

# Winterton Medical Practice

## Quarterly Newsletter

### Winter 2024/2025



**NHS Targeted Lung Health Checks are now available in Scunthorpe**

NHS Targeted Lung Health Checks are now taking place in Scunthorpe. If you have received an invitation for a lung health check. It is important to book your lung health check appointment even if you feel fine. There are often no early symptoms of lung cancer, so this check can help to find any problems early – often before you notice anything is wrong. You can find everything you need to know at [www.lunghealthcheck.org.uk](http://www.lunghealthcheck.org.uk). #LHCInNLincs

We need to talk about the NHS and we need your help. This week we have launched our big conversation to find out what really matters to you when it comes to the NHS and to get your thoughts on how things could be changed for the better. This can't be done without the insight and help from local people. Complete the survey now:

<https://letsgetbetter.online/ournhs>



Take on 31 days alcohol-free with Alcohol Change UK for a total body and mind reset. From better sleep and a mental health boost, to saving money and time – there's a whole lot to gain this Dry January.

- 70% of people sleep better.
- 86% of people save money.
- 65% of people notice generally improved health.



People who do Dry January by downloading the Try Dry app are twice as likely to have a totally alcohol-free month compared to those who try to avoid alcohol on their own in January, and to get amazing long-term benefits. Visit <https://alcoholchange.org.uk/> for more information.

#### DNA Figures

##### **October 2024**

96.56% of patients attended their GP appointment.  
3.43% of patients DID NOT attend their appointment.

##### **November 2024**

97.5% of patients attended their GP appointment.  
2.34% of patients DID NOT attend their appointment.



**Winterton Medical Practice is on Facebook!**

#### The Friends & Family Test

The friends and family test (FFT) launched in GP practices in December 2014. The Practice looks forward to your feedback through the test to assist in shaping future care provision. Patients are asked to provide feedback at every interaction with the surgery. Under the national FFT, patients are asked a standard question: "How likely are you to recommend our service to friends and family if they needed similar care or treatment?"

#### **October Results**

At Winterton and Burton Surgery **89.7%** of patients were extremely likely or likely to recommend the Surgery.

#### **September Results**

At Winterton and Burton Surgery **89.6%** of patients were extremely likely or likely to recommend the Surgery.

Get help from your GP with Klinik Access.



#### Klinik

We have introduced a new facility for our patients to use to contact the surgery from your electronic device. Klinik can be used to contact our team for clinical or administrative queries, and you will be directed to the department that you require to help with your query.

Klinik can be found by visiting our website or via the below link.

<https://access.klinik.co.uk/contact/winterton-medical-practice>

#### Telephone Numbers

##### **Winterton Reception**

01724 732202

##### **Burton Reception**

01724 720202

##### **Winterton Repeat Prescription**

01724 732205

##### **Burton Repeat Prescription Line**

01724 720100

# Do you look after someone or know someone who is frail...?

Frailty is a long-term condition related to the ageing process in which multiple body systems gradually lose their in-built reserves. It is now widely recognised as a state of reduced resilience and increased vulnerability, which results in some older people becoming more vulnerable to relatively minor changes in their circumstances which can lead to a deterioration in their health and/or ability to live independently



E-LEARNING FOR HEALTHCARE FRAILTY TRAINING IS AVAILABLE TO THE GENERAL PUBLIC



THE TRAINING AIMS TO RAISE AWARENESS AND UNDERSTANDING OF WHAT FRAILTY IS, AND WHAT SUPPORT IS AVAILABLE



YOU CAN REGISTER FOR THE TRAINING WITH YOUR PERSONAL EMAIL ADDRESS - HOTMAIL/GMAIL FOR EXAMPLE



PLEASE SCAN THE QR CODE TO ACCESS THE TRAINING



SCAN ME



# MAKE THE MOST OF YOUR APPOINTMENT



Appointments are scheduled for **10** minutes. For clinical safety, one appointment should be booked for each medical concern.

- Please let the team know what the problem is when you book, they can ensure you are seen by the right clinician.
- If you would like to discuss more than one concern, please book a double appointment.
- Prioritise what you'd like to discuss with the clinician during the appointment.

Patient safety is of paramount importance, please help us to help you.

## Top Tips

Before you see the GP, work out what you are worried about. Highlight your concerns. Think about how you would describe your symptoms. Get to the point don't keep important information to the end.



TOO MANY PROBLEMS DISTRACTS THE DOCTOR ON DEALING WITH YOUR MAIN PROBLEM

**ONE APPOINTMENT  
ONE PROBLEM  
ONE PATIENT**



A SERIOUS ILLNESS MIGHT GET MISSED

IT IS TEMPTING TO BRING A LIST OF UNRELATED PROBLEMS, BUT CONSIDER WHATS ACHIEVABLE IN 10 MINUTES!



DOCTOR MAY BE MORE LIKELY TO RUSH