



*Boultham Park
Medical Practice
Winter Edition 2024*





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Editorial

Welcome to this Winter 2024 edition of the Boutham Park Medical Practice newsletter which contains lots of useful information. You are welcome to take a copy home with you, however, an electronic copy is also available on the Boutham Park Medical Centre webpage for you to download.

Another year seems to have passed by so quickly and now we enter the cold and dark period of the year with the joy of Christmas but also the increased chances of catching a winter illness. The increasing prices of gas, oil and electricity plus the increase to the cost of living is stretching us all. However, it goes without saying that it is important to keep warm over the winter period and if you have elderly relatives or neighbours, please keep a check on them too. The press are making a big thing out of winter illnesses. Information from the UK Health Security Agency (UKHSA)'s COVID-19, influenza (flu), RSV and Norovirus surveillance bulletin brings the latest data, along with the latest public health advice for COVID-19, flu, RSV and Norovirus.

- Influenza (flu) activity increased across most indicators including increases in hospitalisation rates, and flu test positivity rates
- Respiratory syncytial virus (RSV) activity increased overall and was circulating at medium levels of activity, with increases seen in most age groups, the highest activity was in under 5s — there was some sign of stabilisation in the number of infants needing seen in hospital emergency departments for bronchiolitis, the main clinical condition associated with RSV
- COVID-19 activity remained stable across most indicators and was at baseline levels
- Norovirus activity has remained high in recent weeks

The Practice has finished delivering the flu vaccination for this year but you can still get flu or COVID vaccinations from a Pharmacy. Check out the following webpage for further information:

[Winter vaccinations and winter health - NHS](#)

For the COVID 19 vaccine, you can also use the [walk-in COVID-19 vaccination site](#)

The Practice will be getting in touch for those requiring the RSV vaccine (if you're pregnant or aged 75 to 79 – if you turned 80 on or after 1 September 2024, you're also eligible for the vaccine until 31 August 2025)

The Practice is trying to increase appointment availability and to save appointment times with the doctors (so that they are available for those who really need them) is to triage the calls received by the receptionists. They are not being nosy but doing their job. Remember – if they give you an appointment to see a Practice Nurse, the Nurse will refer you to one of the doctors if they assess that you need to see one – sometimes this can mean you see a doctor quicker!

I would also like to take this opportunity to ask for volunteers to join the PPG. We are always looking for new members. The purpose of the PPG is to promote co-operation between the Boutham Park Medical Practice (BPMP) Patients', the Partners and Practice Staff, plus the Lincolnshire Integrated Care Board (ICB) to the benefit of all parties

If you are interested then please email bouthamppg@gmail.com

Finally, the Practice staff and your Patient Participation Group wish you all warm, festive greetings for the season.

[Merry Christmas!](#)



Prescriptions over the Christmas Period



Christmas is coming – so please plan ahead and make sure that you order your repeat prescriptions in good time. We need at least 2 working days to process your prescription requests. However, these are now created electronically and sent directly to your nominated pharmacy. Please also remember that we cannot accept the third party ordering prescriptions. This means that patients cannot use pharmacies or other organisations to send us requests for their medication. Prescription Requests must be submitted either from your online account, in writing or by using your repeat medication list on the right hand side of your prescription / token. By far the easiest, quickest and most secure way of ordering repeat medication is via the online service. Details on how to register for online services are available at reception.

As well as the surgery being closed for specific periods over the Christmas, so will the local pharmacies. So please give some thought to ensure you order your medications so that you are able to collect them from your nominated pharmacy.



Opening Times over the Christmas Period

We will be open over the Christmas and New Year periods as follows:

Monday	23 rd December 2024	08:00 – 18:30
Tuesday	24 th December 2024	06:30 – 18:30
(Phone lines open from 08:00 – 18:30)		
Wednesday	25 th December 2024	Closed
Thursday	26 th December 2024	Closed
Friday	27 th December 2024	08:00 – 18:30
Saturday	28 th December 2024	Closed
Sunday	29 th December 2024	Closed
Monday	30 th December 2024	08:00 – 18:30
Tuesday	31 st December 2024	06:30 – 18:30
(Phone lines open from 08:00 – 18:30)		
Wednesday	1 st January 2025	Closed
Thursday	2 nd January 2026	08:00 – 18:30
Friday	3 rd January 2026	08:00 – 18:30

When the surgery is closed, please only use the hospital accident and emergency department for genuine accidents and emergencies ensuring you observe national guidance which is being updated regularly by Public Health England. Coughs, colds and minor ailments **are not** normally emergencies and should not ordinarily be taken to A&E. The **NHS 111** service provides advice and guidance and can direct you to appropriate services when we are closed. Local pharmacies can also provide advice and over the counter medicines.





Carer's Directory of Services



Lincolnshire Care Services Directory 2025

The essential guide to choosing and paying for care and support

The Lincolnshire Care Services Directory can help you in your search for care and support in Lincolnshire.

Created in association with Lincolnshire Care Association, this free, useful guide can help you make informed choices about your care and support. In it you will find:

- Information on the types of service provided by the council
- Local useful contacts
- Details of care homes, nursing homes and home care in Boston, East Lindsey, Lincoln and other areas of Lincolnshire
- Information on paying for care
- Advice on staying independent at home
- Support for carers

Click on the link below to access the directory which can also be downloaded and printed:

[Lincolnshire Care Services Directory | Care Choices](#)



Mental Health

Staying Safe from suicidal thoughts

The Staying Safe website is a potentially life-saving resource developed by 4 Mental Health with invaluable input from people who have survived suicidal thoughts and those personally affected by suicide through bereavement.

Click this link StayingSafe.net to find offers of compassion, kindness and easy ways to help keep people safer from thoughts of harm and suicide, seek support and discover hope of recovery through powerful videos from people with personal experience.

The website provides vital 'Safety Plan' guidance tools with easy to print / online templates and guidance video tutorials purposefully designed to help people through the process of writing their own Safety Plan. A Safety Plan helps to build hope, identify actions and strategies to resist suicidal thoughts and develop positive ways to cope with stress and emotional distress. Everyone is encouraged to PREPARE for possible difficult times ahead BEFORE they happen, by completing a Safety Plan.

During times of deep distress, Safety Plans become a vital and valuable reminder of:

- What people can do for themselves to get through difficult times
- Practical ways they can make their situation safer
- Who to contact for support
- Where to go or who to contact in an emergency

It is **4 Mental Health's** hope that anyone currently in extreme distress can share our hope that recovery is possible with the right support and that one day keeping a Safety Plan will be common-place and regarded an extension of wellbeing and self-care.

Feeling Suicidal – Need Help NOW? Please scan the QR code for information on how to get URGENT help.



Scan me!

Diabetes



Diabetes is expensive. But this is mainly because its complications, things like amputation, blindness, kidney failure and stroke, cost a lot of money. And the cost pressure that diabetes puts on the NHS is projected to get worse. But acting early to prevent complications developing and treating them as early as possible both limits their impact on the person's life and saves the NHS money. There are a series of opportunities to improve care for people with diabetes while cutting costs or providing very highly cost effective care.

Of course, the best way to reduce the cost of diabetes is to prevent **Type 2 diabetes** in the first place. Lifestyle, in particular diet, alcohol and exercise play a significant part in the preventing of Type II diabetes. One You Lincolnshire can offer help and support to those who are keen to look after their own health.

Check out the web page by clicking this link: [Home | One You Lincolnshire](#)

Obesity



The most widely used method to check if you're a healthy weight is the body mass index (BMI). BMI is a measure of whether you're a healthy weight for your height. You can use the NHS [BMI healthy weight calculator](#) to work out your score.

Use the machine in the waiting room to check your weight!

For most adults, a BMI of:

- 18.5 to 24.9 means you're a healthy weight
- 25 to 29.9 means you're overweight
- 30 to 39.9 means you're obese
- 40 or above means you're severely obese

It's very important to take steps to tackle obesity because, as well as causing obvious physical changes, it can lead to a number of serious and potentially life-threatening conditions. These include:

- [Type 2 diabetes](#)
- [Coronary heart disease](#)
- Some types of cancer, such as [breast cancer](#) and [bowel cancer](#)
- [Stroke](#)

Obesity can also affect your quality of life and lead to psychological problems, such as [depression](#) and low self-esteem

Treating Obesity:

The best way to treat obesity is to eat a healthy reduced-calorie diet and [exercise regularly](#). To do this, you should:

- Eat a balanced calorie-controlled diet as recommended by a GP or weight loss management health professional (such as a dietitian)
- Join a local weight loss group
- Take up activities such as fast [walking](#), [jogging](#), [swimming](#) or tennis for 150 to 300 minutes (2.5 to 5 hours) a week
- Eat slowly and avoid situations where you know you could be tempted to over eat

You may also benefit from receiving psychological support from a trained healthcare professional to help change the way you think about food and eating.

Smoking



Smoking is one of the biggest causes of death and illness in the UK.

Every year around 78,000 people in the UK die from smoking, with many more living with debilitating smoking-related illnesses. Smoking increases your risk of developing more than 50 serious health conditions.

Some may be fatal and others can cause irreversible long-term damage to your health.

You can become ill:

- if you smoke yourself
- if people around you smoke (passive smoking)

Smoking health risks

Smoking causes around 7 out of every 10 cases of [lung cancer](#) (70%). It also causes [cancer](#) in many other parts of the body, including the:

- mouth/throat/voice box (larynx)
- oesophagus (the tube between your mouth and stomach)
- bladder
- bowel
- cervix
- kidney
- liver
- stomach
- pancreas

Smoking damages your heart and your blood circulation, increasing your risk of developing conditions such as:

- [Coronary heart disease](#) and [Heart attack](#)
- [Stroke](#)
- [Peripheral vascular disease \(damaged blood vessels\)](#)
- [Cerebrovascular disease \(damaged arteries that supply blood to your brain\)](#)

Smoking also damages your lungs, leading to conditions such as:

- [Chronic Obstructive Pulmonary Disease \(COPD\)](#), which incorporates [bronchitis](#) and [emphysema](#)
- [Pneumonia](#)

Smoking can also worsen or prolong the symptoms of respiratory conditions such as [asthma](#), or [respiratory tract infections](#) such as the [common cold](#).

In men, smoking can cause [impotence](#) because it limits the blood supply to the penis and it can also reduce the fertility of both men and women.

Health Risks of Passive Smoking

Definition: Second-hand smoke comes from the tip of a lit cigarette and the smoke that the smoker breathes out.

Breathing in second-hand smoke, also known as passive smoking, increases your risk of getting the same health conditions as smokers.

For example: If you have never smoked but you have a spouse who smokes, your risk of developing lung cancer increases by about a quarter.

Babies and children are particularly vulnerable to the effects of second-hand smoke. A child who's exposed to passive smoke is at increased risk of developing chest infections, [meningitis](#), a persistent [cough](#) and, if they have [asthma](#), their symptoms will get worse.

They're also at increased risk of [cot death](#) and an ear infection called [glue ear](#).

Read more about [Passive smoking](#).

Health Risks of Smoking during Pregnancy

If you smoke when you're pregnant, you put your unborn baby's health at risk, as well as your own.

Smoking during pregnancy increases the risk of complications such as:

- [Miscarriage](#)
- [Premature \(early\) birth](#)
- A low birth weight baby
- [Stillbirth](#)



Alcohol Misuse



Alcohol misuse is when you drink in a way that's harmful, or when you're dependent on alcohol. To keep health risks from alcohol to a low level, both men and women are advised not to regularly drink more than 14 units a week

A unit of alcohol is 8g or 10ml of pure alcohol, which is about:

- Half a pint of lower to normal-strength lager/beer/cider (ABV 3.6%)
- A single small shot measure (25ml) of spirits (25ml, ABV 40%)
- A small glass (125ml, ABV 12%) of wine contains about 1.5 units of alcohol.

Click here to [Find out more about alcohol units](#)

Low-Risk Drinking Advice

To keep your risk of alcohol-related harm low:

- Men and women are advised not to drink more than 14 units of alcohol a week on a regular basis
- If you drink as much as 14 units a week, it's best to spread this evenly over 3 or more days
- If you're trying to reduce the amount of alcohol you drink, it's a good idea to have several alcohol-free days each week
- If you're pregnant or trying to become pregnant, the safest approach is to not drink alcohol at all to keep risks to your baby to a minimum

Regular or frequent drinking means drinking alcohol most days and weeks. The risk to your health is increased by drinking any amount of alcohol on a regular basis.

Risks of Alcohol Misuse

Short Term

The short-term risks of alcohol misuse include:

- Accidents and injuries requiring hospital treatment, such as a [head injury](#)
- Violent behaviour and being a victim of violence
- Unprotected sex that could potentially lead to unplanned pregnancy or [sexually transmitted infections \(STIs\)](#)
- Loss of personal possessions, such as wallets, keys or mobile phones
- [Alcohol poisoning](#) – this may lead to vomiting, fits (seizures) and falling unconscious

People who [binge drink](#) (drink heavily over a short period of time) are more likely to behave recklessly and are at greater risk of being in an accident.

Long Term

Persistent alcohol misuse increases your risk of serious health conditions, including:

- [Heart disease](#)
- [Stroke](#)
- [Liver disease](#)
- [Liver cancer](#)
- [Bowel cancer](#)
- [Mouth cancer](#)
- [Breast cancer](#)
- [Pancreatitis](#)

As well as causing serious health problems, long-term alcohol misuse can lead to social problems for some people, such as unemployment, divorce, [domestic abuse](#) and homelessness.

If someone loses control over their drinking and has an excessive desire to drink, it's known as dependent drinking (alcoholism). Dependent drinking usually affects a person's quality of life and relationships, but they may not always find it easy to see or accept this.

Severely dependent drinkers are often able to tolerate very high levels of alcohol in amounts that would dangerously affect or even kill some people.

A dependent drinker usually experiences physical and psychological withdrawal symptoms if they suddenly cut down or stop drinking, including:

- Hand tremors – "the shakes"
- Sweating
- Seeing things that are not real (visual [Hallucinations](#))
- [Depression](#)
- [Anxiety](#)
- Difficulty sleeping ([insomnia](#))

This often leads to "relief drinking" to avoid withdrawal symptoms.

Click here to [Find out more about the risks of alcohol misuse](#)

Am I drinking too much alcohol?

You could be misusing alcohol if:

- You feel you should cut down on your drinking or You feel guilty about your drinking
- Other people have been criticising your drinking
- You need a drink first thing in the morning to steady your nerves or get rid of a [hangover](#)

Someone you know may be misusing alcohol if:

- They regularly drink more than 14 units of alcohol a week
- They're sometimes unable to remember what happened the night before because of their drinking
- They fail to do what was expected of them as a result of their drinking (For example: Missing an appointment or work because they're drunk or hungover)

Where do I get help?

[Lifestyle Services - Boultham Park Medical Practice](#)



Stop smoking

You're up to four times more likely to quit smoking with the support of [One You Lincolnshire](#). Their team of specialist stop smoking advisors offer face to face and telephone support alongside Nicotine Replacement Therapies to give you the best possible chance of going smoke free for good.

Lose weight

Their weight loss programmes are open to Lincolnshire residents with a long term condition and a BMI over 30. (Check your BMI [here](#)) They know what works for one person to lose weight doesn't always work for the next person so their team of health care professionals have carefully developed a range of programme options to ensure you have the best possible chance of success.

Get Active

Their team of dedicated physical activity coaches are on hand with a range of 1:1 and group sessions designed to get you moving more and achieving the recommended 150 minutes of physical activity per week.

In addition to their in-house programmes, they also offer their 'Get Healthy, Get Active' programme which provides a number of links with community based activity programmes such as Pilates, aqua aerobics and walking football. **SIGN UP NOW!**

Drink Less

Their Drink Less programme is for anyone drinking over 14 units per week and looking to reduce their alcohol intake to within the recommended levels or abstain for good.

In addition to 1:1 and group sessions, they also offer digital and remote support through various programmes

Home Fire Safety

During the winter season we spend a lot more time indoors and it's easy to forget to be careful when doing things on a regular basis. It's when we forget to be careful when it may result in a home fire.

Kitchen Safety

Kitchens and cooking are the main causes of house fires.



Take extra care if you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk.



- Avoid cooking when under the influence of alcohol.
- Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and sauce pan handles out of their reach to keep them safe.
- Make sure saucepan handles don't stick out – so they don't get knocked off the stove.
- Take care if you're wearing loose clothing – they can easily catch fire.
- Keep tea towels and cloths away from the cooker and hob.
- Spark devices are safer than matches or lighters to light gas cookers, because they don't have a naked flame.
- Double check the cooker is off when you've finished cooking.
- Don't put anything metal in the microwave.
- Check toasters are clean and placed away from curtains and kitchen rolls. Most toasters have a slide out crumb catcher to help you keep it clean.
- Keep the oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire.
- Take care when cooking with hot oil – it sets alight easily.
- Make sure food is dry before putting it in hot oil so it doesn't splash.
- If the oil starts to smoke – it's too hot. Turn off the heat and leave it to cool.
- Use a thermostat controlled electric deep fat fryer. They can't overheat.

What to do if a pan catches fire

**GET OUT
STAY OUT
AND CALL
999**



- Don't take any risks. Turn off the heat if it's safe to do so.
- Never throw water over it.
- Don't tackle the fire yourself.

Electrical Fires



Always check that you use the right fuse to prevent overheating.

- Make sure an electrical appliance has a British or European safety mark when you buy it.
- Certain appliances, such as washing machines, should have a single plug to themselves, as they are high powered.
- Try and keep to one plug per socket.
- When charging electrical goods, follow the manufacturer's instructions and look for the CE mark that indicates chargers comply with European safety standards.
- Don't overload. An extension lead or adaptor will have a limit to how many amps it can take, so be careful not to overload them to reduce the risk of a fire.
- Appliances use different amounts of power – a television may use a 3amp plug and a vacuum cleaner a 5amp plug for example.
- Know the limit!
- Keep your eyes peeled for signs of dangerous or loose wiring such as scorch marks, hot plugs and sockets, fuses that blow or circuit-breakers that trip for no obvious reasons, or flickering lights.
- Check and replace any old cables and leads, especially if they are hidden from view – behind furniture or under carpets and mats.
- Unplugging appliances helps reduce the risk of fire.
- Unplug appliances when you're not using them, they are fully charged, or when you go to bed.

Portable heaters:

- Try to secure heaters up against a wall to stop them falling over.
- Keep them clear from curtains and furniture and never use them for drying clothes.

Electric blankets:

- Store electric blankets flat, rolled up or loosely folded to prevent damaging the internal wiring.
- Unplug blankets before you get into bed, unless it has a thermostat control for safe all-night use.
- Try not to buy second hand blankets and check regularly for wear and tear.
- Always follow the manufacturer's instructions.

Smoking and Vaping

More people die in fires caused by smoking than any other causes.



If you do smoke in your home:

- do not smoke if you are tired or in bed
- do not leave cigarettes alight
- double check your cigarette is stubbed out
- use a proper ash tray which has water in
- do not leave matches or lighters within reach of children
- make sure you have working smoke alarms and test them

To reduce your risk of fire or accident whilst vaping:

- only use the charger supplied with your vaping kit
- read the instructions and warnings provided by the manufacturer
- do not over-tighten the screwed connection to the battery
- do not leave your e-cigarette on charge overnight or unattended
- only buy chargers with the CE mark

Candle Safety



Candles are often used for birthdays, family occasions and religious festivals. It is safer to use battery-powered candles. If you do use anything with a naked flame, it should be treated with care.

You should:

- never leave a burning candle unattended
- always keep candles away from soft furnishings
- make sure candles are secured in a proper holder, on a heat-resistant surface
- keep candles out of reach of animals and children
- keep candles away from hair and clothing
- check that you extinguish candles after use
- keep lighters and matches are out of the reach of children
- never move a lit candle



Connect to Support

Connect
toSupport
Lincolnshire

Connect to Support Lincolnshire is an online information and advice library, community directory and marketplace for adults in Lincolnshire. The website is intended for adults who want to find out about local groups, activities and services within the community.



Connect to Support Lincolnshire will provide people with a range of options on how care, support, health and community services can be accessed. Alongside the website, it will offer remote support by telephone, email, and web chat.

The site provides an online directory of providers and services, alongside information and advice content pages.

The website can be accessed at: <https://lincolnshire.connecttosupport.org/>



**Do you struggle
to access public
transport?**



The DialaRide service provides accessible and affordable transport to our local community. Users of the service can be anyone who has a difficulty accessing public transport. It dedicates itself to improving the quality of life and promoting the social inclusion and independence of those individuals that are disadvantaged through age and/or disability. We can transport all types of mobility equipment.

If you live within a 10-mile radius of Lincoln City centre, you can register to use our service. Once registered you can request to be taken anywhere in mainland UK. Annual registration fees apply.

We can transport you for your **medical appointments, shopping, or social trips.**

For further information about our DialaRide service and our other services including our Voluntary Car Scheme and Shopmobility call 01522 544 983.

Information and booking lines are open between 9 and 4 every Monday to Friday. Alternatively, you could visit our website at www.lincolndialaride.co.uk or call in to see us at the office inside Lincoln Central Carpark.



Christmas Quiz Questions

1. What are the names of Father Christmas' eight reindeers (excluding Rudolph!)?
2. Where is Wenceslas square?
3. What are the names of the seven dwarfs in Snow White?
4. What did the three wise men bring to baby Jesus?
5. On Boxing Day of what year was the 'Snowman' first shown on TV?
6. According to the Christmas classic It's a Wonderful Life, what happens every time a bell rings?
7. Which character declares "Merry Christmas, one and all!" in Charles Dickens' A Christmas Carol?
8. What is Will Ferrell's character's name in Elf
9. What did my true love send to me on the 8th day of Christmas?
10. How many ghosts show up in A Christmas Carol?



Christmas Quiz Answers

- | | |
|---|----------|
| 1. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donder and Blitzen | 8 Points |
| 2. Prague, Czech Republic | 1 Point |
| 3. Doc, Happy, Sneezy, Sleepy, Bashful, Grumpy, Dopey | 7 Points |
| 4. Gold, Frankincense and Myrrh | 3 Points |
| 5. 1982 | 1 Point |
| 6. An angel gets its wings | 1 Point |
| 7. Tiny Tim | 1 Point |
| 8. Buddy | 1 Point |
| 9. Maids a Milking | 1 Point |
| 10. 4 - Jacob Marley, Christmas Past Present and Future | 1 Point |

Total 25 Points





Available Help and Ways to save in these hard times

Too Good To Go – Every day, tonnes of food is wasted from cafes, restaurants, shops, hotels and manufacturers. The Too Good To Go app makes it easy for you to access ‘magic bags’ of this from £2. [Find out more on the Too Good To Go website.](#)

OLIO - OLIO connects neighbours with each other and with local businesses so surplus food can be shared, not thrown away. This could be food nearing its sell-by date in local stores, spare home-grown vegetables, bread from your baker, or the groceries in your fridge when you go away. For your convenience, OLIO can also be used for non-food household items, too. [Find out more on the OLIO website.](#)

Trolley.co.uk - Visit this price comparison website to compare supermarkets, discover daily deals, and create smart shopping lists to save as much as 30% on your next shopping trip! [Find out more on the Trolley.co.uk website.](#)

Discounts for Carers - Whether you're a paid or unpaid carer, there are a huge range of discounts, money-saving deals and vouchers that you're entitled to, including travel and holiday deals, money off top fashion brands, savings on homeware and electricals, through to deals on mobile phones, utilities and gym memberships. Find out more on the [Discounts for Carers website.](#)

Lincolnshire food banks – No one should have to face going hungry. Food banks are there to help and support those who may be struggling to access food. There are a range of food banks in Lincolnshire who can help families in need. Find out more on the [Trussell Trust website](#), or the [Greater Lincolnshire Food Partnership website.](#)

