



NEWSLETTER



AUTUMN

Edition 2026



Did you know our Practice Newsletter can be sent direct to your email inbox every three months?

Subscribe via our website (You will need to be a patient here)

<https://tinyurl.com/BMG-News>



SCAN ME

Practice Staff updates!

We would like to welcome Sam McGovern–Scott, Clinical Pharmacist. Sam has been a pharmacist for almost ten years. For the past three years, he has worked as a Clinical Pharmacist in Upton, where he developed a particular interest in improving respiratory care. Sam shared he is very pleased to be joining the team and looks forward to helping provide the best possible care for our patients.

We are pleased to welcome Dr Adams and the returning Dr Kiani, who are both undertaking their second year of GP Specialty Training with us. Dr Adams will stay until April 2027 and Dr Kiani will be with us until January 2027.

They are both fully qualified doctors completing their final stage of training to become GPs. We appreciate our patients' support and understanding as we help train the next generation of GPs.

We are also welcoming a new salaried GP, Dr Roslyn McArthur.

Dr McArthur will be in the practice on a Thursday, until the end of March 2027.



Help protect yourself this Autumn & Winter by keeping up to date with your Vaccinations



Flu vaccine

This vaccine helps protect against flu, which can be a serious or life-threatening illness. It's recommended for people at higher risk of getting seriously ill from flu.

You are eligible if you fit one of the following criteria:

- Aged 65+
- Are pregnant
- Are a carer/main carer
- Have certain health conditions
- Live in a care home
- Live with someone with a weakened immune system

Pneumococcal vaccine

This vaccine helps protect against serious illnesses like pneumonia and meningitis. It's recommended for people at higher risk of these illnesses, such as babies and adults aged 65 and over and those with certain health conditions.

RSV vaccine



This vaccine helps protect against infection with RSV, a common virus that can cause serious complications and result in hospitalisation. Recommended if you're pregnant, aged 75+ or 65+ with certain medical conditions.

Covid vaccine

This vaccine helps protect against COVID-19, which can be a serious or life-threatening illness for some people. It is recommended for those age 75 and over and also younger people with a weakened immune system due to a health condition or treatment.



Eligible patients will be contacted via text message with a link to book their own appointment. Or, as always, you can call and speak to a member of our admin team!

Book Now



FREE NHS Flu Vaccinations



for 2 & 3 year olds

**Did you know that children aged
2 or 3 on 1st September 2026
are eligible for a free NHS flu
vaccination at their GP practice?**



This vaccine is usually given as a **quick, painless nasal spray** and helps protect your child from flu while reducing the spread of infection to family, friends and the wider community



**Booking links will be sent directly to
Parent/Guardian mobile numbers.**

If you do not receive a link, or would like to book by phone, please contact us on 01244 325421 (after 11am Monday to Friday) and our team will be happy to help



**Let's work
together to keep
our children
healthy this
Autumn &
Winter.**



- Protect your child
- Protect others
- Protect our community



NHS





Vicars Cross Pharmacy



This NHS service allows you to get expert health advice and prescription medicines for common illnesses directly from a local community pharmacy. You do not need to book an appointment with a doctor first

www.nhs.uk/service-search/pharmacy/find-a-pharmacy



NHS Pharmacy Contraception Service provides free access to both combined and progestogen-only oral contraceptive pills as well as emergency contraception directly from participating community pharmacy completely removing the need to first visit a GP.

Start the pill for the first time, restart after a break, or switch to a different type of oral contraceptive after a clinical consultation

Obtain repeat or routine follow-up supplies of your current oral contraceptive

Access oral emergency contraception if regular birth control was missed, used incorrectly, or unprotected sex occurred

Need a supply of oral contraception?

If you're already taking oral contraception (the pill) or looking for your first supply, you can arrange a confidential consultation at a local participating pharmacy.

This service is free for everyone, and you don't need to be registered with a GP.



To find out more, scan the QR code or visit www.england.nhs.uk/pharmacycontraception

Pharmacy Contraception Service

Providing NHS services



Need advice or a supply of emergency contraception or the pill?
Did you know our pharmacy can now help you with that?

Ask us today for more information

This is a free service funded by NHS England

The consultation, advice, and medicine supply are entirely free on the NHS

BOUGHTON HEALTH CENTRE, HOOLE LANE, CHESTER, CH2 3DP TEL: 01244 325 421



WWW.BUGHTONHEALTHCENTRE.CO.UK



BOUGHTONHEALTHCENTRE



BOUGHTONHEALTHCENTRE



Upcoming Campaigns

ICON Week 21st—25th September

www.iconcope.org/advice-for/parents/

When crying gets too much...

- I**nfant crying is normal, it will stop!
- C**omfort methods can soothe the baby and the crying will stop.
- I**t's okay to walk away if you have checked the baby is safe and the crying is getting to you.
- N**ever, ever shake or hurt a baby.

Speak to someone if you need support such as family, friends, Midwife, GP or Health Visitor

International Stress Awareness Week

2nd-6th November

www.nhs.uk/every-mind-matters/

TOP TIPS FOR DEALING WITH ANXIETY

NHS



- TIP 01**
Try a short breathing exercise
- TIP 02**
Learn how to manage anxious thoughts
- TIP 03**
Keep a mood diary

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.
Visit Every Mind Matters for more tips and advice

Better Health every mind matters

TOP TIPS FOR DEALING WITH STRESS

NHS



- TIP 01**
Divide big tasks into small ones
- TIP 02**
Create to-do lists
- TIP 03**
Stay active

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.
Visit Every Mind Matters for more tips and advice

Better Health every mind matters

SIMPLE TIPS FOR IMPROVING YOUR MOOD

NHS



- TIP 01**
Learn how to manage unhelpful thoughts
- TIP 02**
Stay active
- TIP 03**
Talk to someone

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.
Visit Every Mind Matters for more tips and advice

Better Health every mind matters

SOME SIMPLE TIPS FOR IMPROVING YOUR SLEEP

NHS



- TIP 01**
Keep regular sleep hours
- TIP 02**
Attempt not to check your phone for an hour before bed
- TIP 03**
Consider turning your clock away so you can't see it

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.
Visit Every Mind Matters for more tips and advice

Better Health every mind matters

www.nhs.uk/better-health/quit-smoking/

NHS

WITH YOU AT EVERY STEP

Download the free NHS Quit Smoking app to track your progress and savings.



STOP TOBER

LET'S QUIT SMOKING TOGETHER



REMEMBRANCE
DAY
Lest We Forget
11th NOVEMBER

We are an armed forces veteran friendly

Accredited GP practice!

For more information on how we can support you, please view our website

www.boughtonhealthcentre.co.uk/armed-forces-veteran-friendly/

Thursday 19th November

carers RIGHTS DAY

www.carersuk.org/

Chester East
PRIMARY CARE NETWORK
PRACTICES IN PARTNERSHIP

Boughton **Park**
Upton Village

MONDAYS: 11AM - 12 PM
CALDY VALLEY AMBLERS WALKING GROUP
WITH LOUISE OUR LOVELY SOCIAL PRESCRIBING LINK WORKER

- Meet new friends
- Get some gentle exercise
- Enjoy being in nature

Meet weekly in the Caldý Valley car park.

Gentle stroll around the park with lots of stops. The walk is suitable for those who feel they are not up to regular walking groups, we keep the pace slow and if anyone wants to stop we stop as a group. You do not need to feel you are holding the group up! It is a very social chatty group and each member supports each other. For more details call Louise Gough, Social Prescriber Link Worker 07436126010.



APPOINTMENTS NOT ATTENDED

January to June 2026 =

689

These are broken down into:



384

Nurse/HCA appointments

This includes, blood tests, injections, dressings, annual reviews, health checks, smears and prescribing Nurse

192

GP appointments

This includes, on the day, follow up, minor operations and coil clinic appointments!

113

Other appointments:

Including MSK/Physio First-Paramedic-Clinical Pharmacist-Social Prescriber & Mental Health Nurse

Please help us by cancelling any appointments no longer required, so we can offer them to other Patients

3 reasons NOT to miss your appointment

01

Help other Patients

If you book an appointment but do not attend, another patient will miss out.

02

Reduce our workload

Failure to attend or cancel an appointment, increases administrative work.

03

Save the NHS money

According to Government data, a GP appointment costs up to £50. Missed appointments waste money that you have invested in the NHS.

HOW CAN YOU HELP?

Here are 3 simple ways you can help us reduce the number of wasted appointments:

1. Encourage family members and friends to attend or cancel their appointment.
2. Write down your appointment date/time and or add to your phone calendar. Even better, set a reminder.
3. Always cancel appointments no longer needed. You can do this via the NHS app or Patches (24 hours in advance) or by calling us on 01244 325421

Thank you for your co-operation, support and help.

HOW TO CONTACT US

Patches 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



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

Telephone



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



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.


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

Digital Drop-In Sessions

We are very proud to offer patients a 'digital drop-in' service. This enables patients to attend for support on all things digital which includes the NHS app, Patches and more! The sessions are run by members of the PPG and practice staff.

Feel free to drop in on one of the following dates:

Wednesday 7th October 10am-12pm

Thursday 5th November 10am-12pm

Tuesday 1st December 2pm-4pm


NHS FIT FOR THE FUTURE

Easily view your
GP health record



Tap the NHS App

PPG NEWS

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 professional careers

We want your feedback!

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

Please RSVP to boughtonppg@gmail.com if you would like to attend

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.

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



DIGITAL DROP-IN SESSION

We work together with the practice to provide patients with support in accessing all things digital that the practice offers!

See the practice social media pages for more info.



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."



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 how to join, please see our website

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

