



Boultham Park Medical Practice Newsletter



Winter 2025

Editorial

I am pleased to inform you that Boultham Park Medical Practice has been **awarded a 5-Star Quality award from the Lincolnshire ICB Primary Care Quality Team (PCQT)**

The QEWS (Quality Early Warning Score) tool not only helps practices highlight the quality they currently provide but also supports their future quality aspirations in various domains such as Safe, Effective, Responsive, Caring, Equitable, Well Led and Sustainable.

QEWS also identifies areas where quality improvement may be needed. In such cases, the PCQT will actively support and guide those practices to achieve a QEWS star rating that reflects the National Quality Boards (NQB) quality expectations.

I'm sure you will all agree this is a well deserved award and join us in congratulating the Boultham Park Medical Practice team.



Our staff would all like to take this opportunity to wish you a very Merry Christmas and a Happy New Year

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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Introducing our new Triage System

We've introduced our new triage system to improve how appointments are booked at Boultham Park Medical Practice. Starting on Monday 10th November, all appointment requests must be submitted via the Accurx system [here](#). Alternatively, you can go to our website and find the 'Submit a New Request' icon.

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 in the waiting room how to use our new system. Below you can see a great example of this. Our Senior Patient Care Navigator, Trina, carrying out demonstrations in the waiting room while patients were waiting for their Covid vaccinations!

Contraception

As part of our updated triage system, all pill-related requests will now be managed by your local pharmacy.

This includes:

- **New contraception prescriptions**
- **Contraceptive pill checks**
- **Reordering existing contraception**

You can visit the pharmacy as a walk-in, and an appointment will be arranged if required.

Thank you for your understanding and support as we work to enhance our services.





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Primary Care Pharmacy Team Winner

We are thrilled to announce that our team has won the PCPA Primary Care Excellence Award for PCN Pharmacy Team of the Year!

This award distinguishes our team nationally as best-in-class for commitment to innovation, patient safety, and effective clinical integration.

Well done to our fabulous Pharmacy Team.

Primary Care Pharmacy Team 2025

Winner

APEX PCN PHARMACY TEAM

Pharmacomm Ltd
www.pharmacomm.co.uk





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Christmas Jumper Day!

To spread some Christmas cheer, on the 11th December the practice celebrated with a
Christmas Jumper Day!

We hope everyone who came in on the 11th felt a bit more merry and bright seeing all the sparkles and knitted jumpers throughout the practice. It certainly put a smile on our faces!

Have a look at our snaps from the day and let us know who you think was best dressed!





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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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Opening Times

We will be open over the Christmas and New Years period as follows:

Monday 22nd December – 8am-6:30pm

Tuesday 23rd December – 8am – 8pm

Wednesday 24th December – 8am – 6:30pm

Thursday 25th December – **CLOSED**

Friday 26th December – **CLOSED**

Saturday 27th December – **CLOSED**

Sunday 28th December – **CLOSED**

Monday 29th December – 8am-6:30pm

Tuesday 30th December – 8am – 8pm

Wednesday 31st December 8am – 6:30pm

Thursday 1st January – **CLOSED**

Friday 2nd January – 8am – 6:30pm

Saturday 3rd January – **CLOSED**

Sunday 4th January – **CLOSED**

Pharmacy Opening Times

We are coming to the time of year now where it's vital we remember **prescriptions need to be ordered with plenty of time**. Christmas is coming so we ask that you plan ahead when ordering your prescriptions and give both us, and your pharmacy plenty of time to process your request.

As well as the practice being closed for periods over Christmas, so will local pharmacies.

Please see local pharmacies Christmas opening times below.

Xmas Day Lincoln Co-op Pharmacy Birchwood - 10:00 - 12:00

Lincoln Co-op Pharmacy Newland - 14:00 - 16:00

Boxing day Lincoln Co-op pharmacy Rookery Lane - 10:00 - 12:00

Lincoln Co-op Pharmacy Burton Rd - 14:00 - 16:00

New Years Day Lincoln Co-op Pharmacy Brant Rd - 10:00 - 12:00

Boots pharmacy The Carlton Centre - 14:00 - 16:00



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Children and Young People Survey



Have your say

If you've taken your child to an A&E or UTC (Urgent Treatment Centre) in Lincolnshire, we want to hear from you.



Take part in our survey

<https://lincolnshire.icb.nhs.uk/uec-survey>

Parents and carers – we want your views!

If you've taken your child to A&E or an Urgent Treatment Centre (UTC), please take a few minutes to share your experience

Your feedback will help improve urgent care for families across Lincolnshire.

Click on link below!



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Lincolnshire Adult ADHD Newsletter

October 2025

Welcome to October's newsletter from Lincolnshire.

Within our newsletter you will find up-to-date information of wait times, details of programmes and support.

Lincolnshire ICB commission ADHD services from a local Lincolnshire provider, the services are available for patients aged 16 and above, who have a diagnosis of ADHD or are presenting with ADHD symptoms that are moderately to severely impacting more than one area of their life. This provider holds a current contract with the Lincs ICB to ensure high quality and service, that is monitored regularly.

Assessments

Our wait time for an adult **ADHD** single point of access is currently up to **60 weeks**. If your referral is accepted as clinically appropriate for ADHD assessment, the current wait time is **12 – 16 weeks** for an appointment from the date your referrer is made aware of the Single Point of Access outcome.

These wait times are from the date of referral receipt, and this is subject to change depending on demand. When you are near the top of the single point of access waiting list, the team will contact your GP to inform them of the provider allocated for assessment.

If your referral is not accepted as clinically appropriate at the point of the single point of access, recommendations will be sent to the GP or referrer on the next steps to support you.

If you are accepted, the independent practitioner will then contact you within 12-16 weeks to discuss the assessment in more detail. They may require further information from you to support the assessment.

Due to the high demand for the service please inform your GP or referrer at your earliest convenience if you no longer require an assessment. Informing us that an assessment is no longer required helps the service in reducing wait times for other people on our waiting list.



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Local Support Offer

ADHD Lincs Interventions

ADHD Lincs is a local registered charity who offer support for anyone living with ADHD. Referrals can be made by a professional or self referral.

[Contact - ADHD Lincs | ADHD Awareness](#)

They run a number of events to support

Face to face support group

Community Room at Tesco, Wragby Road in Lincoln
Tuesdays 10am-12pm

Monthly Q+A

Drop in on our monthly online session and ask questions or advice whilst waiting for assessment.

123 Magic for teens training course

Managing and understanding your teen, how to set limits and listen sympathetically while they thrive for independence.

Resilience And Me (RAM) training course

A solution focused programme aimed at adults experiencing mental health or emotional difficulties.

Let's Get Organised (Let's GO) training course

A 5-part program for people with ADHD and associated Mental Health disorders to take steps towards taking control of being swamped under.

Neuro Bite Sessions training course

Bitesize workshops allowing you to pick and choose a subject that you wish to learn more about.

[Support - ADHD Lincs | ADHD Webinars](#)

Lincolnshire Recovery College Courses

The Lincolnshire recovery college offer a number of free courses.

[Lincolnshire Recovery College courses :: Lincolnshire Partnership NHS Trust](#)

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Self Help Advice

'14 tips to help yourself' -

Adapted from 50 tips by American psychiatrist Ed Hallowell in Driven to Distraction.

- ask for help from your friends and family: but say exactly what you need.
- get feedback about how you affect others: and ask for feedback about when you do things well.
- use structure and prioritise:
- make lists and notes.
- use colour coding and reminders.
- write down plans.
- break down big goals into smaller, manageable tasks.
- reward yourself when things go well: or don't go too badly!
- respond to boring tasks quickly: "OHIO" = only handle it once
- accept that some things are just difficult: so it doesn't get you down
- plan difficult meetings or conversations: anticipate problems.
- find ways to help yourself concentrate background music, silence, something to "fiddle with" in your hands.
- have "blow-out time" or "time outs": gym, dancing, running. • don't beat yourself up: (or your parents!) • join a support group: or start one!
- learn to tolerate your moods (without panicking or catastrophising): NOT "I'm hopeless" or "I never manage to..."
- find friends who are good for you: and spend time with them.
- be proud of yourself: yes really...you're trying to make things better.

Helpful Videos

How to explain ADHD:

[How to \(Explain\) ADHD](#)

ADHD and Emotional Dysregulation:

[ADHD and Emotional Dysregulation: What You Need to Know](#)

ADHD and Relationships

[ADHD and Relationships: Let's Be Honest - YouTube](#)

ADHD and Sleep

[How to Get to Sleep When You Have ADHD - YouTube](#)

ADHD and Anger – how to build up your brakes

[Anger and ADHD: How to Build up Your Brakes](#)



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Further Support

ADDISS Charity

The National Attention Deficit Disorder Information and Support Service. We provide people-friendly information and resources about attention deficit hyperactivity disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals. Whatever you're looking for in ADHD, we'll do our best to help. Email: info@addiss.co.uk Web: [ADDISS](http://www.addiss.co.uk)

ADHD UK

A registered charity that offers online support groups, social media support groups and other support resources

Web: [What is ADHD - About ADHD](http://www.adhd-uk.org)

Additude

A wealth of information and resources around ADHD

Web: [ADDitude - ADD & ADHD Symptom Tests, Signs, Treatment, Support](http://www.additudemag.com)

Headspace – supporting mindfulness

Offers a free 10 day introductory Mindfulness programme

Web: <http://www.getsomeheadspace.com>

Pomodoro Technique - supporting time management.

Web: <http://pomodorotechnique.com/>

Wait but Why – Supporting procrastination.

A visual resource in 2 parts

Web: [Why Procrastinators Procrastinate — Wait But Why](http://www.waitbutwhy.net/)

Centre for Clinical Interventions – supporting procrastination.

Practical guide to support with procrastination

Web: [Practical Strategies to Stop Procrastination](http://www.practicalstrategiesstopprocrastination.com)

My Study Bar – Supporting learners with literacy difficulties:

A suite of portable windows freeware applications assembled into one package to support learners.

Web: <http://www.callscotland.org.uk/mystudybar/>

Open University Courses

The open university offer a range of free courses, including one entitled **Understanding ADHD**

Web: [Understanding ADHD | OpenLearn - Open University](http://www.open.edu/openlearn/health-society/understanding-adhd)

Important Notice: The team are currently experiencing significant demand for assessment services. We are endeavouring to work through assessments as quickly and safely as possible to support needs. If you no longer need an assessment, please contact your referrer. This will help us in reducing our wait times for people.



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UK Health Security Agency

PLACE LOGO HERE

How to keep antibiotics working

- **Don't take antibiotics for colds and flu. They won't work.**
- **Don't save leftover antibiotics for later, they don't work.**
- **Take them as directed by your GP, nurse or pharmacist.**



Scan the
QR code to
find out more





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Royal College of
General Practitioners



**Armed Forces veteran
friendly accredited
GP practice**

We are an Armed Forces veteran friendly accredited GP practice.

This means that, as part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment.

**If you are ex-forces, please
let your GP know to help
ensure you are getting the
best possible care.**



**To find out
more, ask your
nurse or GP.**



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Vaccinations

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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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**](#)