



Welcome

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

Staff Changes

Dr Martha Brown has left Berrycroft and moved on to pastures new. We wish her the best of luck in her future career.

Have your Say

We are encouraging all patients to take part in the change.nhs.uk survey, sharing their views and experiences to help shape the new 10 Year Health Plan for England. Please copy the link in this text for more information and to take part.



PRESCRIPTION CHANGES

Prescription ordering has changed

Starting from 3rd March 2025, prescription requests can no longer be made by email or through pharmacies on your behalf.

New approved methods include ordering via the NHS App, Patient Access, or using the prescription request slip from the surgery.

This change is in line with other GP surgeries in the local area.

Why has prescription ordering changed?

The change is to reduce medicine waste, improve prescription accuracy, and give patients more control over their medication

It also helps eliminate unnecessary administrative steps and saves NHS resources, ensuring funds go toward essential healthcare services.

How will it affect me?

If you order your prescription directly from the surgery, nothing will change.

You will be able to order via the NHS App, Patient Access, or by submitting a prescription request slip.

Remember to allow 5 working days for processing and ensure you only order what you need.

If you need help setting up our online apps, please click on the help link on our website,

[NHS App guidance and full surgery prescription information](#) or you can dial into option 6 on our phone lines.

CANCER SPOTLIGHT - BOWEL CANCER

- It can present with visible blood in your stool (poo), abdominal pain, or a change in your normal bowel (poo) habit.
- Unfortunately, bowel cancer is often diagnosed at a late stage. At Berrycroft, we believe that early diagnosis is crucial, and support the national screening programme.
- At the moment, it is available to everyone aged from 54-74 years of age. However, over time, the screening age is being gradually reduced to 50.
- You will get a test kit in the post every two years. The kit is called a faecal immunochemical test (FIT), and you collect a single small sample of poo and send it to a lab. This is then checked for tiny amounts of blood.
- Results are usually returned in two weeks. If this is normal (no blood) then you will get another test kit in two years' time. If there is blood in this, you would then be contacted by the screening team to arrange further tests - this is usually something called a Colonoscopy.
- If you get a test kit in the post, please complete it.
- If you have any difficulties completing this, have not received a kit, or wish to opt out, please call the free NHS bowel cancer screening helpline on 0800 707 60 60.

More information on the NHS website: <https://tinyurl.com/ykw853wj>

Stay well in winter

Winter conditions can be bad for our health, aggravating any existing health problems, making us more vulnerable to respiratory winter illnesses. It's not just your physical health that can suffer during cold weather, it's important to think about your mental health too. Lack of sunlight, miserable weather and the cost of living can put a strain on our wellbeing. Have a look at these tips on practising self-care this winter.

<https://www.andovermind.org.uk/5-top-tips-to-take-care-of-your-wellbeing-this-winter/>

For older patients

With the withdrawal of the winter fuel allowance, you may be feeling extra financial pressure when it comes to keeping warm this winter. If you're in receipt of a means-tested benefit, you can still receive the winter fuel payment. But if you're not, or even if you'd just like to save some money while warming up, have a look at these cost-effective tips to warm you up during the cold winter months.

If you have health or mobility issues, it can be very difficult to get out and about to see people. Loneliness can take its toll on mental health. No one deserves the sadness of feeling lonely. Find support here:

<https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/winter-fuel-payment/>

<https://www.redcross.org.uk/stories/health-and-social-care/health/tips-on-keeping-warm-this-winter>

<https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/winter-fuel-payment/>

NHS App

If you're new to using the NHS App and you're not sure how to access the information, there is lots of information around to help you. Download the NHS App on your smartphone or tablet via the Google play or App store.

You can also access the same services in a web browser by logging in through the NHS website.

Did you know that using the NHS App can help you access lots of information about your health?

[Request repeat prescriptions](#)

[Check the status of your prescriptions](#)

[See upcoming appointments](#)

[View your health records](#)

<https://www.nhs.uk/nhs-app/nhs-app-help-and-support/>

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:

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Website:

www.berrycroftcommunityhealthcentre.co.uk

Facebook:

[berrycroftcommunityhealth](#)