



NEWSLETTER



Summer Edition 2026



HOW TO GET IN TOUCH WITH US:



Online Consultations

We offer our patients an Online Consultation service which is available from the homepage of our website. This is called Patches. This user friendly system gives patients the opportunity to submit their symptoms for review.

Patches can also be used to submit administrative requests or queries. Patches is not to be used for urgent clinical matters.



Our Website

Our website includes a variety of helpful information to support our patients and members of the public.

You can also submit your repeat medication requests along with other health questionnaires including change of personal details.



Call us

As always, our team of medical administrators are available via telephone all throughout the day. We recommend for GP appointments that patients contact us as close to our 8am opening time.

Practice Staff updates!

We are pleased to welcome back Dr Collet from maternity leave.

We have said goodbye to Keely our Executive Admin Assistant who has gone on maternity leave-congratulations! We say hello to Regan who will be covering this role.

We also said goodbye to our Business Administration Apprentice, Ellie, who was part of our Medical Administrator Team and Joe Boulton from the Clinical Pharmacy Team.

We wish them well for a very successful future



Enhanced Access Appointments

The Enhanced Access Hours Service makes it easier for you to get an appointment at a time that suits you.

The service offers pre-bookable, routine appointments with a range of clinicians, including GP's, Nurses & Healthcare Assistants. Offering vaccinations, health checks, smears, long term condition reviews, dressings and more.

At Boughton Health Centre, we are open on a Tuesday evening from 6.30pm-8.30pm

We can also offer our patients routine GP appointments at Garden Lane Medical Centre on Friday evenings from 6.30-8.30pm and Saturdays 9am-4.30pm

Please call the surgery on 01244 325421 for availability and to book



How can our different SERVICES help you?

There are a multitude of different services available to patients in today's primary care, we are extremely lucky to have a large team whose expertise can all provide an invaluable service to the patients of Boughton Health Centre. Some of the services we have to offer have been listed below:

Care Co-Ordinator

Our Care Co-Ordinator is available to support patients by connecting them with local health and care services. They are also able to help patients get the right information to make informed choices/decisions about their care. You do not need to be referred by a GP to speak to our care co-ordinator, Mel, you can simply call the practice to request a telephone call.

Wellbeing Co-Ordinator

Wellbeing Co-Ordinators listen to patients concerns or problems and signpost them to specific services that will support with issues raised. They can assist with non-health related issues i.e. debt, bereavement, benefits etc. To speak to our wellbeing co-ordinator, please speak to our reception team to book an appointment. You can also be referred by most of our clinical team.

Social Prescriber

Social Prescribers connect people with local community activities and services that can help improve their health & wellbeing. They can support with chronic illnesses and provide general health advice or guidance. Our reception team can assist you in making an appointment with a social prescribing link worker.

Physio 1st Physiotherapist

Physiotherapists are here to help patients affected with injury, illness or disability through movement, exercise and advice. They can support patients aged 16+ to manage pain and support recovery. You can be booked straight in with our physiotherapists without the need to speak to a GP/ANP, speak to our reception team to get your appointment booked.

Advanced Physiotherapy Practitioner

Similar to our Physio 1st, our advanced practitioners are available to help patients with a variety of musculoskeletal, muscular and joint pains. Our advanced physiotherapists are qualified to prescribe independently. You do not need to be referred to see our physiotherapy practitioners, an appointment can be booked by speaking to our reception team.

Mental Health Link Worker & Practitioner

Our mental health team are available to help patients by providing mental health advice, guidance and support. They are also able to support patients suffering with depression and other serious mental health conditions. You do not need to be referred to access this service, our reception team can assist you in booking an appointment directly with our mental health team.

Clinical Pharmacy Team

The team consists of both clinical pharmacists and pharmacy technicians, who can support patients with medicine management. They proactively undertake medication reviews with patients, and support with changes. Speak with our reception team to book an appointment directly with members of our clinical pharmacy team.

Primary Care Paramedic

Unlike the paramedics we usually see within the ambulance service, our practice paramedic is based in practice and can complete triage with our patients, treat acute illnesses and visit patients in their home. You may be offered an appointment with our paramedic, as they are able to assist with lots of acute illnesses/ailments.

Some more SERVICES...

Healthcare Assistants & Nurse Associates

Healthcare Assistants (HCAs) & Nurse Associates work under the guidance of the other nursing team members to provide very important services to patient like the performing of health checks, taking blood samples and lots more!

Practice Nurses

Our practice nurses are responsible for several clinical areas such as healthcare promotion, chronic disease management, health prevention, well women & man clinics, as well as continuous reviewing of internal procedures.

Advanced Nurse Practitioner

Advanced Nurse Practitioners (ANPs) are available to treat patients with acute illnesses, prescribe medication and complete referrals to other healthcare professionals (internal & external).

GPs

Our GPs are available to help treat patients with acute or ongoing illnesses, prescribe medications and complete referrals to other healthcare professionals (internal & external).

Some external services:

Our reception team may sometimes suggest a referral to an external service that is based at somewhere other than the practice. The reception team at Boughton Health Centre have had extensive signposting training and are able to suggest appropriate alternatives to some of the services provided in the practice.



Think pharmacy first



Think pharmacy first

Highly trained pharmacists at more than nine in ten pharmacies can now assess and treat patients for earache, impetigo, infected insect bites, shingles, sinusitis, sore throat, urinary tract infections (UTIs) for women aged 16-64 - without the need for a GP appointment or prescription.

Our reception team may refer patients who get in touch with the practice regarding some of the above ailments to their local pharmacy, where they may receive and begin treatment quicker!

Community Urgent Eyecare Service

Primary
Eyecare

The community urgent eyecare service can help patients treat the following:

- Red or painful eye or eyelids
- Recently occurring flashes and floaters
- Recent and sudden loss of vision
- Foreign body in the eye

This service is available to anyone registered with a local GP. There are many locations around England that are available for patients to access. Our reception team may refer to a local service, including Boots Opticians, Specsavers and more.



Upcoming Campaigns

Heading off to Uni?

Make sure you're vaccinated against illnesses like Measles & Meningitis

MMR

protects against Measles, Mumps and Rubella

Check your records for

- 2 doses of MMR
- 1 dose of MenACWY
- 1 dose of the HPV vaccine

Not Protected?

Book a catch up appointment with one of our Nursing team

HPV

protects against the virus causing cervical cancer, head & neck cancers and genital warts. Available to both female & male patients!

MenACWY

protects against four deadly strains of meningitis and septacemia

Know Your Numbers week

7th-13th September

The Know Your Numbers! campaign reaches those who have high blood pressure and don't know it. It gives them the chance to get the treatment and support they need to lower their blood pressure and lead a long and healthy life.

You can check your blood pressure in surgery using our Keito machine in reception or any Pharmacy will be able to do this for you...Just ask!

Alcohol Awareness Week

6-12 July 2026

Take a moment to check in on your drinking



ALCOHOL CHANGE UK

#AlcoholAwarenessWeek

alcoholchange.org.uk

KNOW YOUR NUMBERS!



Checking your blood pressure can help you find out whether your blood pressure numbers are under control, lowering your risk of stroke and heart disease.



bloodpressureuk.org #KnowYourNumbers

parkrun

Join us every saturday at the Countess of Chester Country Park!





Summer Health

Stay well in the heat!

Top tips:

- **Stay in the shade when the sun is the strongest (between 11am-3pm)**
- **Cool yourself down-wear lighter clothes and take cool showers**
- **Stay hydrated-drink extra fluids but avoid alcohol**
- **Limit strenuous activity**
- **Look out for others who may be more at risk from the heat**

SUN SAFETY SUNSCREEN

Sunscreen does not give the Sun Protection Factor (SPF) it states on the bottle if it is not applied correctly. Follow our tips to stay sun safe!

- Firstly, check the expiry date of your sunscreen, as out of date sunscreen will not be as effective and you risk burning.
- Use five teaspoons of sunscreen to cover your whole body.
- One teaspoon is enough for just your face, neck and shoulders.
- Apply sunscreen 15 to 20 minutes before going outside.
- Reapply every two hours, or after swimming, even if your sunscreen is 'water resistant' or exercise.
- Rub sunscreen in gently and make sure you cover all exposed body parts such as face, ears, backs of hands and feet.
- Don't forget to protect your lips - using a SPF30+ lip balm
- UV rays penetrate clouds and reflect off sand, water, snow, and even concrete. Sunscreen still needs to be applied when it is cloudy!



For more information about the British Skin Foundation see www.britishskinfoundation.org.uk

f t i @BSFcharity

WATER SAFETY – STAY SAFE THIS SUMMER

Cold water can kill - even on warm days

- Cold water shock can happen suddenly causing panic and loss of breathing control
- Even strong swimmers can get into difficulty very quickly

Stay safe near water

- Never jump straight into open water
- Avoid swimming alone - stay with others
- Do not mix alcohol with water activities
- Always supervise children closely
- Follow safety signs and local advice

Know the risks

- Water is colder than it looks
- Hidden currents or deep water may be present
- Edges can be uneven or slippery

FLOAT TO LIVE

- Stay calm, control your breathing.
- Lean back, tilt your head back, ears submerged and float on your back
- Move your hands and legs to stay afloat
- Your legs may sink that's OK
- Keep your airway clear
- When calm, call for help

In an emergency - CALL 999 OR 112

- Call the emergency services
- Do not enter the water
- Use a lifebuoy or rope if available



Babies and young children can become ill during very hot weather.

Visit nhs.uk/sun for tips on keeping your children happy and healthy in the heat.

Dehydration NHS



Babies, children, and older adults are more at risk of dehydration during periods of hot weather. Visit nhs.uk for symptoms to look out for and what to do next.



What can your local pharmacy help with?

- Sinusitis
- Sore Throat
- Earache
- Insect Bites
- Impetigo
- Shingles
- UTI's
- Other minor ailments
- Contraception

No need to wait for an appointment!

PPG NEWSLETTER

Welcome to the PPG Newsletter! Continue reading to find out how we, the BHC Patient Participation Group are helping your GP practice with continuous improvements...

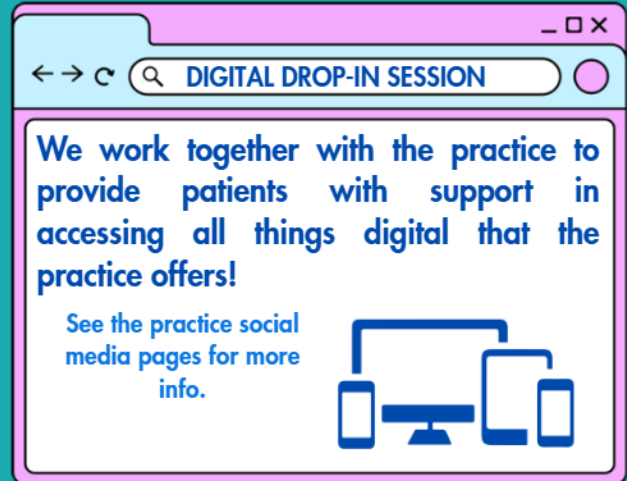
Our PPG Core Group is made up of 6 Boughton Health Centre patients, collectively the group have a vast knowledge of community based organisations, such as Age Friendly—Cheshire West and the Alzheimer's Society, along with a variety of experiences from previous employment.

We want your feedback!

Join our PPG meeting on the 5th November 2026 at 2pm at Boughton Health Centre

PROJECTS WE HAVE HELPED YOUR PRACTICE WITH:

- Updating the practice signage
- Practice Leaflet updates
- Practice Newsletters
- Digital Drop-In Sessions
- Noticeboards
- NHS App promotions
- Youth PPG
- Virtual PPG



PRACTICE FEEDBACK:

"We are very grateful to our PPG for all their continued support and assistance with our ongoing practice projects. We feel they really help give us the 'patient's perspective' of the practice, and their feedback is invaluable."

Have a question for our PPG Core Group? They can be contacted by email at boughtonppg@gmail.com

It is important to note, the PPG cannot answer any clinical or medical queries.



PPG LISTENING TABLE

You may see us by the entrance to the practice where we will be chatting to patients about their experience!

COME & SAY
'HI!'



WHY JOIN OUR PPG?

Our PPG is important to us! They are our 'critical friend' and give us advice on what our patients

We'd love to hear from more of our patients-for further information and to join, please see our website

www.boughtonhealthcentre.co.uk/patient-participation-group-ppg/





FOLLOW US ON SOCIAL MEDIA!



@boughtonhealthcentre



@Boughton Health Centre



@BoughtonHC



Get practice updates and useful information that can help you find what you need, faster.



Digital Drop-In Sessions

We are very proud to offer our patients a 'digital drop-in' service. This enables patients to attend for one of the following sessions for support on all things digital which includes the NHS app, Patches and more!

The next dates are:

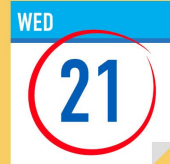
- Thursday 2nd July
- Wednesday 5th August
- Thursday 3rd September

All sessions will be held 10am-12pm



NHS FIT FOR THE FUTURE

Turn on notifications and never miss a message



Tap the NHS App



NHS FIT FOR THE FUTURE

Request your repeat prescription easier than you can order a coffee



Tap the NHS App



NHS FIT FOR THE FUTURE

Easily view your GP health record



Tap the NHS App