



Working together to improve end of life care



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friendly accredited  
GP practice



# Long Buckby Practice Patient Newsletter

## Spring 2024

[www.longbuckbypractice.nhs.uk](http://www.longbuckbypractice.nhs.uk)

The Practice is open Monday to Friday 8am to 6.30pm. Closed on Bank Holidays.

Appointments are now available up to 8pm on weekday evenings and Saturdays 9am to 5pm.

These could be at another local practice.

As I am always encouraging Carers of our Practice to go into the drop in meetings at Brixworth, I thought it was about time I tried one myself, so one warm afternoon I found myself at Brixworth library. There were plenty of parking spaces available, and I easily found where the meeting was being held. The library is a large building, the meeting is held upstairs, but there is a lift.

As soon as I walked through the door, I was made very welcome by the three staff from Northamptonshire Carers and the Carers who were already there. Some of the Carers had brought their Cared for, as all are welcome. It is a very informal meeting consisting of patients from both Long Buckby and Saxon Spires. Free tea, coffee and biscuits were served to our table before the speaker began. This month it was a short talk from the local PCSO about how we can avoid becoming the victim of doorstep, phone and internet scams. Helen, our Social Prescriber and Northamptonshire Carers then said a few words. Everyone got very excited at the launch of the latest booklet of events, groups and outings organised by Northamptonshire Carers. There was plenty of time left to have a chat with other Carers and ask any questions from the Northamptonshire Carers experts.

It was a great afternoon and I thoroughly recommend it, but we do realise that Brixworth is not accessible to everyone from Long Buckby, so Northamptonshire Carers are thinking about setting up a group here if there is enough interest. If you are interested in a potential Long Buckby Group or want to go on our Carers' mailing list, please contact me at the Practice.

Ruth - Carers' Lead

[ruthwelsh@nhs.net](mailto:ruthwelsh@nhs.net)

01327 841842

**NORTHAMPTONSHIRE CARERS**

DO YOU LOOK AFTER SOMEONE?  
ARE YOU AN UNPAID CARER?

Carers...are people who look after someone who may have a physical or learning disability, mental health problem, drug or alcohol addiction, or elderly/frail.

**SAXON SPIRES & LONG BUCKBY CARERS DROP IN**

1st Tues each month  
1.30pm - 3pm  
Upstairs Community Hall  
(lift available)  
Brixworth Library  
Spratton Rd  
Brixworth  
NN6 9DS

CARERS & THE CARED-FOR BOTH WELCOME!

CONTACT INFORMATION:  
E [admin@northamptonshire-carers.org](mailto:admin@northamptonshire-carers.org)  
Tel: 01933 677907 Option 1

**We are pleased to welcome Dr Laura Knight us as a GP Partner at the Practice from April. Dr Knight has previously worked here as a GP registrar and has been working as a local GP since then.**

**If you were registered with Dr Sean Gower, we will soon be notifying you of your new named GP.**

**WELCOME**

**Look out for our new  
facebook page coming soon.**



## **Covid Vaccinations**

**Spring Booster**

**Available to book from 8<sup>th</sup> April**

### **Helen Blackburn – Lead Social Prescribing Link Worker**

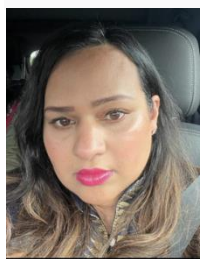
My name is Helen, the Lead Social Prescriber and I have been in post for four years. My role is to first ask patients “what matters to you?” I will then work with the patient to find and refer to the most appropriate support. For example, Northamptonshire Carers, Housing Associations, food banks and community larders, domestic abuse, libraries, volunteer organisations, and many more.

Social Prescribing is a non-medical role offering patients help and support with issues such as loneliness, finances, employment, housing, domestic abuse and many more.

I am based at The Long Buckby on alternate Tuesdays and appointments can be made by contacting the Practice. I am also at Long Buckby library for drop-in sessions every six weeks. The dates are advertised in Long Buckby Practice.



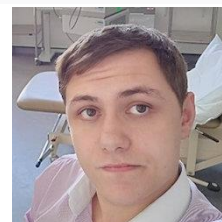
### **Nadia Mogul – Clinical Pharmacist at Long Buckby Practice**



My name is Nadia and I am a Clinical Pharmacist. I have over 20 years' experience and am also an independent prescriber based here at The Long Buckby Practice. I closely work alongside my team and take responsibility for medicines optimisation within the surgery and provide expert advice on clinical medicines whilst also carrying out structured medication reviews. If you have a queries regarding your medication and would like to get in contact with me, please call reception to make an appointment with me.

### **Richard Keating – Podiatrist at Long Buckby Practice**

My name's Richard Keating and I have been a qualified podiatrist now for 9 years. I have a well-rounded experience within my profession having previously worked in community foot care, private practice, university lecturing and orthopaedic hospital settings. I have been working with the PCN as the first point of contact Podiatrist for just over 2 years now.



### **Hafiz Khan – First Contact Physiotherapist**



I am a qualified Physiotherapist and have an MSc in Musculoskeletal Physiotherapy. I worked as a rotational Physiotherapist gaining valuable experience in outpatient and inpatient settings. In both the NHS and private practice, specialising as an MSK Physiotherapist. Currently, I serve as a First Contact Practitioner at the Advance Physiotherapy group extending services to GP surgeries. My areas of expertise lie in musculoskeletal, orthopedic and elderly rehabilitation.

## **Annual Carers' and Veterans' Event**

**Wednesday 12<sup>th</sup> June 2pm at Long Buckby community Centre. All welcome.**