

Surgery Update

The Beacon Health Group is open and accepting new patients. We have been changing the way we are working to allow us to stay operational during the Coronavirus outbreak. Please see below for the latest updates;

- Please note the current times for collecting medication are Monday to Friday 9.00am-1.00pm and 3.00pm-6.30pm.
- We are now beginning to reopen some of our clinics such as; routine blood tests, minor surgery and smear tests. Please book online or contact reception to book.
- We will soon be in touch regarding appointments for long term conditions such as; diabetes, COPD, asthma and rheumatoid arthritis.
- Our memory clinic will be reopening this month as a virtual clinic with our new dementia Nurse Rebecca. We will contact you to book.
- We have now returned to closing for the CCG GP shutdown one afternoon a month. All practices in Mid-Essex will be closed. The Mid-Essex CCG will be providing out of hours care for our patients and our telephone lines will be diverted to the care provider during this time. Please see our website for shutdown dates.
- We are continuing to have the majority of appointments via telephone or video consultation unless not clinically appropriate. Please bear in mind this means the phone lines are busier. Please use the DoctorLink application (please see below) or contact us via email where possible.

Reception - reception.f81100@nhs.net

Prescriptions - f81100.scripts@nhs.net

Secretaries - secretaries.f81100@nhs.net

DoctorLink

DoctorLink is a web based platform that supports GP practices with managing patient needs by providing a digital triage service. It signposts patients to the most appropriate service: Homecare, Pharmacy, GP Service, OOH, 111 or Accident and Emergency (A&E) within a recommended timeframe according to their symptoms.

The symptom assessment will ask you a number of questions to help to identify your problem. If your outcome indicates that an appointment is required at the GP surgery, you simply click on the "request an appointment" button.

You will also soon be able to request repeat prescriptions and request fit/sick notes through DoctorLink.

Sign-up for DoctorLink is simple and you can create an account at

<https://app.doctorlink.com/beaconhealthgroup/register>

Flu Clinics

We are now booking flu vaccine appointments for Saturday 19th September and Saturday 26th September 2020 for the over 65's and for the under 65's which are eligible. Please contact reception to book.

Face Masks

We are asking that all patients please wear a face mask/covering when attending the surgery. Thank you.

Thank you to the PIG Group

We would like to express our sincere thanks to the Patient Involvement Group for their kind donation which has enabled us to purchase 5 new oxygen monitors which are vital during this time. This will enable us to loan these to Covid patients to monitor their oxygen saturation. Thank you from the partners and all the staff.

Pride in Practice Gold Award

During Pride month, The Beacon Health Group stepped up to meet the needs of our lesbian, gay, bisexual and transgender (LGBT) patients, and became amongst the first in the country to receive a special Pride in Practice Gold award (the highest possible rating available). The Pride in Practice programme makes services more accessible for LGBT people in their communities.

Dr Michael Brady, National Advisor for LGBT Health, NHS England and NHS Improvement, said: "Now more than ever it is vital that we address LGBT health inequalities. Pride in Practice is a great example of primary care services taking the lead to improve the care and experience of LGBT patients. Through better monitoring, staff training and the support provided by the LGBT Foundation, practices are able to both identify inequalities and address them. I applaud all these practices for their efforts in ensuring they deliver LGBT inclusive care and look forward to seeing more services taking up this initiative."

Step Up for Dementia Challenge

The Beacon Health Group has taken part in Step Up for Dementia challenge over the last 5 months to support the Alzheimer's Society who work alongside us and in the community to support our patients, family, friends, and all others living with dementia.

Dementia can be a cruel condition and in this current health crisis we felt it was even more important to step up and help where we could. The challenge is to walk 850,000 steps each, and we have raised an amazing £1960.00 so far.

Please support our efforts and donate if you can by going to

<https://www.justgiving.com/team/Stepupfordementia-BeaconHealthGroup>.

Immunisation Reminder

NHS England and Public Health England are urging patients to attend routine vaccinations to prevent outbreaks of serious diseases as part of a campaign to encourage people to use their NHS if they need it. Parents, in particular, are being urged to make sure pre-school children attend vaccination appointments, and pregnant women are being advised not to miss out on antenatal vaccinations which protect them and their baby.

Please call reception to book an appointment.

[Thank you to the Danbury Sewing Bees](#)

We would like to thank the Danbury Sewing Bees for all their hard work and kindness in providing us with so many re-usable facemasks for our staff and patients. The generosity of your time and effort is much appreciated. Thank you.

[Green Impact for Health](#)

[Green Impact for Health](#) is an online DIY guide to help make the practice more environmentally sustainable. Sustainable healthcare is the concept of providing healthcare in a way that is beneficial to patients without harming the planet.

The Beacon Health Group has taken up the task as a practice to improve our sustainability and environmental impact and is very proud to announce we have achieved our Bronze Green Impact award.

Below are just a few of the changes we have put in place.

[GSK "Complete the Cycle" Inhaler Recycling Scheme](#)

73 million respiratory inhalers are prescribed every year in the UK and not disposing of them correctly can be harmful to our environment. New research shows that 58% of people in the UK are putting their used inhalers into their home waste bin, where it can end up at landfill or being incinerated.

Complete the Cycle was set up in the UK in 2011. By the end of 2017, over 1.2 million inhalers were recycled and recovered. This saved carbon dioxide emissions equivalent to taking 5,199 cars off UK roads. Complete the Cycle is an easy and convenient way to recycle your inhalers. Posters are up in the waiting areas for local collection points and we hope this will encourage patients to dispose of them in the best way possible. To find out your local collection point go to <https://pharmacyfinder.completethecycle.eu/index.html>.

[Being a Breastfeeding Positive Practice](#)

The Beacon Health Group welcomes breastfeeding on site. We are promoting this with posters in the waiting rooms. The UK has one of the lowest rates of breastfeeding in the world, with just 34 per cent of babies receiving breast milk at six months of age, compared to 62 per cent in Sweden. By encouraging mothers and offering as much as support as we can we hope to have a positive impact on these statistics.

More information can be found at www.unicef.org.uk/babyfriendly/about/breastfeeding-in-the-uk/