



## Welcome

Welcome to the summer edition of the Berrycroft Community Health Centre Patient Newsletter.

## Staff Changes

Dr Daryl Perera has moved on from BCHC to pursue other opportunities; we wish him the best of luck for the future.

Dr Yasmeen Mulla has joined us as a Salaried GP, working 3 full days.

## Flu Season 2024/25

Our flu vaccination programme for 24/25 will be available to all patients aged 2 & 3, 65 and over, pregnant ladies and those aged under 65 with long term health conditions.

Eligible patients will receive an online booking link via SMS text message before the clinic dates.

Proposed Saturday clinics are 5<sup>th</sup> and 12<sup>th</sup> October with daily clinics starting from Monday 7<sup>th</sup> October.

## HIGHLIGHTING SOCIAL PRESCRIBING

Social prescribing link workers connect people to community based support including activities and services that meet practical, social and emotional needs that affect their health and wellbeing. This includes connecting people to statutory services for examples housing, financial and welfare advice.

The BCHC Social Prescribing Team has been expanding, now a team of 5, they are available for patient appointments 5 days a week.

Our Social prescribing team have been working with multiple community projects with the aim of signposting patients to help that they may not know is available to them.

They have teamed up with a new holistic health and wellbeing centre for women. The centre is run by women for women and can support them with anything from employment skills, finances or even just a drop in for a cup of tea and a chat.

Alongside this they are also running a baby bank, our team has recently visited and donated some baby items.

You can find both these services at::

**The Family Hub, Duck Farm Court, Aylesbury Bucks HP20 2SQ**



## CANCER SPOTLIGHT - SKIN CANCER

- Most skin cancers are caused by skin damage that happens from exposure to ultraviolet (UV) light from the sun.
- Whilst all types of skin are at risk of sun damage and skin cancer, those with fairer skin tones are more likely to burn and may be at higher risk. However, people with darker skin still have a risk of developing skin cancer especially on sites that are not usually exposed to the sun.
- We believe that it is important for everyone to follow "safe sun" advice - especially when the sun is "strongest" - between 11am and 3pm from March to October - essentially this starts as soon as the sun comes out!
- More information is available online:

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

<https://www.macmillan.org.uk/cancer-awareness/skin-cancer-awareness-month>

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## Patient Participation Group

The PPG, Patient Participation Group, is the forum that promotes patient involvement in the running and improvement of Berrycroft Community Health Centre. Its aim is to strengthen ties between the surgery and the individuals that rely on it.

The PPG has a vital role in promoting and improving our local NHS. Key to this is our belief that we, as patients, cannot simply rely on an overstretched NHS workforce to do this on their own. Our PPG can, and will, make use of the skills and determination of our members and the wider patient community to drive Berrycroft Community Health Centre to excellence. Forging connections with Berrycroft Companions and the newly formed Friends of Berrycroft Charity will further enhance the strength of the group and make better outcomes possible.

Nigel, PPG Chair, is a widower having lived on Berryfields for over 12 years

He spent 25 years in the Army as a combat medical technician and has 22 years experience in the NHS. He's really keen to make a difference, benefiting patients and the surgery, by working together.

Kathy, PPG Vice Chair, has many years management experience and is known for her excellent problem solving skills. Her reasons for taking on this role stem from being an ex-American. She knows first hand how valuable our NHS can be coming from somewhere that famously bankrupts people when they fall ill.

This is an exciting time for our local NHS and we would urge everyone to consider participating. A relaunch is being planned so watch out for announcements.

## Friends of Berrycroft Charity

We're pleased to announce our new charity Friends of Berrycroft (reg charity no 1206753), set up by a group of volunteers to raise money for healthy living activities and equipment for the health centre. Watch out for our Christmas fundraising goals, coming soon!

If you would like to help, please visit the surgery website or email [chair@friendsofberrycroft.org](mailto:chair@friendsofberrycroft.org)

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## Managing Hay Fever

**Hay fever** is a common allergy to pollen which can cause sneezing, itching, coughing, watery eyes and more. Hay fever usually only occurs in the summer and although it's not a serious issue, it can be difficult to deal with. To try and prevent hay fever, you can put Vaseline on your nostrils, wear sunglasses, shower and change your clothes when coming in from outside and take antihistamines. If your hay fever is causing serious issues or you are struggling to carry on with your day, then have a chat with your pharmacist.

For more information about Hay fever:

<https://www.nhs.uk/conditions/hay-fever/>

## Opening Times & Contact Details

The main telephone lines are open 8am to 6pm, Monday to Friday.

The surgery doors are open 8am to 6.30pm, Monday to Friday.

We also provide enhanced access services, 7am—8am Monday to Friday; and 6.30pm to 8pm Wednesday and Thursday evening.

Telephone Number:  
01296 310940

Email Address:  
[berrycroft.health@nhs.net](mailto:berrycroft.health@nhs.net)

Website:  
[www.berrycroftcommunityhealthcentre.co.uk](http://www.berrycroftcommunityhealthcentre.co.uk)