sweeps. <https://nacs.org.uk/advice>





Boultham Park Medical Practice

Winter Edition 2020

Connect to Support

Connect to Support Lincolnshire is an online information and advice library, community directory and marketplace for adults in Lincolnshire. The website is intended for adults who want to find out about local groups, activities and services within the community.



Connect to Support Lincolnshire will provide people with a range of options on how care, support, health and community services can be accessed. Alongside the website, it will offer remote support by telephone, email, and web chat. The site provides an online directory of providers and services, alongside information and advice content pages.

The website can be accessed at: <https://lincolnshire.connecttosupport.org/>

Mental Health Staying Safe Website

The Staying Safe website is a potentially life-saving resource developed by 4 Mental Health with invaluable input from people who have survived suicidal thoughts and those personally affected by suicide through bereavement. StayingSafe.net offers compassion, kindness and easy ways to help keep people safer from thoughts of harm and suicide, seek support and discover hope of recovery through powerful videos from people with personal experience.

The website provides vital 'Safety Plan' guidance tools with easy to print / online templates and guidance video tutorials purposefully designed to help people through the process of writing their own Safety Plan. A Safety Plan helps to build hope, identify actions and strategies to resist suicidal thoughts and develop positive ways to cope with stress and emotional distress. Everyone is encouraged to PREPARE for possible difficult times ahead BEFORE they happen, by completing a Safety Plan.

During times of deep distress, Safety Plans become a vital and valuable reminder of:

- What people can do for themselves to get through difficult times
- Practical ways they can make their situation safer
- Who to contact for support
- Where to go or who to contact in an emergency

It is **4 Mental Health's** hope that anyone currently in extreme distress can share our hope that recovery is possible with the right support and that one day keeping a Safety Plan will be common place and regarded an extension of wellbeing and self-care.





Boultham Park Medical Practice

Winter Edition 2020

Christmas Quiz Questions

1. What are the names of Father Christmas' eight reindeers (excluding Rudolph!)?
2. Where is Wenceslas square?
3. What are the names of the seven dwarfs in Snow White?
4. What did the three wise men bring to baby Jesus?
5. On Boxing Day of what year was the 'Snowman' first shown on TV?
6. According to the Christmas classic It's a Wonderful Life, what happens every time a bell rings?
7. Which character declares "Merry Christmas, one and all!" in Charles Dickens' A Christmas Carol?
8. What is Will Ferrell's character's name in Elf
9. What did my true love send to me on the 8th day of Christmas?
10. How many ghosts show up in A Christmas Carol?





Boultham Park Medical Practice

Winter Edition 2020

Christmas Quiz Answers

- | | |
|---|-----------|
| 1. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donder and Blitzen | 8 Points |
| 2. Prague, Czech Republic | 1 Point |
| 3. Doc, Happy, Sneezzy, Sleepy, Bashful, Grumpy, Dopey | 7 Points |
| 4. Gold, Frankincense and Myrrh | 3 Points |
| 5. 1982 | 1 Point |
| 6. An angel gets its wings | 1 Point |
| 7. Tiny Tim | 1 Point |
| 8. Buddy | 1 Point |
| 9. Maids a Milking | 1 Point |
| 10. 4 - Jacob Marley, Christmas Past Present and Future | 1 Point |
| Total | 25 Points |

