

Boultham Park Medical Practice Newsletter



Summer 2026



Welcome

Welcome to this Summer 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



Your Surgery Needs You!
Our Next Meeting Is Being Held in September!!
Please Speak to Reception If You Wish To Attend Or Fill
Out A Form From Reception And We Will Contact
You!

Boultham Park Team

See more Details on Page 3

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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!

Boultham Park Medical Practice Newsletter



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Our Triage System

In November 2025 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!

A promotional banner for the NHS online service. The left side has a dark blue background with the NHS logo, the text 'Contact us online', and a description of the service. A green button says 'Submit a new request'. The right side shows a smartphone screen displaying the 'Your Practice Powered by accurx' interface with three options: 'I have an admin request', 'I want help for a medical issue', and 'I want to see online advice'.

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

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 treatment

Boultham Park Medical Practice

Patient

Participation Group

The overall aim of your 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

The KEY AIMS of the PPG are to:

- Create and improve two-way communication between patients, the Practice and the community it serves
- Bring a sense of partnership between the Practice and its patients
- Provide an avenue for patients to input into the way facilities and services are planned and executed
- Influence and add the 'human touch' to those services
- Provide constructive two-way feedback on patient and community needs, concerns and interests
- Support the Practice in good health promotions, preventative medicine and health literacy
- Collect patient opinions and experiences to help the Practice to evaluate its services
- Communicate information about the Practice to both the immediate and wider community

Boultham Park Patient Participation Group members are ordinary patients who have joined the Group to assist with targeting these aims. They can be contacted through the Practice reception or visit

www.boulthamparkmedicalpractice.co.uk/patientparticipationgroup/contact

To complete a contact form.

The Chair and Secretary are elected annually from within the Group

Secretary - Cathy Hanger

Travel Vaccinations

Are you Travelling abroad this summer?

Please allow 6-8 weeks before you travel if you need vaccinations.

Travel forms are available from reception. If handed in too late you will be signposted to Boots pharmacy which will incur a cost to yourself.

An NHS poster with a blue background and white text. The text reads: 'Travelling abroad this summer? Plan ahead to make sure everyone travelling is up-to-date with their vaccinations'. Below the text is an illustration of a diverse group of people (men, women, and children) walking and carrying various types of luggage (suitcases, backpacks, rolling bags). The NHS logo is in the top right corner.

NHS

Travelling abroad this summer?

Plan ahead to make sure everyone travelling is up-to-date with their vaccinations

New NHS Dental Services

The Integrated Care Board (ICB) are planning to launch new NHS dental services, with proposed locations in Lincoln, Boston and Skegness to support improved access to NHS dental care. These services will also support the training of the future dental workforce.

The new services are designed to deliver more NHS dental appointments, with a focus on communities who need them the most. By commissioning these services, they aim to reduce health inequalities and make essential NHS dental care more accessible for everyone.

The ICB are seeking views on planned new NHS dental services, proposed to be based in Lincoln, Boston and Skegness.

These locations have been identified as the areas where there is unmet need and where oral health is the poorest. The proposed services will be accessible to residents across Lincolnshire, within the capacity of services.

As part of the ICB's commitment to improving NHS dental care, the proposed services will not only expand access to essential treatment but will also support training of the future dental workforce.

Everyone living in the UK is eligible to access NHS dental services. Most adults pay a set, flat-rate fee for treatment, but you may qualify for free NHS dental care if you meet specific criteria.

For more information visit: [Who can get free NHS dental treatment or help with dental costs – NHS](#)

To participate in this survey, please click [here](#)

Your feedback will help shape the service specification and the way the services are designed, delivered and monitored. This will ensuring they are safe, effective and responsive to local needs.

Get the pill for free from a pharmacy



No need for a GP prescription, just ask a local pharmacy for the **contraceptive pill**.

This service is confidential, and you will be seen in a private consultation room.



Find a pharmacy offering the contraceptive pill



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



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://heptest.nhs.uk/> to order a test.



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

Lincoln Community Diagnostic Centre Bus Route

Buses will stop at Lincoln Community Diagnostic Centre (CDC) on a new, dedicated route as part of a two-month trial to help improve access to the NHS facility via public transport.

From Monday 1 June 2026, buses will operate every 30 minutes between Lincoln Central Bus Station and Lincoln CDC, via St Marks Street, from 8.45am to 3.15pm, Monday to Friday. A temporary bus stop will be in place on Poplar Avenue, near to the CDC, meaning pedestrians will only have a short walk through to the building.

The two-month trial will also include use of an electric bus for two weeks during July, which will be the first electric bus to be used on public routes in the city.

Lincolnshire Community and Hospitals NHS Group Chief Executive, Professor Karen Dunderdale, said: "Lincoln Community Diagnostic Centre supports up to 60,000 patients each year and we're doing everything that we can to make it as accessible as possible for everyone.

"While dedicated, free car parking remains available on site, we recognise that not everyone has the privilege and access to their own vehicles. Discussions relating to public transport links have been taking place since before the facility opened and we've also been supported by patient feedback, which has described the challenges of the nearest bus stop being approximately half a mile away for those with limited mobility or who are unwell.

"This two-month trial allows opportunity to explore if this additional bus service would be viable longer-term, while offering a more sustainable and convenient public transport route to our services."

A CDC provides a broad range of diagnostic services, such as X-rays, blood tests and CT and MRI scans, as part of a patient's ongoing planned care, away from main acute hospitals. This helps to give easier and quicker access to tests.

To read the full story, visit their website [here](#)

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.

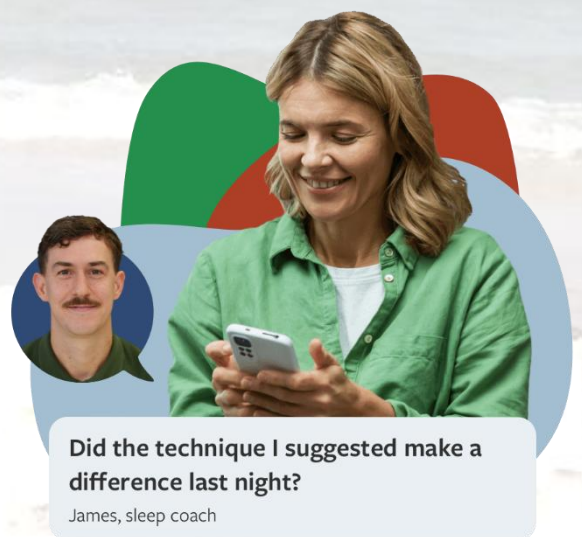
Explore HeadFIT at headfit.org

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



World Breastfeeding Week



**Breastfeeding for a
Sustainable Start in Life:
Strengthen What Works**

WABA | WORLD BREASTFEEDING WEEK 2026

World Breastfeeding Week (WBW) is celebrated every 1-7 August in commemoration of the [1990 Innocenti Declaration](#). WBW started in 1992, with annual themes including healthcare systems, women and work, the [International Code of Marketing of Breastmilk Substitutes](#), community support, ecology, economy, science, education and human rights.

The global WBW campaign aims to inform, anchor, engage and galvanise action on breastfeeding and related issues. Find out more information [here](#)

Objectives

INFORM

celebrants about the
selected theme of the year

ANCHOR

the theme within the global
breastfeeding agenda

ENGAGE

with individuals and
organisations for greater
impact

GALVANISE

action on the selected
theme and related issues

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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](#)