

# Patient NEWSLETTER

## Be Careful Where You Buy Medicines Online

### Risks of using unregulated websites and social media for prescriptions

We all self-prescribe now and then — for example, buying paracetamol or lozenges when we have a headache or sore throat. But recently, more people are turning to online sellers for weight-loss injections or hair-loss medication, sometimes via social media or unregulated websites — and this can be risky.

The National Pharmacy Association (NPA) urge patients to avoid buying weight loss injections from unregulated online sellers, who maybe selling fake drugs.

- The British Association of Hair Restoration Surgery (BAHRS) believes patients shouldn't get the hair-loss drug just by filling out an online form.
- The BBC has several articles on people buying online prescriptions and the fatal consequences of some of these drugs.

The [NHS](#) explains that you can buy medicines online but be very careful if you do this. Many websites selling medicines are not registered as pharmacies, so buying from them is potentially unsafe. Medicine from an unregistered website could be dangerous to your health because it might be out of date, diluted, fake, or may not be suitable for you.

## Reminder from our last edition:

You may notice changes to how blood tests requested by hospital consultants, doctors, or nurses are handled. Due to funding and in support of collective action across the healthcare system, local GP surgeries will no longer routinely perform blood tests requested by hospitals. Instead, if a hospital clinician requests a blood test, we are advising patients to have this done directly at the hospital.

This change helps ensure that hospitals can utilise the specific funding allocated to them for these services, while GP surgeries can focus their resources on other patient needs. Once completed, your test results will be sent to the requesting clinician.

We appreciate your understanding as we work to provide the best care possible within current healthcare funding structures.



### Springfield Patient Participation Group (PPG)

We are the Patient Participation Group, a group of volunteers who represent the patients of the Springfield Practice. Independent from the surgery, we are here to represent your interests to the practice so they can best meet all our needs. We produce this newsletter for the benefit of all surgery patients.

*Any suggestions as to what you want to hear more about in future editions then please email us at:*

[PPG.Springfield@gmail.com](mailto:PPG.Springfield@gmail.com).

# Springfield Doctors



**Dr Simon Gazeley MBBS MRCGP PGDMSurg PGDDerm.** Interests include minor surgery, dermatology and joint/muscular injections.



**Dr Rachel Dawson MBChB MRCGP DRCOG DFFP.** Interests include contraception, diabetes and sexual health.



**Dr Damien Lund MBBS MRCGP.** Interests include mental health, palliative care and urgent care.



**Dr Abi Howgego BM MRCGP DCH PGCEd.** Interests include child health and education.

# Surgery Specialties

There are a number of specialties covered by staff within the surgery. Over forthcoming editions, we will highlight some of them and give you a better idea of how these areas work.

They will include...

- Practice Nurses
- Receptionists
- Admin Back Room
- Student Doctors

# The Clinical Pharmacist



Here's how they can help:

- They are registered healthcare professionals with the General Pharmaceutical Council.
- They work closely with GPs to review your medications and ensure you're getting the best possible benefit from them.
- You may be referred to a clinical pharmacist for a medication review or to discuss any concerns about your prescriptions.
- If you're taking multiple medications, they can help make sure they all work safely together and advise on any necessary adjustments.
- They may recommend changes to your medication to help reduce side effects or improve how well your treatment works.
- They carry out regular medication reviews and health checks, which might include things like blood pressure monitoring or blood test follow-ups.
- Clinical pharmacists can also issue prescriptions when appropriate.
- The clinical pharmacists are part of the Springfield clinical team, they work closely with our GPs, nurses, and other healthcare professionals to ensure joined-up care.

### Did you know?

Clinical pharmacists also support the practice by:

- Helping manage repeat prescriptions and ensuring medication is up to date.
- Providing advice on stopping or switching medications safely.
- Supporting safe prescribing for people recently discharged from hospital.
- Offering advice to patients on how and when to take their medicines.



Fozia Bi  
Clinical Pharmacist



Lesley Tasker  
Pharmacy Advisor



Haajrah Khisar  
Clinical Pharmacist



**Dr Helen Jackson**  
**MBChB MRCGP**  
**DRCOG.** Helens interests include women's health.



**Dr Fiona Chubb**  
**MBChB MRCGP BSc**  
**DCH DRCOG DTM&H.** Interests include child health, palliative care and tropical medicine.



**Dr Awes Siddique**  
**MBBS.** Awes is an experienced GP who was here as a "registrar" is now a permanent member of our GP team



**Dr Zuhaina Haque.** Zuhaina is a doctor who completed her GP training with Springfield and has now returned.

## Did you know?

### General health advice

There is lots of general health advice in the NHS Health A-Z which is a really helpful resource, this can be located at [Health A to Z - NHS \(www.nhs.uk\)](http://www.nhs.uk).

### Recycling Medical Aids

There is a walking aid recycling bin located outside around the back of the health centre.

### Selfcare Room

There is a room accessible 8am – 6.30pm Monday to Friday for blood pressure and weight monitoring.

### Extended Access Service

The Bradford extended access service offers several services which are bookable via the Springfield reception team:

- Physiotherapy triage scheme (Age 16+)
- Blood test appointments on evenings & weekends (Age 12+)
- GP Clinic appointments on evenings & weekends
- Smear clinic on Monday evenings
- Young peoples counselling (Age 16-25)
- Mental health triage & support (Age 11+)

### NHS Pharmacy First scheme

Under this new scheme, you can visit a pharmacist to receive advice and treatment for some simple, minor illnesses, instead of going to see your doctor.

You can visit your pharmacist for a consultation, and they will treat you and prescribe medication if necessary. If your condition is more serious you will be referred to a GP or hospital.

Here are the 7 common conditions that can now be treated by local pharmacies: Sinusitis (Age 12+), Sore throat (Age 5+), Earache (Age 1-17), Infected insect bite (Age 1+), Impetigo (Age 1+), Shingles (Age 18+), Uncomplicated urinary tract infections in women (16-64)

Further information - [NHS England » Pharmacy First](http://www.nhs.uk)

***We have recently had reports of shortages of some medicines  
See what to do here...***

### Out of stock medication, what you can do:



1. Ring round other local pharmacies to see if they have the stock.
2. If the stock is available, the full prescription can be dispensed at the alternative pharmacy.
3. Ask the original pharmacy to return the script electronically so it can be reissued.
4. If unable to locate stock at any pharmacy, contact the surgery for an alternative item/prescription.



**British Heart Foundation**

### CPR training coming soon to Springfield:

The PPG is re-establishing training for Springfield patients to learn how to administer lifesaving CPR. If you would like to take part or find out more, please email [PPG.Springfield@gmail.com](mailto:PPG.Springfield@gmail.com) and we will add your name to the list.

# Did you know?

## Prescriptions information, medication ordering:

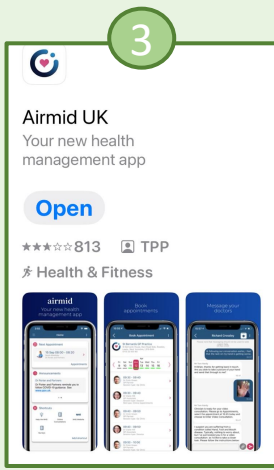
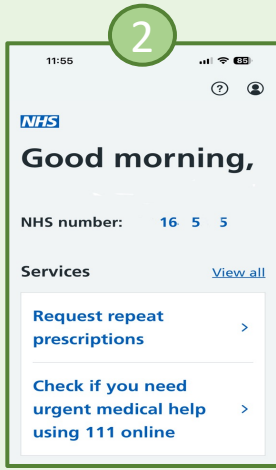
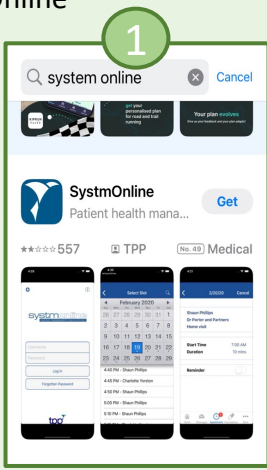
**Medication can be ordered 7-10 days before the next expected issue date.**

Medications can be ordered in the following ways:

- Via the NHS app
- Via systemonline (SystemOnline Login ([tpp-uk.com](http://tpp-uk.com)))
- Via the Airmid app – see opposite
- By visiting the surgery & completing a request slip
- If aged over 80 via telephone

## Prescription ordering applications available from your phone App Store:

1. SystemOnline
2. NHS
3. Airmid



## Carers corner

### Carers' Resource

Whether you care for a parent, a partner, a relative or a child with additional needs, Carers' Resource can give you information, advice and support..



### Contact:

For more information, ask for a referral from your GP, nurse, or at reception, and the Carers Resource will contact you.

Alternatively, you can contact the Carers Resource directly yourself.

**Telephone:** 01756 700888

**Web:** [www.carersresource.org](http://www.carersresource.org)

## More than 13 million people in the UK are unpaid carers. If you are caring for someone, you are not alone.

Caring can be rewarding but it can be tough. At Carers' Resource, we provide information, guidance and advice, along with practical and emotional support. Whether you are new to caring or have been looking after a friend or family member for many years, we are here to help.

# Signposting...

## Springfield

### Telephone:

01274 567991

### Hours:

Telephone:

8.00am - 6.00pm

Monday to Friday

Reception:

8.00am - 6.30pm

Monday to Friday

### Out of hours:

telephone 111 or,  
in an emergency,  
999

## Springfield Surgery

### Website:

[www.springfieldsurgery.nhs.uk](http://www.springfieldsurgery.nhs.uk)

**Springfield Patient Survey**  
*You should have now received a request for feedback...*

*Add more here*

## Bingley Foodbank

A community resource serving local people facing crises in their lives. It has been initiated by the Methodist Airedale Circuit. Vouchers can be obtained from...

- Bingley Medical Practice/ Springfield Surgery
- Bingley Voluntary Services
- CAP
- Cottingley Cornerstone Centre
- Dept of Adult and Community services – Town Hall Bingley
- In Communities
- Primary Schools – Eldwick/ Priestthorpe/ Trinity All Saints/Crossflatts.

## Canalside Café – Bingley Medical PPG:

This is open Monday to Friday 11am to 1pm - serving well priced food, snacks, drinks and gorgeous home-made cakes. It's the ideal place to go meet friends or call in just to see a friendly face and enjoy the warm space. This is a community run café and they are always looking for volunteers to assist with its running. If you feel you can assist, please contact [Jillwadsworth@hotmail.com](mailto:Jillwadsworth@hotmail.com)

## Become a SPPG Member

**We are the Patient Participation Group, a group of volunteers who represent the patients of the Springfield Practice. Independent from the surgery, we are here to represent your interests to the practice so they can best meet all our needs. We produce this newsletter for the benefit of all surgery patients.**

We meet at the surgery and local venues. Times vary to accommodate as many people as possible. Recent discussions have been around: Flu clinics, Patient access to records, patient questionnaire, communication with computer and non-computer.

## Springfield Surgery Patient Participant Group

### Who we are:

We are a group of patient volunteers from Springfield Surgery. We are a part of a network of Patient Participation Groups, both local and national, whose aim is to help bring to patients the best possible service from our practice and the NHS. All GP surgeries are now required to have a Patient Participation Group.

### Who can join?:

Anyone can join us who is registered with Springfield Surgery and has an interest in helping with communication links between patients and the team at Springfield Surgery.

### Our Aims:

- To provide a forum for the views of all patients at Springfield Surgery.
- To assist the GPs and the Practice team to deliver a first class service.
- To foster improved communications between the Practice and patients.
- To develop an independent group to look at patients wider needs within the NHS and to feed our ideas back to the Practice team.

***If you have an interest in helping to improve the Surgery Practice or to discuss new ideas. Please cut out this section, complete the form on the reverse and hand into reception.***

# Health matters

## Help Us, Help You: Early Cancer Detection Saves Lives

Early cancer detection is crucial for improving treatment outcomes and saving lives. Here are some key points to include in your newsletter, based on NHS resources:

**1.Importance of Screening:** NHS offers three national cancer screening programmes for cervical, breast, and bowel cancer. These screenings can detect cancer or precancerous conditions early, even before symptoms appear. For example, cervical screening now includes testing for high-risk HPV, which can prevent around 600 additional cancers annually.

**2.Know the Signs and Symptoms:** Encourage readers to be vigilant about changes in their bodies. For instance, lumps, unexplained weight loss, or persistent coughs could be early signs of cancer. The NHS emphasizes that early diagnosis increases the likelihood of successful treatment.

## Take care of your teeth and gums

*Here's how you and your children can have healthy teeth and keep trips to the dentist to a minimum.*

**Brush your teeth twice a day** - with fluoride toothpaste. <https://www.nhs.uk/live-well/healthy-teeth-and-gums/how-to-keep-your-teeth-clean/>

**Clean between your teeth** - Floss or use an interdental brush every day to remove food, debris and plaque lodged between your teeth.

**Cut down on sugar, and other lifestyle tips** - Have a healthy lifestyle, including eating well, not smoking and limiting your alcohol and sugar intake.

**Brush baby teeth as soon as they come through** - Start brushing a baby's teeth as soon as they come through. Here are tips on [looking after your baby's teeth](#).

**Get children into a teeth-cleaning routine** - Help your child have healthy teeth for life by having a good dental health routine. [Find out more about how to look after your children's teeth](#)

**Have regular dental check-ups** - Have regular check-ups with your dentist. Do not put off going for a check-up. Detecting problems early mean they're easier to treat.

## Quit smoking

When you quit smoking, good things start to happen.

You'll begin to see almost immediate improvements to your health.

It's never too late to quit and it's easier to stop smoking with the right support.

Don't just imagine a life without smoking, you can live it!

**Why not start by downloading the free NHS Quit Smoking app to get daily motivation?**



- Track your progress
- See how much ££s you're saving
- Get daily support
- Be inspired

**Once you reach 28 days smoke-free, you're much more likely to quit for good!**

## TO JOIN SPRINGFIELD PPG :

Please complete this form and hand into reception.

Name :

Address :

Post Code :

Telephone :

Mobile/Text :

Email :

**What are your preferred methods of contact?:**

Telephone

Mobile

Text

Email

**Best meeting times?:**