



NORTH BEVERLEY MEDICAL CENTRE

SPRING 2025 NEWSLETTER

Once again, we find ourselves heading towards spring, although it did feel as though winter was clinging on as hard as possible at the time of writing! In this newsletter we talk about access at the Practice, team news and

Access update

It's certainly been a busy winter at the Practice, and we've seen a higher level of demand from the tail end of January through to the time of writing at the start of March. This is as expected in winter, when all General Practices typically see a surge in demand due to winter viral illness – we know that this can sometimes lead to longer waits to be answered when you call the Practice, and greater challenges in booking appointments.

It remains extremely challenging for any NHS service to meet all patient demand – in a timeframe which is acceptable to patients with the resources we have available to us. As always though, we remain absolutely committed to doing the very best we can for our patients with the resources we have available to us.

You can help us too! Each day at the Practice we see patients who could have considered using self-care advice on NHS Inform, visiting their local pharmacy to get over-the-counter medications (or free prescriptions for some conditions via the Pharmacy First scheme), or by calling 111 if they have a minor injury.

Please think about whether the GP should be your first port of call, to help us provide the best service we possibly can for the whole community. Thank you all for your help

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TEAM NEWS

We have 2 new administration apprentices starting in April. Their names are Paige and Sarlote. They will both be working on the front desk so you may come to know their faces when you visit us.

Waiting Room

We are in the process of sprucing up our waiting room to make it more patient friendly.

If you have any ideas of what you want to see in the waiting area to make it more patient friendly, please pop them in the suggestion box located on the reception desk



BANK HOLIDAY CLOSURES

During the Spring period, we will be closed between :

Good Friday 18th April - Monday 21st April

If you require medical assistance which you feel cannot wait whilst the practice is closed for the bank holiday, please call 111 or if it is a life threatening situation please call 999

Closed for Practice Learning from 12 o clock:

May 15th

June 18th

PRESCRIPTIONS

We always describe General Practice as being like an iceberg, with the appointments above the surface- and a huge raft of other things going on underneath, which is less visible. One of those “under the surface “things like prescribing- a task which we estimate takes the equivalent of 1 GP’s a week to manage.

We issue approximately 800 prescriptions per week and these are a mixture of repeat prescriptions and special/acute medication requests.

You can help us manage our prescribing workload by:

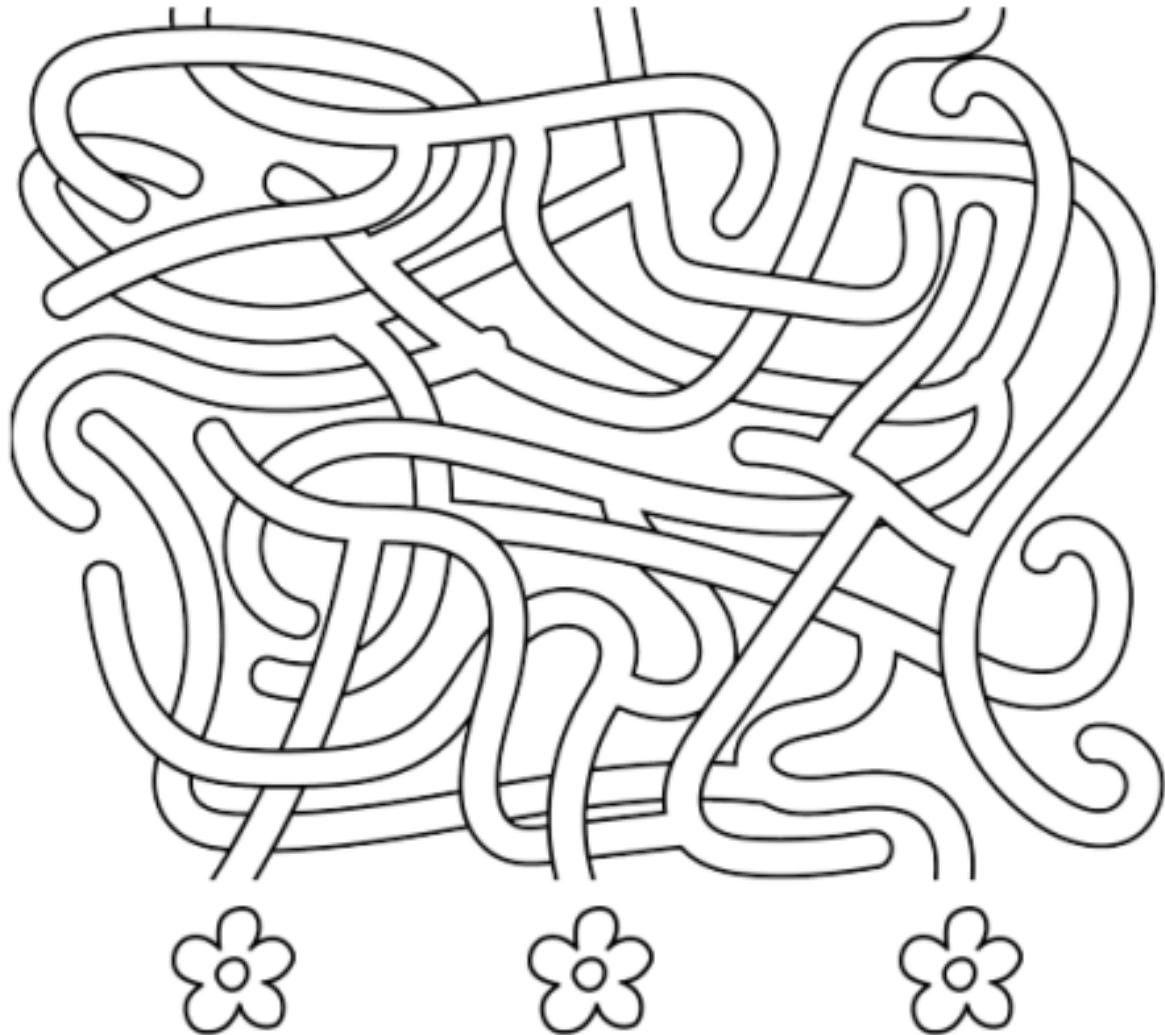
- 1- **Order online via our website or via the NHS App.** Ordering your medication online helps us to process prescriptions more quickly and easily identify what date requests were made. It also means that you can add a note about your medication request – for example if you are ordering early due to go on holiday.
- 2- **Allowing enough time when you order.** Please allow up to 5 working days for us to process repeat prescriptions, and 10 working days for acute medication requests



Kids' Corner

Spring is in the Air

DIRECTIONS: Trace the path each insect took to get to a flower.



Some facts about spring:

Some facts about Spring

1. Other parts of the world celebrate spring at different times. For example, New Zealand and Australia celebrate spring from September to November.
2. Lots of cuddly animals give birth in the spring, including deer, birds, and rabbits.
3. Animals who hibernated through the winter, like bears and hedgehogs, come out to play again in the spring.
4. We move our clocks forward in the spring, which gives us more time to enjoy the sunlight in the evening.
5. Spring is all about new beginnings. The changing seasons bring about lots of colors outside, from green leaves on trees to yellow daffodils sprouting from the ground.



BIRD

LAMB

BUD

NET

EGG

RAIN

FLOWER

SPRING

