

Practice Newsletter

March 2024

ST JOHN'S
MEDICAL
CENTRE



STAFF INFORMATION



- Michelle Brown has joined our Reception team.
- We have sadly said goodbye to Dr Chiemeka Okpala and Megan Knifton.
- Jenny Doggett is retiring at the end of the month. Jenny wanted to give her heartfelt thanks to all of the patients who have kindly given retirement cards and gifts. Her time at St John's has come to an end, as she enters into a new chapter she wanted to say how much she will miss all of you, patients and staff.

Please speak to a member of our team for a referral today. One you Lincolnshire can help you to:

- Eat well. Lose weight
- Health coaching
- Move more
- Drink less
- Stop smoking



The NHS friends & Family test

Thinking about your GP practice overall, how was your experience of our service?

You can pick up a feedback form from our Reception desk and in our upstairs waiting room. Alternatively you can complete the survey online, please see our website for more information.



Pharmacy First

Clinical pathway

Age range

Accessing Pharmacy First services

Acute otitis media*	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infections	Women 16-64 years

The table shows the 7 conditions pharmacists can manage across various age ranges.

Patients can access the service by attending or contacting the pharmacy directly without the need for referral.



Missed GP appointments

**Keep it or cancel it,
but don't forget it!**

- Please remember to cancel your appointment if you are unable to make it.
- Please note that you might not be seen if you arrive late for your appointment.
- If you need to cancel your appointment, Phone the Surgery 01476 348484, email licb.stjohns.med@nhs.net or text 0747479316 with your name, date of birth and appointment details.



Armed Forces veteran friendly accredited GP practice

We are an Armed Forces veteran friendly accredited GP practice.

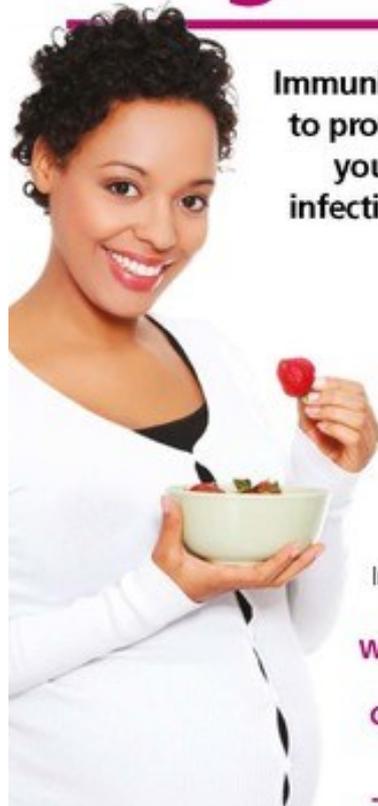
This means that, as part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment.

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.



Pregnant?



Immunisation helps to protect you and your baby from infectious diseases

Immunise against:
Flu (Influenza)
Whooping cough (Pertussis)
German measles (Rubella)

MEASLES

Don't let your child catch it
 - get them vaccinated with the MMR vaccine

- measles outbreaks happen when not enough children have been vaccinated
- measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill
- your child is at risk of measles if he or she hasn't had the MMR vaccination
- 2 doses of MMR vaccine are needed to get the best protection
- if your child is due to have had 2 doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible*
- if you can't remember if your child has had any, 1 or 2 doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP
- if you don't know how many doses your child has had, it's better to have 2 doses of MMR vaccine now rather than risk leaving them unprotected

Free, safe and anonymous mental health and wellbeing support at your pace

For young people in Lincolnshire aged 11 - 18

- Chat to our team
- Helpful articles
- Community support
- Self-help articles

Whatever is going on in your life, the anonymous community on Kooth and our team of professionals are here to help and support you 24/7.

Connect with others by sharing your experiences, gain self-care tips through our themed collections & helpful articles, or drop in for an online chat with a mental health practitioner.

Sign up today at [kooth.com](https://www.kooth.com)

