



# Long Buckby Practice Patient Newsletter

## Summer 2026



Working together to improve end of life care



[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.

### Have you been to our Carers' and Veteran's Event?

Back in 2014, we held our very first Carers' Event in a small room at the Community Centre. It was a simple, cosy afternoon with plenty of tea and a few cakes. Northamptonshire Carers joined us, along with a couple of other local organisations, and it quickly became clear how valuable the event could be.

Twelve years on, the event has grown into something much bigger — and much loved. We now invite all our patients who are carers, have a carer or are veterans, though everyone is welcome to come along. It's always a cheerful afternoon, and the feedback each year tells us how much people enjoy it.

This year we'll be welcoming around 20 organisations, each hosting a stall to offer information, support, and friendly conversation. As always, there will be tea, coffee, and plenty of cake available for a small donation to charity. Our famously large raffle will also be returning, with every penny raised going to good causes. Thanks to the generosity of our patients over the last 14 years, we've been able to donate an amazing **£3,161** to charity.

Long Buckby Practice  
Invites You To A  
**Carers' & Veterans' Tea & Coffee Afternoon**  
On Wednesday 9<sup>th</sup> September 2026  
At Long Buckby Community Centre  
2pm – 3.30pm

**SAVE THE DATE**      **ALL WELCOME**

**Come and meet other carers, have tea, coffee & cake, get advice, raffle, and see what services are available from the Practice, Northamptonshire Carers and other organisations**

Our 2026 event will take place on Wednesday 9th September, 2pm–3.30pm. We'd love to see you there.

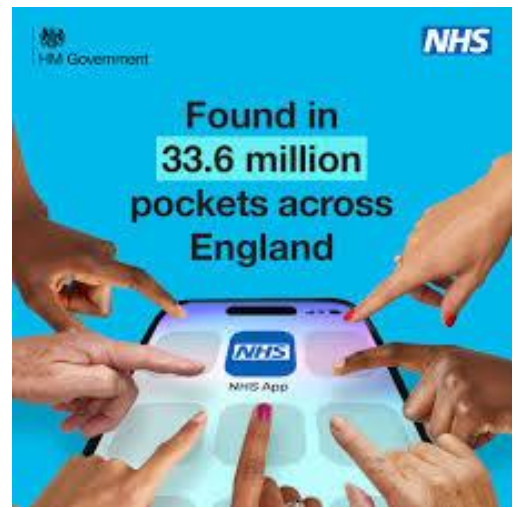
We are pleased to welcome Selina, who has recently joined our team as an evening receptionist. As with all new team members, there is a learning period, and Selina may need to seek guidance from her supervisor. We appreciate your patience and support as she settles into her role.

In June we celebrated our longest-serving staff member. Ruth, our Data Manager, has now been with the surgery for an incredible 35 years.



Don't forget you can send us a message, ask us a question or request an appointment on the NHS App. You can also access the NHS App on a desktop or laptop via our website.

# TAP THE APP



## Why the NHS needs to know your ethnicity

- **Understanding health risks** Some conditions are more common in certain ethnic groups (for example, diabetes, hypertension, sickle-cell disease). Knowing this helps GPs and hospitals spot risks earlier and offer the right checks.
- **Improving services** If a community isn't attending screening, vaccinations, or health checks, the NHS can see the pattern and fix it — by improving access, communication, or outreach.
- **Reducing health inequalities** Ethnicity data shows where outcomes differ between groups. Without the data, inequalities stay hidden.
- **Planning local services** Practices can tailor clinics, events, and support based on who actually lives in the area.
- **Ensuring everyone is represented** Research, funding, and national planning rely on accurate population data. If people don't share their ethnicity, some groups end up invisible in the statistics.

**There are still a few patients who don't have their ethnicity recorded in their medical notes.**

**Please let us know yours.**

**Stay safe in the sun**

By following a few simple safety tips, we can all enjoy the warmer weather and avoid the risks of sunburn, sunstroke and skin cancer.

- Stay out of the heat between 11am and 3pm when the sun is at its hottest
- Wear light, loose-fitting clothing and a hat/scarf
- Apply sunscreen regularly - minimum factor 15. Apply 30 minutes before you go out in the sun
- Drink plenty of cold drinks, avoiding alcohol, caffeine and sugary drinks

For more information go to [www.nhs.uk/summerhealth](http://www.nhs.uk/summerhealth), telephone NHS 111 or visit your local chemist.

A summer health poster with a bright blue sky, a sun, and green grass. In the foreground, there is a straw hat, a pair of sunglasses, and a tube of sunscreen. The text 'Stay safe in the sun' is written in a large, white, bubbly font. Below it, a paragraph explains the importance of safety tips to avoid sunburn, sunstroke, and skin cancer. A list of five tips follows. At the bottom, there is contact information for more details.

Keep up to date with Practice and NHS updates and news. Follow our **NEW** Facebook page.

