



Dr Uddin & Dr Anwar Halliwell Surgery Practice Newsletter Summer Newsletter 2022

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Drs Uddin & Anwar
Halliwell Surgery
Lindfield Drive
Bolton
BL1 3RG
Tel: 01204 523716
Website:
www.halliwellssurgery@nhs.uk

If you require urgent medical assistance when the surgery is closed and cannot wait until the surgery opens, please call the Out of Hours service on 0161 7638940.

Reception Opening Times:

Mon to Fri – 8.00am to 6.30pm

Infection Prevention & Control Update

NHS England has provided updated guidance regarding Infection Prevention & Control.

As a practice, we have reviewed this guidance.

- Healthcare staff will still wear face masks and personal protective clothing in clinical examinations.
- The requirement to wear masks in non-clinical areas are no longer required, unless personal preference – this includes offices & waiting room.
- Patients attending the practice will be asked to wear face masks if they have respiratory or flu-like illness (adults and children over 4 years old). All other patients will not be required to wear a mask unless personal preference. The practice will continue to have a supply of face masks for patients, if required.
- If there is a spike in infections, we may reinstate mask wearing.

Surgery Staff Update

Our current clinical team:

- Dr Uddin – GP Partner
- Dr Anwar – GP Partner
- Dr Lomas – Salaried GP
- Dr M. Anwar – Trainee GP (final year)
- Dr Shafique – Trainee GP (final year)
- Sister Else – Practice Nurse
- Sister Barrett – Practice Nurse
- Rebecca Hill – Assistant Practitioner
- David Haslam – Primary Care Network (PCN) Paramedic
- James Limbert – PCN Musculoskeletal (MSK) Practitioner
- Ian Hadlow – PCN Mental Health Practitioner
- Raeesa Ali – PCN Pharmacist
- Rebena Khan – PCN Pharmacist
- Jane Melia – PCN Pharmacy Technician
- Helen Breheny – Trainee Associate Psychological Practitioner
- Misbah Liaquat – Health Improvement Practitioner
- Andrea Hollman – Social Prescriber Link Worker
- Community Phlebotomy Team – Phlebotomy (blood taking) service

Our current admin team:

- Aimee Hilton – Practice Manager
- Ellie – Reception
- Chloe – Reception
- Sophie – Reception
- Vaf – Reception
- Janice – Reception
- Cherry – Reception

We will be saying farewell to Dr Shafique, who will have completed his final year of GP training in August 2022. We would like to wish him all the best in his future career.

We will welcome Dr Lo, trainee GP (final year) in August for 12 months.

We will also welcome Rachel, who will be joining our team as a Trainee Nurse Associate as part of the PCN.

Friends & Family Feedback April to June 2022

As a practice, we send texts through to patients, or their carers, who have had some form of appointment with one of our clinical team for feedback on the service.

The results from April to June 2022 are:

- 65% thought the service was very good
- 26% thought the service was good
- 1% thought the service was neither good nor poor
- 1% thought the service was poor
- 1% thought the service was neither good nor poor
- 3% thought the service was very poor
- 3% replied with don't know

For more information, please visit our website [Dr Uddin & Dr Anwar, The Halliwell Surgery - Friends & Family Test Results](#)

Hot weather advice

With temperatures rising over the summer months, it's an ideal time to think about how to stay safe in warmer weather. In the UK there are over 2000 deaths each year which are heat related.

Signs of heat exhaustion include headache, dizziness and confusion, loss of appetite or feeling sick, excessive sweating and a high temperature of 38C or above. If you're suffering from heat exhaustion, it's important to try and cool yourself down within 30 minutes.

Heat stroke can be very serious and should be treated as an emergency. If you feel unwell after 30 minutes resting in a cool place and drinking plenty of water, you have a temperature of 40C or over, if you feel confused, or aren't sweating even though you feel very hot, these could be signs of heat stroke.

If you, or someone you care about is likely to be affected by extreme weather conditions, you can sign up for email alerts from the Met Office that will tell you when extreme weather is expected. Some groups of people are more likely to be adversely affected by weather conditions, including older adults, babies and young children, and those living with long term health conditions.

<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

<https://www.metoffice.gov.uk/about-us/guide-to-emails>

Mental Health for Young People

The NHS website has a fantastic page about how you can help and support children and young people with their mental health, including ways you might be able to identify if someone is struggling.

Additionally, Kooth is an online support service for young people. It's available in areas across the UK. If you think you might benefit, it's worth taking a look.

Young Minds might be just the support you're looking for, if you, or someone you care about is a young person who needs support with their mental health.

<https://www.kooth.com>

<https://www.youngminds.org.uk>

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>