



SUMMER 2026

NEWSLETTER



Hayfever season- top tips!

1. Avoid Triggers:

- Keep windows closed during high pollen days, especially mid-morning and early evening.
 - Stay indoors on dry, windy days when pollen counts are higher.
 - Wear sunglasses outdoors to protect your eyes from pollen.

2. Keep Clean:

- Shower and change clothes after being outside to remove pollen.
 - Wash bedding regularly to reduce pollen buildup.

3. Medication:

- Nasal sprays and eye drops may also be helpful.
- Speak to your pharmacist or GP about the best options for you.

4. When to See Your GP:

- If symptoms worsen or are severe and not controlled by over-the-counter treatments.
- If you develop additional symptoms like sinus pain, fever, or wheezing.

Stay safe and comfortable this hayfever season! If you have any questions, please contact the surgery.

Practice Manager Update

Following the retirement of our previous Practice Manager Lizzie, we are pleased to welcome Fiona Linham as the new Practice Manager at CMP.

Dr Rebecca Hancock

We are delighted to inform you that Dr Rebecca Hancock has joined the practice. We are very pleased to warmly welcome her to our team.

Annual Carers Event – Coming Soon!

Keep an eye out for details of our **Annual Carers Event**, with the date to be confirmed soon.

This is a great opportunity for carers to meet others in a relaxed and welcoming environment, access useful information and support, and enjoy some friendly conversation with members of the team and fellow carers.

As always, there will be plenty of **tea, coffee, and delicious cake** available for a small donation, with all proceeds going to charity.

We look forward to seeing you there – further details will be announced as soon as the date is confirmed!



Anima is our online consultation service, making it quick and easy to contact the practice without waiting on the phone. You can submit medical or administrative requests at a time that suits you.

It's free to use, NHS approved, and available on your smartphone, tablet or computer. You can track your requests and receive updates from the practice through your personal dashboard.

To get started, visit our website and click "Consult with your doctor online."

CRICK MEDICAL PRACTICE

Caring for the community

Meet Our Social Prescriber

Did you know our practice has a Social Prescriber?

Kelly, our Social Prescriber is here to help support your health and wellbeing by connecting you with local services, community groups, and practical support. Social prescribing recognises that many things affecting our health happen outside of medical care, and Kelly can help you find the right support for a wide range of non-medical needs.

Whether you're feeling lonely or isolated, looking to become more active, need support with housing, finances or caring responsibilities, or simply want to find activities in your local community, Kelly can work with you to identify what matters most and help you access the support that's right for you.

If you think you could benefit from speaking with Kelly, please contact reception to find out more or ask a member of the practice team for a referral.

Crick Medical Practice Patient Participation Group

This is our first contribution to the newsletter and a chance to let you know a bit about us and how we are supporting the practice.

Our group is involved in supporting CMP by engaging with patients and providing feedback to the practice for discussion. We help promote health and wellbeing in our community and contribute towards shaping local healthcare. We are a small, but hard-working group and new members are always welcome.

We are engaged at present in fundraising to provide a 24-hour blood pressure monitoring machine at the cost of £1600. This machine is for patients to borrow and use in their own homes. The information gathered is then analysed and actioned by CMP.

To kick start our fundraising we ran the cafe recently at Crick Farmers Market as well as a 'Lucky Dip' for both children and adults. We were delighted to have made over £150 profit.

Thank you to everyone who supported the cafe and 'Lucky Dip' at the July Crick Farmers Market. It gave us a great start to our fundraising endeavours. We really appreciated your support and hope to run another stall and provide refreshments again soon, along with other fundraising activities.

Our next formal meeting is October 8th at CMP, please contact me if you would like to attend. The minutes of our meetings are on the CMP Website.

This is your local medical practice and your chance to be involved.

If you would like to have your say, find out more about our PPG group or be involved in helping us fund raise please contact either: www.crickmedicalpractice.co.uk or email Sue Wakeley(PPG Chair) wakeleysm@yahoo.co.uk

Sue Wakeley (PPG Chair)



UK Government NHS FIT FOR THE FUTURE

Tap the NHS App

Access your NHS services

- ✓ Request your repeat prescriptions
- ✓ Book and manage appointments
- ✓ Read your healthcare messages
- ✓ See your test results and appointments notes
- ✓ And much more...

Remember to switch on notifications in your app settings

Need support?
Ask at reception or tap "App help" in the app

Using a computer? Log in at NHS.uk

Tap the NHS App



Ordering your Repeat Prescriptions

Order your repeat prescriptions via the NHS App.

Please allow 5 working days to collect your prescriptions.

HOW TO STAY SAFE IN THE SUN

Enjoy the sunny days while staying safe and protected!



Always wear sunscreen.



Apply sunscreen with SPF 30 or higher at least 15 minutes before going out. Reapply often.

Wear protective clothing.



Cover up when out in the sunshine. Put on a hat to protect your face and neck.

Wear sunglasses.



Keep your eyes protected with sunglasses that are designed to block UV rays.

Don't stay out in the sun too long.



Limit your time in the sun, especially between 11 AM and 3 PM. Seek shade if you can.

Weather



Our skin can burn even if it's cloudy! Apply sunscreen to protect your skin.

Splish, Splash



Water washes sunscreen off. Sunscreen should be reapplied straight after you have been in water.

Not everyone needs to see a GP

Many practices have adapted the way they work to better meet the needs of patients and continue providing safe, effective care.

When booking an appointment, our reception team may ask for a brief description of your issue. This helps us ensure you are seen by the most appropriate healthcare professional as quickly as possible.

Depending on your needs, you may be offered an appointment with another member of our healthcare team, such as a nurse, pharmacist, physiotherapist, social prescriber, or podiatrist.

Thank you for your understanding and support as we work to provide the best care for all our patients.

Protected Learning Time (PLT) Dates

Please be aware that the surgery will be closing on one Wednesday afternoon of each month for mandatory staff training. This opportunity enables us to keep up to date with the latest topics and enhance staff knowledge.

We will be closed from 12.30pm-6.30pm. During this time if you need to see a doctor urgently you can call 111.

Dates for 2026 are:

9th September

7th October

11th November

Please note that these dates are subject to change.



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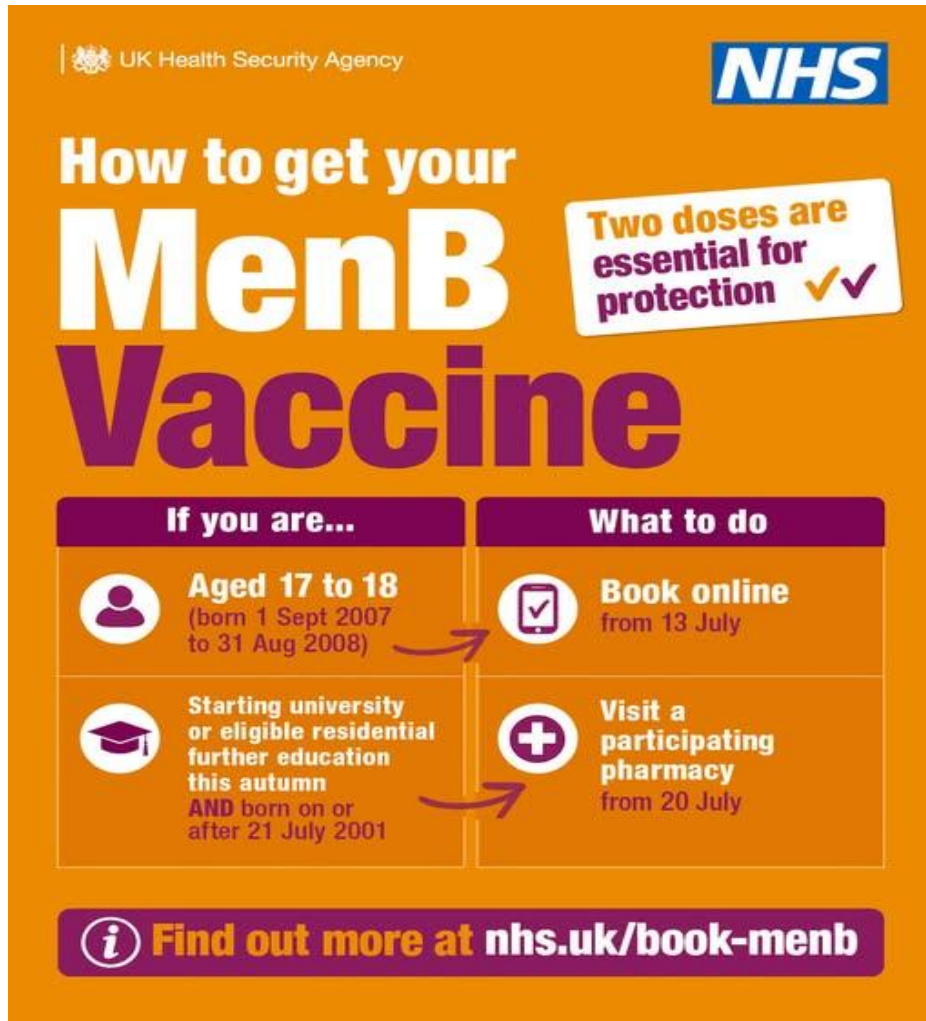
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CRICK MEDICAL PRACTICE

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UK Health Security Agency

NHS

How to get your MenB Vaccine

Two doses are essential for protection ✓✓

If you are...	What to do
 Aged 17 to 18 (born 1 Sept 2007 to 31 Aug 2008)	 Book online from 13 July
 Starting university or eligible residential further education this autumn AND born on or after 21 July 2001	 Visit a participating pharmacy from 20 July

 **Find out more at nhs.uk/book-menb**

MenB Vaccination Programme for Young People

A one-off NHS MenB vaccination programme is now available to help protect eligible young people against meningococcal B disease.

The programme is open to Year 13 students (aged 17–18) and people under 25 starting university or residential further education for the first time this autumn.

Visit the website below or scan the QR code to find a participating pharmacy offering the MenB vaccination:

<https://www.nhs.uk/nhs-services/vaccination-and-booking-services/book-a-menb-vaccination-appointment/>



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CRICK MEDICAL PRACTICE

Caring for the community



Surgery Opening Hours

Monday

8.00 am – 8.00pm

(6.30pm – 8.00pm for booked appointments only)

Tuesday

8.00 am - 6.30pm

Wednesday

8.00am – 8.00pm

(6.30pm – 8.00pm for booked appointments only)

Thursday

8.00 am - 6.30pm

Friday

8.00 am - 6.30pm

We are closed on Saturday, Sundays and all Bank Holidays

**IF THE SURGERY IS CLOSED AND YOU NEED MEDICATION OR TO SEE A DCOTOR URGENTLY
PLEASE CONTACT NHS 111 OR A COMMUNITY PHARMACY.**



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