



Dr Dawoud's Surgery

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[Practice Newsletter](#) - Welcome to Dr Dawoud's Winter Newsletter

[Staff Updates - Welcome to Gillian](#)

Gillian - Our new Practice Care Coordinator

We are pleased to welcome **Gillian** to our team as our **Practice Care Coordinator**.

Gillian is responsible for the smooth running of the reception and supports patients with appointments, follow-ups, and care coordination to ensure a smooth experience at our practice.

[Health & Wellbeing Tips](#)

To maintain health and wellness in winter, focus on staying physically active with indoor or outdoor exercises, eating a balanced diet rich in vitamins, and getting adequate sleep. It is also important to prioritize mental health, stay hydrated, wash your hands frequently to prevent illness, and ensure your home is warm and well-maintained. Getting your annual flu and COVID-19 vaccinations is a key preventive measure.

[Flu Vaccinations](#)

The seasonal flu vaccine is the best protection against the flu and its potential complications. By getting vaccinated, you're helping to protect yourself, your loved ones, and our wider community.

[NHS App - Manage Your Health](#)

Stay Connected with Your Health - Download the NHS App Today!

Manage your health easily from your smartphone or tablet with the **NHS App**. You can:

- Book and manage GP appointments
- Order repeat prescriptions



- View your medical records securely
- Access NHS 111 online for urgent advice
- Get your COVID Pass and other health information

Keep your details up to date

It's important to keep your contact details up to date.

If you have recently changed your address, telephone number, or email address, please inform the surgery as soon as possible. Keeping your details current ensures we can contact you promptly about your care and any important updates.

Did Not Attends

Missed Appointments – October Update

During October, the Practice recorded:

- 15 missed GP appointments
- 39 missed Nurse appointments
- 15 missed Healthcare Assistant appointments

That's a total of 69 appointments that could have been offered to other patients.

If you are unable to attend your appointment, please contact the surgery as soon as possible to cancel or rearrange. This helps us make sure every appointment slot is used to support patients who need care

Pharmacy First

Your local pharmacy can now help with more minor health conditions, saving you time and freeing up GP appointments for those who need them most.

Under the Pharmacy First service, trained pharmacists can offer advice and treatment for a range of common conditions, including:

- **Earache (ages 1 to 17)**
- **Impetigo**
- **Infected insect bites**
- **Shingles**
- **Sinusitis**

- **Sore throat**
- **Urinary tract infections (in women aged 16 to 64)**

You don't need a GP appointment — simply visit your local participating pharmacy for quick, professional help. Pharmacists can provide advice, recommend treatment, and, in some cases, issue medication where appropriate.

For more information, visit www.nhs.uk/pharmacyfirst or speak to your local pharmacist.

[Thinking about Quitting Smoking?](#)

Do you, or someone you know, want to stop smoking? **Smokefree Lancashire** can help.

They offer free advice, support, and access to stop smoking treatments to help you quit for good.

Visit smokefreelancashire.co.uk or call **0808 196 2638** (freephone) to get started today.

[Community Eyecare- Minor Eye Conditions Service](#)

If you have a recent problem with your eyes, you can be seen by a local optician through the **Minor Eye Conditions Service (MECS)** — you don't always need to see your GP first.

This free NHS service provides assessment and treatment for **minor eye problems**, such as:

- Red, sore, or itchy eyes
- Dry or watery eyes
- Recent changes in vision
- Something in your eye
- Mild eye pain or irritation

Appointments are available at participating **local opticians** who have been specially trained and equipped to provide this care.

To access the service, simply contact a **participating optician** directly — you can find a list at www.primaryeyecare.co.uk or ask the surgery for details.