

Biggar Medical Practice Patient Group Newsletter

Number 1

Spring 2023

Dates for your diary

Tuesdays & Fridays	Wound Clinic
April 25th	Staff Training 1-4
May 1st	Closed
May 8th	Closed
May 11th	Staff Training 1-4
May 29 th Closed	Closed
July 17th	Closed
August 26th	Health Fair
September 25th	Closed

Please note that on the Tuesday after a bank holiday phone lines are extremely busy.

Thank you

We do hope you find this newsletter of interest and that you are reassured that we are thinking about the patient's perspective in the work we are undertaking through the Patient Group.

Thank you for taking the trouble to read our newsletter.

Members of the Biggar Medical Practice Patient Group.

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Achievements so far

Health Fair

Welcome to the new issue of our Patient Group Newsletter

We are the patient representative group of the Biggar Medical Practice.

We exist first and foremost to serve the interests of all patients registered with our local practice.

Our aim is to work with the practice and all the local Health and Social Care professionals, primarily to represent the 'Patient's perspective'.

We have excellent local services but it is important to ensure our voices are heard in a constructive way so we can help in thinking about how those services may be made even better.

As patients of the practice and local people we can offer ideas and suggestions of how we would like to see services develop to meet local need.

Who is on the Patient Group?

We are formally constituted and have a cross section of ages and gender, we work closely with David the Business Manager of the practice in putting together an agenda of the things we want to discuss. Details of members of the group are available on the practice website or from the practice.

Seeking New Members.

We are keen to hear of other patients from a wide range of ages and backgrounds, who would be interested in contributing to the Group. If you feel you may be able to contribute or you have ideas of how services might be improved then please contact David McMunn in the practice or email: David.McMunn@lanarkshire.scot.nhs.uk

Patient Group updates

Establishing the Patient Group

We have now been established for about 10 years. We have a formal written constitution and mission statement which is available for you to read on line or you can request a copy from the practice. So far we have expanded our Group with a membership of eight people, plus representatives from the practice.

Biggar Health Fair - August 2023

We are planning the Biggar Health Fair to be held on the 26th August in the Municipal Hall Biggar.

We aim to have many of the different health and voluntary services represented who will be informing those who attend about the services they provide and how we as the local public can get the best out of those services.

Do come along if you can and bring your friends and relatives, there will be many health promotion messages and activities for you to see and learn about.

Please look out for the publicity on this event in the coming months

Patient Group Meetings

The patient Group now meets quarterly. The next meeting will be held in April 2023.

Breast Screening Mobile Unit.

Following on from a public consultation at the end of last year, the patient group are delighted to confirm that the Breast Screening mobile clinic will return to Biggar from Lanark. The clinic is expected to return later this year and be sited at the Corn Exchange. The patient group has been working with various Health Teams to ensure this vital service is available to patients locally and is the culmination of almost 3 years work by the patient group members.

Minor injuries unit.

The Minor injuries unit at the Kello hospital was suspended during Covid. It is still the intention of NHS Lanarkshire to reinstate this service, although dates have yet to be confirmed. The group will be liaising with David at the practice to keep this on the agenda, and provide an update as soon as possible.

Feedback

We welcome any feedback. If you would like to raise an issue that we may be able to assist with then please contact David McMunn at the practice or email:

bmp@lanarkshire.scot.nhs.uk

Practice News and Information

Bowel Screening

April is bowel cancer awareness month, an opportunity to raise awareness of bowel cancer led by Bowel Cancer UK.

Being aware of the key symptoms and contacting your GP if things do not feel right can help increase chances of an early diagnosis. You are 14 times more likely to survive bowel cancer if it is found early.

Most people with symptoms do not have bowel cancer. Other health problems can cause similar symptoms. If you have one or more of these, or if things just do not feel right, contact your GP.

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

<https://www.bowelcanceruk.org.uk/about-bowel-cancer/>

Have you visited our practice website yet?

It provides information on the practice and the services we provide and is being updated throughout the year when lots of health advice and useful information will be added.

Goodbye to Sandie

On Friday 14th April we will say goodbye to our longest serving colleague. Sandie Taylor has been working in the NHS for an incredible 55 years. She started in the NHS in 1968 and after her training worked as a midwife at Stonehouse hospital from 1972, where she later became a ward nurse. She moved to the practice in 1978 and has worked here ever since as District Nurse.

We would like to wish Sandie all the best on her retirement and offer a huge thanks for all the hard work and loyalty she has shown the NHS during what has been a phenomenal career.

Good luck Sandie!!!

Patient Numbers.

The practice now has 7934 registered patients, which is its highest ever number. As such it is only taking new registrations from patients who have moved to within the catchment.

Did you know?

During March the practice scheduled 4266 appointments for 3920 patients.

Our patient Advisors answered 5070 calls.

Contact the practice

Appointments	01899 220383
Repeat Prescriptions	Website
Acute prescriptions	01899 220383
Fit Notes	Website
Blood Tests	01899 220383
Wounds	01555 667150
NHS24	111

bmp@lanarkshire.scot.nhs.uk

BT wi-fi

The waiting room now has BT wi-fi hotspot coverage

