



Working together to improve end of life care



Armed Forces Veteran
friendly accredited
GP practice



Long Buckby Practice Patient Newsletter

Spring 2025

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.

Important information if you have diabetes

If you have diabetes, then you will already be used to an annual review every year and some of you will also have a six monthly review too. Since April the procedure has changed. You will now be called for your annual review in your birthday month.

Your first appointment will be a pre diabetic clinic appointment with the Health Care Assistant (HCA). Please bring a urine sample to this appointment. The HCA will do a blood test, check your blood pressure, height, weight and check your feet.

Your next appointment 2 to 4 weeks later will be with Alisa or Steff, who are our diabetes specialist practice nurses. At this appointment the nurse will go through your results and medication and make any changes required. She will also inform you when your next review will be if it needs to be before your next annual review.

This change may mean that you have two reviews this year, so if you get a text asking you to make an appointment, please do so even if it's not been long since your last check.

DIABETES



Do we have your correct contact details?

We will always contact you in the first instance by sending you a text. Please make sure we have your correct number.

If you wish to dissent from receiving texts, please let us know.

Long Buckby Practice Invites You

Carers' & Veterans'

Tea & Coffee Afternoon

On Wednesday 2nd July 2025

At Long Buckby Community Centre

2pm – 3.30pm

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

**All welcome,
you don't have to be a Carer or Veteran to attend.**



SUFFERING FROM HAYFEVER?

GET RELIEF – SEE YOUR PHARMACIST!

What is Hayfever?

Hayfever (allergic rhinitis) is caused by allergens like pollen. Common symptoms:

- Sneezing
- Runny or blocked nose
- Itchy eyes, ears, throat
- Fatigue



Why See a Pharmacist?

- Quick advice – no appointment needed
- Tailored treatment recommendations
- Access to antihistamines, nasal sprays & eye drops
- Support managing symptoms day-to-day



Top Tips for Managing Hayfever

- Check the pollen forecast
- Keep windows closed in high pollen seasons
- Shower and change clothes after being outside



SPEAK TO YOUR LOCAL PHARMACIST TODAY AND BREATHE EASIER!

Did you know there is a Long Buckby Practice Facebook page?

Here you can find information about the Practice and health advice.

You can now contact the surgery via the NHS App.

The NHS App provides a simple and secure way for you to contact us or access a range of NHS services on your smartphones, tablet or computer (for example, book some appointments, order repeat prescriptions, check symptoms and get your test results). You can use the NHS App on a phone or desktop computer.

