

# BARGOOSE

Dr Avanti Sulakshana and Partners

**Patient Participation Group (PPG)**

Newsletter No 56 - Summer/Autumn 2024

The **PPG**

Would like to invite you to

## **A HEALTH EVENING**

Come and meet our own doctors who will be there to answer the questions that have been submitted

and also

find out more about Healthwatch Central Bedfordshire

from

the CEO of Healthwatch Diana Blackmun

Come and join us

**Wednesday 11th SEPTEMBER**

**7.30 p.m. – 9.30 p.m.**

at St Nicholas Church Hall, Barton

**MK45 4LA**

Refreshments will be provided

Any questions about the practice or the NHS you would like put to the Doctors have to be submitted before the evening to

[barton.letters@nhs.net](mailto:barton.letters@nhs.net)





**Your Hospital Charity**  
Supporting Luton & Dunstable Hospital



**Bedfordshire Hospitals**  
NHS Foundation Trust

# Forget Me Not Volunteers

## Supporting patients with dementia

**Dementia touches  
most of our lives...**



**If you have a passion for improving the  
experience of patients and families  
coping with dementia, join us as a  
Forget Me Not Volunteer**

- **A friendly chat about days gone by**
- **A game, puzzle or craft activity**
- **A little afternoon tea...**

**You can make a difference to a patient's  
day**

**Contact:**

**[voluntaryservices@bedsft.nhs.uk](mailto:voluntaryservices@bedsft.nhs.uk)**

**01582 718289**

Because **people**  
matter most

## Prescription Requests

Please be advised that due to circumstances beyond our control, you need to allow at least 3 working days from the date of ordering your prescription before collection.

Thank you.



The image shows a screenshot of an NHS prescription form (FP100). The form is divided into several sections: 'Patient Details' (Name, Sex, Date of Birth, Address), 'Prescription' (Medication name, Strength, Quantity, Date), and 'Prescriber Details' (Signature, Address, Date). The form is filled out with sample data.

- Interested in the NHS ?
- Want to know more?
- Would like to be involved in in local services ?



Please consider joining our Patient Participation Group and having a voice

Email [barton.letters@nhs.net](mailto:barton.letters@nhs.net)

**The NHS App is a simple and secure way to access a range of NHS services and information on your smartphone or tablet. Millions of people are already using the NHS App to manage their health the easy way from the comfort of their homes.**

If you are over the age of 16 the NHS App enables you to view your GP health record to help you better understand and manage your condition, without having to phone your GP surgery. With the App you can access your consultation notes, letters and test results.

The NHS App also enables you to manage repeat prescriptions and easily change your nominated pharmacy, so you can send orders when it's convenient for you. Each prescription ordered electronically saves GP practices three minutes of time and a patient 18 minutes, making it more convenient for people and freeing up frontline staff to do other important duties.

The App makes it easy to access your appointment information and manage your hospital appointments. You can also find out your NHS number and access NHS 111 online to get instant advice or medical help near you.





## Your open door to free advice in Central Bedfordshire

Funded by **Central Bedfordshire Council**  
Provided by **The Disability Resource Centre**

There to help residents of Central Bedfordshire to find the best free advice on a wide range of topics.

Benefits, Employment, Legal, Disability, Health and Care, Housing, Education, Money and Debt, Community, Immigration, Consumer, Relationship

Call on 0300 303 6666

Open from 9am to 5pm (Monday to Friday). Their team is trained to guide you to the advice you need.

Visit the website – [advicecentral.org.uk](http://advicecentral.org.uk) Email: [AdviceCentral@drcbeds.org.uk](mailto:AdviceCentral@drcbeds.org.uk)



### HOW TO SELF REFER

Online via our website - [Get Started | East London NHS Foundation Trust \(elft.nhs.uk\)](#)

Telephone – 01234 880400

The Talking Therapies Services in BLMK provide free and easy conversations with mental health professionals to residents of Bedfordshire, Luton, and Milton Keynes. It is open to those facing challenges such as low mood, anxiety, stress, depression, and coping difficulties.

The service offers both phone and video consultations, and in-person meetings can be arranged.

# Who We Are

## Our Doctors

### Partners

Dr Avanti Sulakshana  
Dr Chandra Gurram  
Dr Kate Randall  
Dr Saleh Ahmed

### Salaried GP's

Dr Rachel Donaldson  
Dr Valerie Adaba  
Dr Dilan Joshi

## Our Nurses

### Minor Illness Nurses

Gill  
Debbie  
Julia  
Heather

### Practice Nurse

Joy



## Our Health Care Assistant

Gemma and Rebecca

## Our Phlebotomists

Diane and Heena

## Practice Manager

Jo Penlington

## Deputy Practice Manager

Louise Mardle

## Paramedics

Kim and Katie

## Advanced Nurse Practitioner

Laura

## Physicians Associate

Hanny

## Physiotherapists

Susie, Deborah, Mohammed

## Do you qualify for a home fire safety visit from Bedfordshire Fire & Rescue Service?



**Be Reassured**  
in the home with a Bedfordshire Fire & Rescue Service

### Home Fire Safety Visit

📌 **Are you or is someone you care about... over 65? Or...live alone, have a disability, have adult social care needs, smoke or have a substance or alcohol dependency and/or live in a cluttered environment.**

📌 **Book a free Home Fire Safety Visit today!**  
visit [bedsfire.gov.uk/home-fire-safety-visit](https://bedsfire.gov.uk/home-fire-safety-visit), or email [homefiresafetyvisit@bedsfire.gov.uk](mailto:homefiresafetyvisit@bedsfire.gov.uk), or call 0800 043 5042.

**Bedfordshire**  
Fire & Rescue Service

**FREE SERVICE BOOK NOW**

A Home Fire Safety visit is open to anyone in the following groups

- Over 65 years old
- Anyone of any age with a long term physical or mental health condition
- Anyone with sight or hearing impairment
- Anyone of any age with mobility difficulties (walking, sitting, climbing stairs)
- Families with children under 5

Book now: [bedsfire.gov.uk/home-fire-safety-visit](https://bedsfire.gov.uk/home-fire-safety-visit) or email [homefiresafetyvisit@bedsfire.gov.uk](mailto:homefiresafetyvisit@bedsfire.gov.uk), 0800 043 5042.

### ***Inhalers cannot be recycled from home,***

and you shouldn't throw them in the bin either. All used inhalers should be returned to your nearest pharmacy for them to dispose of safely. Inhalers are thermally treated to destroy the greenhouse gases. This environmentally safe disposal route is available at all pharmacies and is paid for by NHS England.

Unfortunately, we do not have the facility to accept returned used inhalers at the surgery.

### **Would you like a PDF copy of the Bargoose Newsletter e-mailed to you?**

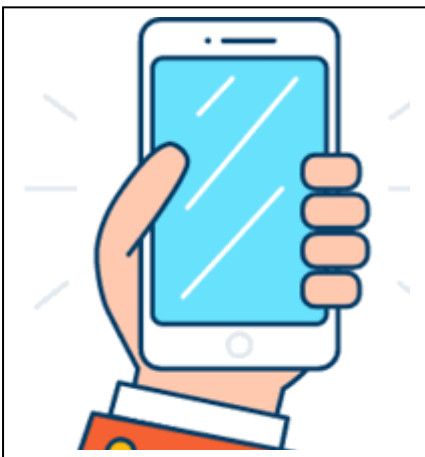
There are different topics covered each issue with up-to-date information. Would be particularly useful for Carers etc. Also, there are many changes happening re NHS England and as things develop this will get extensive coverage in the Bargoose. To receive a copy please apply by email to [barton.letters@nhs.net](mailto:barton.letters@nhs.net)



## FLU SEASON IS NEARLY HERE

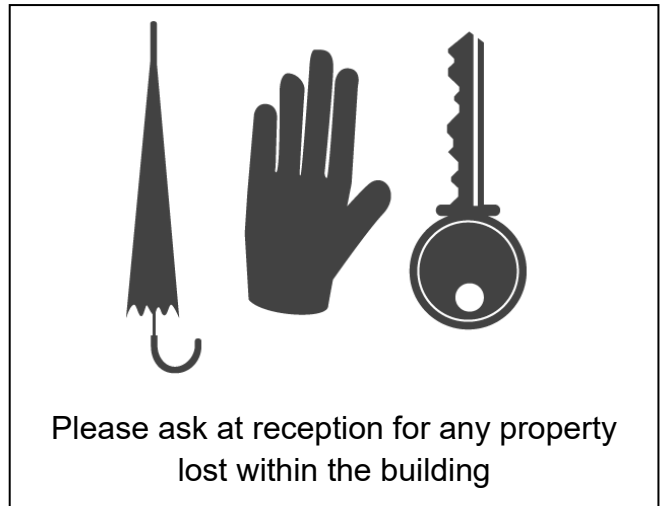
We are holding flu clinics on Saturdays during October.

Book your appointment **NOW**



**Please give your mobile number to reception so we can send out appointment reminders and health care messages.**

**Please let us know if your number changes.**



Please ask at reception for any property lost within the building

**Carers**   
**in bedfordshire**

By registering with us as a carer, you will get access to a whole range of services, including advice, information, access to our groups, events and carers grants and much more.

You'll be part of a local and national movement that gives [carers a voice](#) to improve services for them and the people they care for.

**0300 111 1919**



**FROM THIS**

**TO**

**THIS**

If you are in Year 12 or above at school (or your children are) and interested in a career in Medicine, Nursing or any of the allied professions why don't you join the Bargoose Committee. We have previously had young members who have gone on to be Doctors, Nurses, Physiotherapists and Radiographers.

Being on the committee will increase your knowledge of how the NHS works and help with your UKAS application.

Interested?

Then email [barton.letters@nhs.net](mailto:barton.letters@nhs.net) and we will get back to you.

Have you seen our website...[www.bartongroupsurgeries.co.uk](http://www.bartongroupsurgeries.co.uk)

You can find out lots of information about us and the services we provide.

