

PARK MEDICAL PRACTICE

SPRING NEWSLETTER 2026

WELCOME TO SPRING AT PARK MEDICAL PRACTICE

Spring is a season of renewal — but alongside brighter days can come allergies, lingering viruses and seasonal health changes. This edition focuses on **simple steps to stay well**, plus updates on services designed to make accessing care easier.

HAY FEVER & SEASONAL ALLERGIES

High pollen = High symptoms

Common symptoms:

- Sneezing
- Itchy, watery eyes
- Runny or blocked nose
- Fatigue

TIPS FOR MANAGING HAY FEVER

- Keep windows closed on high pollen days
- Shower and change clothes after being outdoors
- Use over-the-counter antihistamines (ask your pharmacist)
- Check daily pollen forecasts

If symptoms are severe or not improving, contact the practice for advice.

SPRING VIRUSES ARE STILL AROUND

Colds and viral infections continue into spring.

HELP STOP THE SPREAD

- ✓ Wash hands regularly
- ✓ Catch coughs and sneezes
- ✓ Avoid sharing drinks
- ✓ Stay home if unwell

If symptoms worsen or persist, please seek medical advice.

CHOOSING THE RIGHT SERVICE

NHS PHARMACY FIRST

Right Care. Right Place. First Time.

You can now access treatment for several common conditions directly from your local pharmacy.

■ PHARMACY FIRST TREATS:

- Sinusitis (12+)
- Sore throat (5+)
- Earache (1–17)
- Infected insect bites (1+)
- Impetigo (1+)
- Shingles (18+)
- Uncomplicated UTIs (women 16–64)

A referral from our practice is required.

■ WHY USE PHARMACY FIRST?

- ✓ Faster access
- ✓ No GP appointment needed
- ✓ Expert clinical advice
- ✓ Keeps GP appointments free for complex care

Pharmacists are highly trained healthcare professionals with five years of clinical training.

🖥️ GO DIGITAL – SAVE TIME

■ DID YOU KNOW?

You can:

- Order prescriptions
- Book or cancel appointments
- View test results
- Access parts of your medical record

Use the NHS App or our website.

■ NON-URGENT REQUESTS?

Use our **online contact form** for:

- Fit notes
- Referral enquiries
- Test result queries
- Repeat medication requests

This helps reduce phone waiting times for everyone.

THE PRACTICE IN NUMBERS

JANUARY 2026 AT A GLANCE

TOTAL CALLS ANSWERED:

10,483 across all three sites

PARK VIEW SURGERY

- 1,958 Face-to-Face
- 417 Telephone
- 16 Home Visits
- 193 Missed Appointments
- 241 Referrals

COTTAM LANE & GEOFFREY STREET

- 5,343 Face-to-Face
- 1,384 Telephone
- 69 Home Visits
- 315 Missed Appointments
- 624 Referrals

MEET OUR TEAM

Front Desk Reception Teams

Our reception colleagues are here to guide you to the right care.

We are pleased to welcome new team members across:

- Cottam Lane
- Geoffrey Street
- Park View Surgery

Thank you for your patience as they continue learning our systems.

TRAINING THE NEXT GENERATION OF GPs

We are proud to support GP training.

CURRENT DOCTORS IN TRAINING:

- Dr Bashir Yar'adua – Specialist Trainee GP
- Dr May Pan – Specialist Trainee GP
- Dr Sahar Mustafa – Specialist Trainee GP
- Dr Lucy Worthington – Foundation Doctor
- Dr Nanthini Saravanan – Foundation Doctor

They are fully qualified doctors working under supervision.

COMMUNITY & CAMPAIGNS

SOCIAL PRESCRIBING DAY

Thursday 26th March 2026 | 1pm–3pm

St Bernard's Hub, Elswick Road

WHAT IS SOCIAL PRESCRIBING?

Not all health concerns need medicine, social prescribing connects you to support for:

- Loneliness
- Debt or housing worries
- Bereavement
- Lifestyle changes
- Community activities

Speak to reception if you would like a referral. Refreshments available on the day

NATIONAL NO SMOKING DAY

Wednesday 11th March 2026

BENEFITS START IMMEDIATELY:

- ✓ Easier breathing
- ✓ More energy
- ✓ Reduced risk of heart disease and cancer
- ✓ Financial savings

Local support is available through:

- Smokefree Lancashire
- Quit Squad (NHS Stop Smoking Service)
- NHS Stop Smoking Service, Friargate, Preston

Speak to us for referral support.

COSY HOMES IN LANCASHIRE

STRUGGLING WITH HEATING COSTS?

Support may be available for:

- Insulation
- Heating systems
- Solar panels
- Energy assessments - Call 03306 061 488 to check eligibility. Cold homes can worsen respiratory conditions — support is available.