Burton Latimer Medical Centre

Spring Newsletter 2018



Minor Ailment Scheme

Every year, millions of us visit our GP with minor health problems that a local pharmacy could help with. By Visiting your pharmacy instead of your GP, you could save yourself time and trouble. There is no need to book an appointment, just walk in.

Pharmacists can help recognise and treat many common illnesses. They can give advice and where appropriate, recommend over-the-counter medicines that could help clear up the problem.

If they think you need to see a GP for your illness, they will advise you to do that.

The Pharmacy in Finedon and Lloyds Pharmacy in Burton Latimer can provide you with advice and support about how to care for minor conditions yourself.

Anyone who doesn't normally have to pay for prescriptions from their GP – for example because they're under 16, over 60 or on benefits – are eligible for the scheme and will not need to pay for the medicine that the pharmacist suggests. To get your medicines free, you might need to bring proof that you don't normally have to pay prescription charges. Please talk to your pharmacist about what you should bring.

Visiting your pharmacy about common health problems frees up time for GPs and A&E departments, which are already stretched.

Your pharmacy may be able to help with:

- mild skin conditions, such as acne, eczema, psoriasis, impetigo, athlete's foot
- coughs and colds, including blocked nose (nasal congestion), and sore throats
- vomiting, heartburn, indigestion, diarrhoea and threadworms
- hay fever, dry eyes and allergies (including rashes, bites and stings)
- aches and pains, including earache, headache, migraine, back pain and toothache
- period pain, thrush and cystitis
- head lice (nits)
- conjunctivitis, cold sores and mouth ulcers
- warts and verrucas
- nappy rash and teething
- bruises, sunburn, and minor burns and scalds
- constipation and piles (haemorrhoids)

Self-Arrival Reminder

May we remind you the self-arrival screen is available for you to use. It's extremely easy to use and will avoid unnecessary queuing at the desk, just follow the instructions on the screen.

If unsure please speak to a receptionist on duty

Choose Well

There are many different 'Choose well' ways that you can help yourself get the right kind of care:

Self-care – look after yourself at home with a well-stocked medicine cabinet

Pharmacist – for expert advice on common illnesses and the best medicines to treat them

GP (doctor) – for illnesses that just won't go away, arrange to see your doctor

A&E or 999 – only if you need very urgent medical attention

Always pick the care you need

Walk This Way to Fitness

The Northants Health Walks scheme has a variety of programmes of regular walks running.

There are a series of weekly walks with a set starting point. These walks are on footpaths and pavements suitable for pushchairs and wheelchair users and those looking to get started in walking.

They are a great way of making new friends whilst exploring the lovely green spaces right on our doorsteps. Average length of each walk is 45-60 minutes / 2-3 miles with shorter options.

Venue	Day	Time	Contact
Burton Latimer Library	Every Tuesday	10am	Vicky Bowden 01536 512555
Flag Pole near Rushden Hall	Every Friday	10am	Joe Bailey 01832 742195

Walking Football Sessions

If you thought your football career was over, think again! Walking Football is a slower paced version of the game, aimed at the over 50s.

Smaller pitches and plenty of breaks ensure participants enjoy a safe and enjoyable return to football. The slower pace doesn't detract from the competition though – it's much more than a stroll in the park!

Venue	Day	Time	Contact
Kettering Arena	Every Tuesday	10.30am to 12 noon	Tim Webb 01536 410333
Redwell Leisure Centre	Every Wednesday	12.30pm to 1.30pm	Quintin Allen qallen@northamptonshire.gov.uk
Kettering Science Academy	Every Wednesday	8.30pm to 9.30pm	Nick Folwell nick.folwell@outlook.com
Desborough Leisure Centre	Every Friday	10.30am to 12 noon	Tim Webb 01536 410333