

# Borough Road and Nunthorpe Medical Group



## Practice and Patient Forum Newsletter September / October 2025

**Do you need medical help from the Practice? - You can contact us in three ways.**  
**All result in a doctor deciding the best way to help you.**  
**The practice will contact you to tell you what will happen next.**

### ONLINE

1. Use the Practice website on weekdays  
[www.boroughroadandnunthorpe.nhs.uk](http://www.boroughroadandnunthorpe.nhs.uk)
2. Click on the **eConsult** blue box
3. Follow the instructions.

### BY PHONE

Call on **01642 243668** or **01642 315390**.



### VISIT US IN PERSON

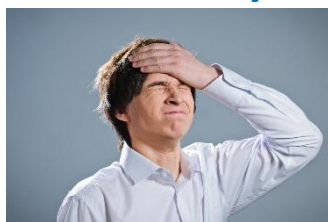


***If you feel as though you need more urgent medical advice, please telephone the surgery.***

**If you think you have an urgent medical problem and want advice or you need urgent medical help outside of our opening hours please call 111 or use NHS online ([111.nhs.uk](http://111.nhs.uk)) at any time.**

**For life threatening emergencies, do not hesitate, call 999 immediately.**

## Did you miss an appointment? Many of our patients do!



And when they do, a valuable opportunity for another patient is wasted. We call this a DNA, a "Did not attend".  
If you know that you have an appointment and you are unable to attend PLEASE LET THE SURGERY KNOW. You can tell us by telephone (there is a menu choice so that don't have to wait); or by using the NHS App in the section "Upcoming and past appointments".  
If you tend to forget appointments take action, particularly for



appointments that are routine or booked a relatively long time in advance. Write them down where you can see them e.g. on a notice board, on a prominent Post-It note, in a diary that's in frequent use, on a digital device (ideally with a reminder set up).

**Typically, there are 350 appointments missed each month! We can do better than that.**

## Are you a Carer?

Many of our patients work hard as carers for relatives and friends. You might not think of yourself as a carer. But you probably are if you're looking after someone regularly, including your spouse or a family member, because they're ill or disabled.

You're a young carer if you're under 18 and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem. You may look after one of your parents or care for a brother or sister. You may do extra jobs in and around the home, such as cooking, cleaning or helping someone get dressed and move around. It is important that we know if you are a carer so that we can make sure you receive information, services and the help that is available.

If you feel that you may be a carer, please complete the form on the Practice website here:

<https://www.boroughroadandnunthorpe.nhs.uk/register-a-carer>

## Fire Safety

### Did you know...?

- You're around eight times more likely to die in a fire if you do not have a working smoke alarm in your home.
- Around half of home fires are caused by cooking accidents.
- Two fires a day are started by candles.
- Every six days someone dies from a fire caused by a cigarette.
- About three fires a day are started by heaters.
- Faulty electrics (appliances, wiring and overloaded sockets) cause around 4,000 fires in the home across the country every year.

## Think about Young People!

Are you supervising them?

Do you teach them the behaviours they need?

Do you demonstrate those same behaviours all the time?

Do you correct them when they get it wrong, explaining, and showing them the right way?

## Flu and COVID Vaccinations

**Flu Vaccinations** are available for:

**Pregnant women**, all children aged 2 or 3 years on 31 August 2025, **children with certain long-term health conditions (aged 6 months to less than 18 years)**, all children in clinical risk groups aged from 6 months to under 18 years, **everyone aged 65 years and over**, individuals aged 18 to under 65 with certain long-term health conditions, **care home residents**, carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person, **those living with people who are immunocompromised**, and frontline health and social care workers.

**COVID vaccinations** are available for adults aged 75 years and over, **residents in care homes for older adults**, and individuals who are immunosuppressed aged 6 months and over.

**To ensure that you and your family are protected this winter have your vaccine as soon as possible.**

Please book now if you haven't already. Protect yourself and your loved ones!

Book via the link that you may have been sent, or call the vaccination line 01642 988131. You can book via the practice, but the other two options are preferred.

Next Time

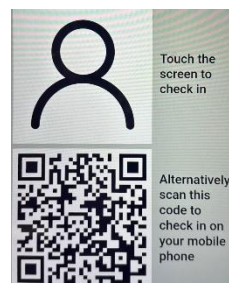
## Think 'Pharmacy First'

Walk In, No Appointment Needed!

Get Fast NHS Treatment at Your Local Pharmacy

*"I went today, spoke with the pharmacist at the counter, who then took me into the consulting room. They went through various questions, antibiotics prescribed, dispensed and first dose taken all within 20 minutes. Excellent service."*

## New Check in Screens



You will see that we have installed smart new check in touch screens at our surgeries. They are clearer, easier to use, and, if you wish, you can scan the QR code with your phone

and login with your phone!

## The Patient Forum



We are a small group of patient volunteers who meet with the Practice Manager bimonthly. We help with patient feedback and assist the

Practice with changes and developments.

**We also need more patient members who are prepared to join our meetings (every two months on a Wednesday morning), to feedback, help, and contribute to the Forum's activities.**

*Next meeting Wed 12<sup>th</sup> Nov. at 10:00  
At the Nunthorpe Surgery*

We need to know what and how the Practice can do better, so we need your constructive feedback.

Please let us know what you would like to hear about in the next Newsletter.

We would also welcome feedback about this and previous issues of our Newsletters. Please feedback to us / ask non-medical questions / enquire about joining us:

by email: [PatientForum.brn@gmail.com](mailto:PatientForum.brn@gmail.com)  
or on (formerly Twitter) @PatientForumBRN  
or [www.facebook.com/patientforum.brn](https://www.facebook.com/patientforum.brn)

October 2025

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Simplify your life.  
Download the NHS App



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