

# HEATH LANE MEDICAL CENTRE SPRING 2025 NEWSLETTER



Hello and welcome to the latest edition of Heath Lane Medical Centre's quarterly newsletter!

As always, we aim to keep you up to date with news and advice from both within and outside of the practice.



Heath Lane Medical Centre



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<https://www.instagram.com/heathlanemc/>



### Easter 2025 Closed Hours

Closed - Friday 18th April 2025  
Closed - Monday 21st April 2025



Please remember to order your prescription in time, it takes up to 2 working days to process prescriptions.



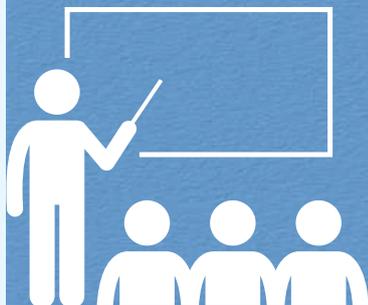
### Bank Holiday 2025 Opening Hours

Closed - Monday 5th May 2025  
Closed - Monday 26th May 2025  
Closed - Friday 25th August 2025

Please remember to order your prescription in time, it takes up to 2 working days to process prescriptions.

### Staff Training Dates

- Wednesday 12th March
- Tuesday 1st April
- Wednesday Wednesday 14th May



The surgery will be closed for staff training on these days from 1pm, we will reopen at 8am the following day.

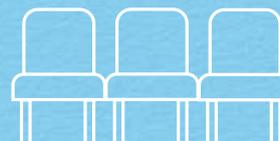
NHS 111 will be available to assist you while we are closed.

## Missed Appointments

Please remember if you cannot attend your appointment, to contact us to cancel it ASAP. Your appointment could be offered to another patient who urgently needs help.

Between 1st September and 30th November there were **207** missed appointments across the whole clinical team.

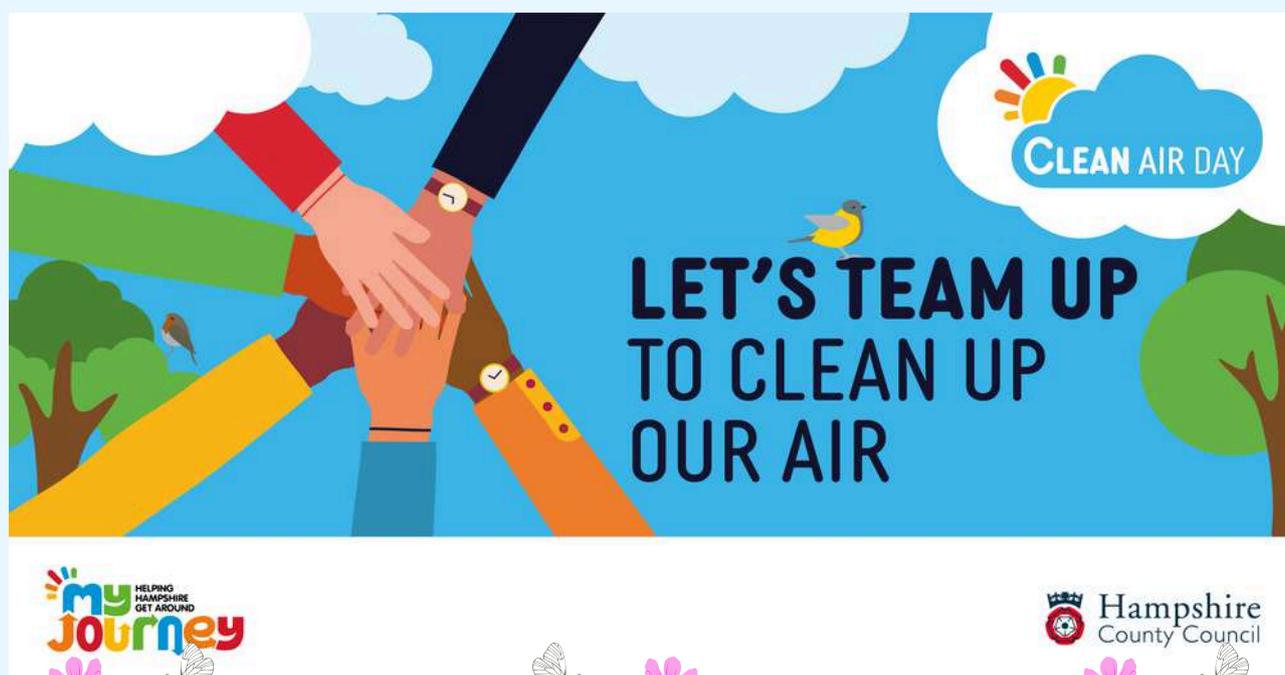
**33.5 hours of appointments lost**



## Here is how our practice has been supporting patients

From 1st September till 30th November:

- Number of appointments booked - 7701
- Number of new registrations - 95
- Number of prescriptions issued - 3801
- Number of referrals done - 481
- Number of blood test requested - 1727



## Clean Air Day.

Air pollution is linked to 43,000 deaths per year in the UK. The World Health Organization and the UK Government recognise that air pollution is the largest environmental threat to our health.

For more information: <https://www.actionforcleanair.org.uk/>

## National Walking.

This year, we invited you to discover the #MagicOfWalking and celebrate the many health and happiness benefits of walking and wheeling.

Walking is free, flexible and fun, and it's proven to have huge benefits for our health and wellbeing.

Check this 20 tips to help you fit 20 minutes of walking into your day.

<https://www.livingstreets.org.uk/get-involved/national-walking-month/try20-tips/>



## Stress Awareness Month

Have you ever found yourself in a situation where your to-do list seems endless, deadlines are fast approaching and you find yourself saying 'I feel stressed!?'

But what is stress really, and how does it affect us?

When stressed, the body thinks it is under attack and switches to 'fight or flight' mode, releasing a complex mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine to prepare the body for physical action.

For more information please visit:

<https://www.stress.org.uk/individual-stress-test/>

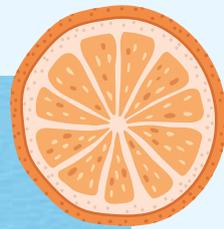
<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/>



A simple test to measure your stress levels

**Test Your Stress  
Today**





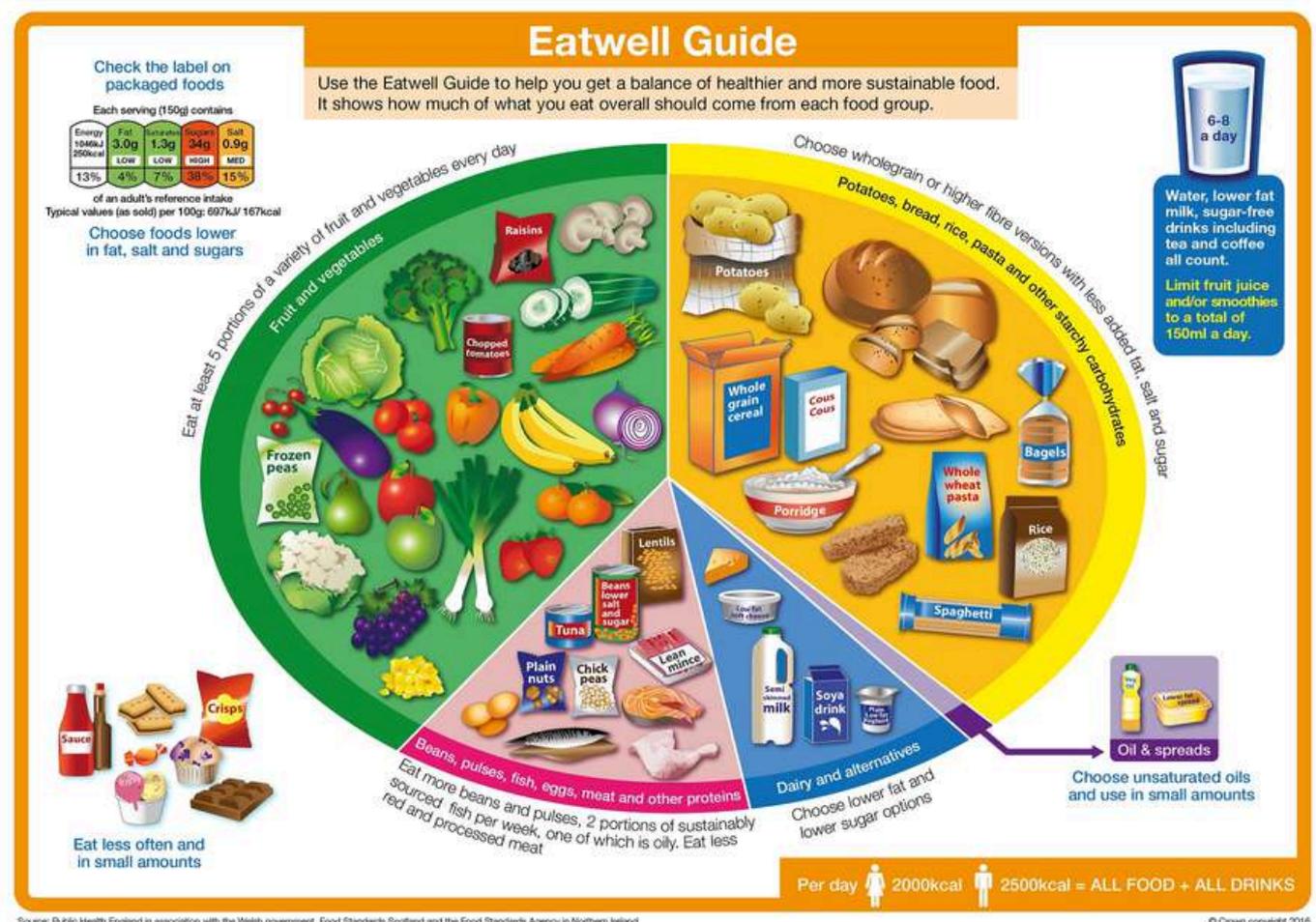
## Healthy Eating

Following a healthy, balanced diet helps make sure that our bodies get all the nutrients needed to work well from day to day and can also reduce the risk of diseases like heart disease, stroke, type 2 diabetes and some types of cancer in the longer term.

### What are nutrient requirements?

These are different for each nutrient and vary between individuals and life stages, for example women of childbearing age need more iron than men. Each nutrient has a particular series of functions in the body; some nutrients are needed in larger quantities than others. Individual requirements of each nutrient are related to a person's age, gender, level of physical activity and state of health.

For more information please visit: <https://www.nutrition.org.uk/>



## Men's Health

The NHS is supporting an international event which aims to raise awareness about men's physical and mental health, with the aim of giving boys and men access to the information, services and treatment they need to maintain their health.

- Men are nearly twice as likely as women to die prematurely from diabetes
- Amongst people working full-time, 37% of men had seen their GP in the past 3 months compared to 53% of women
- Men are 67% more likely to die from the common cancers that affect both men and women.

For more information please visit:

<https://www.menshealthforum.org.uk/>



## Respiratory syncytial virus (RSV)

Respiratory syncytial virus (RSV) is a common cause of coughs and colds. It usually gets better by itself, but it can be serious for some babies and older adults.

Who's at risk from RSV?

- babies under 6 months old and born prematurely
- adults over 75 years
- babies, children and older adults with a weakened immune system

A vaccine to help protect against RSV will be available on the NHS from September 2024.

You'll be able to get the vaccine if:

- you're aged 75 to 79
- you're 28 weeks pregnant or more – this will help protect your baby for the first few months after they're born

We will contact you about getting vaccinated. Please wait to be contacted.

For more information please visit:

<https://www.nhs.uk/conditions/respiratory-syncytial-virus-rsv/>



## NHS App

The NHS App allows you to access a range of NHS services, you must be aged 13 or over and registered with a GP surgery in England to be able to register.

The NHS App enables people to:

- Order repeat prescriptions and set or change their nominated pharmacy
- Book and manage some appointments, including hospital appointments
- View your GP health record to see information like your allergies and medicines
- Register your organ donation decision
- Choose how the NHS uses your data
- View your NHS number
- Get health information and advice

For more information please visit: [nhs.uk/nhs-app](https://nhs.uk/nhs-app)

Download the app here:



**Members of our Patient Participation Group will be running some drop-in sessions over the coming months to help patients get set up with using the NHS App. Keep an eye out on social media for upcoming session information.**

## Ovarian Cancer Awareness Month

March is Ovarian Cancer Awareness Month, which aims to raise awareness to ensure women know the signs and symptoms to look out for. Ovarian Cancer is often diagnosed in its later stages, so raising awareness is crucial.

For further information regarding Ovarian Cancer please visit: <https://ovarian.org.uk/>



**Drop-in  
Session!**

# Do you have a... Smartphone, Tablet, Laptop or Computer?

Did you know that you can use these devices to access the following services at your GP practice?

**Booking appointments**  
**Ordering Prescriptions**  
**Contacting the practice via secure message**  
**Viewing your records and more...**

To learn how to use your device to access all these services, visit one of our drop-in sessions There is no need to book.

For more information speak to a member of our admin team or visit our social media pages.

“being run by PPG volunteers”

**March**  
**Monday 10th 2-5**

**April**  
**Monday 14th 10-12**

**May**  
**Friday 23rd 10-12**

**June**  
**Monday 16th 2-5**

# Baby sleep patterns

zZZ

the  
lullaby  
trust

You might feel that you should help your baby to sleep for longer or through the night. However, it is normal for babies under one (or sometimes older) to wake during the night.

**Babies' sleep patterns are different to adults' and change over the first few years.**

Young babies will wake frequently to be fed. Night waking can be really hard, so asking for help and making a plan for how to cope can really help.

Encouraging babies to sleep for longer and more deeply for their stage of development may affect their ability to wake up if something is wrong, such as if their mouth and nose become covered. This is a risk of sudden infant death syndrome (SIDS).

## How much do babies sleep?

### Newborn

Your baby may sleep for anywhere between eight to 18 hours a day, but only for two to three hours at a time.



### 3-6 months

Your baby may sleep for longer periods now as they need fewer night feeds. Some babies may sleep for eight hours or longer at night, but not all will.



### 6-12 months

Your baby may sleep for up to 12 hours at night but factors like teething, illness or hunger may mean they wake more frequently again.



Around a third of babies will have never slept all night by 12 months. All babies are different and their sleep patterns will change, so try not to compare your baby to others.

If you are really worried about your babies' sleep pattern, ask your midwife, health visitor or GP for support.

For more advice on safer sleep for babies visit: [lullabytrust.org.uk](http://lullabytrust.org.uk)

#### Remember:

Sleeping your baby in the same room as you for at least the first six months helps to reduce the risk of SIDS



## Are you a carer?

Do you have a carer or are you someone that cares for a spouse, family member or friend?

There are many unpaid carers in our community who have not been identified, usually because they do not see their role as 'a carer' and are therefore not aware of the services and support available to them.

If you have someone that cares for you, or you are a carer, please ask our reception team for a Carers' information leaflet.

**"We need your feedback"**

## The NHS Friends and Family Test



Your feedback will help us learn more about what you think of your experience at our surgery – what do you like and what do you think we could improve?

Ultimately, you're helping us make changes to ensure we can offer the best possible care.

You can find our 'Friends and Family Test' by [clicking here](#)

## Patient Feedback

We always welcome feedback from our patients, here are a few comments we have received over the past few months:

- Hard working staff, always accommodating
- The lady on reception was very helpful
- Receptionist was lovely and got me in the evening clinic. Seen dr Thompson who was one of the best gps I've ever been to! She was so thorough and kind, didn't make me feel like I was being silly for coming about my issues
- I've never had any issues with the surgery