

Larwood Health Partnership



WELCOME TO OUR

Patient Newsletter



Changes to Online Requests at the Practice

For routine or non-urgent requests, medication queries, or admin tasks, the quickest way to contact us is via SystmConnect on our website.

 Available 8:00am – 6:30pm, Monday to Friday

◆ Requests are reviewed the same day

Urgent problems (including those needing a same-day or next-day appointment) cannot be submitted online.

Please phone the practice and stay on the line to speak to our Care Navigation team, or visit reception in person.

Please note: Sometimes we reach daily capacity for urgent appointments. If this happens, we'll advise you on the best alternative, which may include attending a walk-in centre, calling NHS 111, or visiting A&E.

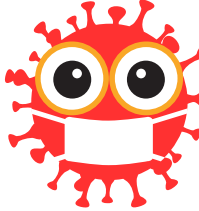


As the colder months approach, we want to keep you well and informed. In this issue:

- Changes to SystmConnect, and how to contact
- COVID & Flu Vaccination Information - last clinic
- Meet our Team
- A "Day in the Life" with Leigh, our Pharmacy Technician
- Useful tips to stay well this winter
- What's the quickest way keep updated with Practice news?



COVID & Flu Vaccinations



We're pleased to announce our Winter Drop-In Clinics for COVID and Flu vaccinations.

Who can have a Flu Vaccination?

Pregnant women

All children aged 2 or 3 years on 31 August 2025

All children in clinical risk groups up to age 18

Adults aged 65 and over

Adults aged 18–64 in clinical risk groups

Residents of long-stay care homes

Carers (in receipt of carer's allowance, or main carers for elderly/disabled people)

Close contacts of immunocompromised individuals

Frontline health and social care workers (clinical or non-clinical)

Personal assistants employed by those in receipt of direct payments



Who can have a COVID Vaccination?

Adults aged 75 years and over

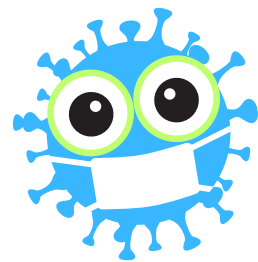
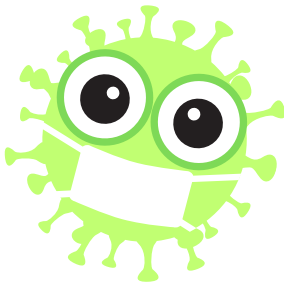
Residents in a care home for older adults

Patients aged 18 and over who are immunosuppressed

Protect yourself and your loved ones this winter. If you're eligible, please make the most of these vaccination sessions.

Last clinic 24th January

2026



Please ring the surgery to book in

01909 500233

Oral Contraception Service

Access Oral Contraception with Help from Your Pharmacist

These pharmacies offer the service. If your local pharmacy isn't listed, contact them to ask about availability.

Boots Harworth
Harworth | 01302 742331

Avoid 1-2pm & after
5:30pm
Book online or walk-in

Langold Pharmacy
Langold | 01909
730300

Walk-in only

Ordsall Pharmacy
Ordsall | 01777 869707
Tuesdays & Wednesdays

Call ahead recommended
Appointment possible

Bridgegate Chemist
Retford | 01777 703299

Full service Mon-Fri 10am-
5pm
No appointment needed
Walk-in

Retford Pharmacy & Travel
Retford | 01777 700757

No restrictions
Appointment or walk-in

Boots Retford
Retford | 01777 708277

Book online or walk-in

Boots Larwood
Workshop | 01909 500292

Walk-in or online booking

Boots Town Centre
Workshop | 01909 472144

Call to check availability
Online booking & walk-in

Newgate Street Pharmacy
Workshop | 01909 472024

Check pharmacist
availability can offer walk-
in
Open Mon-Fri 8:30am-6pm

Workshop Pharmacy
Prospect
Workshop | 01909 474344

call to check availability

Well Pharmacy
Workshop | 01909 482813

Walk-in
Avoid 12-1pm

Weldricks Pharmacy
Misterton
Misterton | 01427 671252

Phone or app booking

Visit the NHS Find a Pharmacy service:

<https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

Inclusions and exclusions may apply

information correct as of August 2025

Patients can now access the contraceptive pill (for both initiation and repeat supplies) through participating local pharmacies. This service is available when the pill is being used solely for contraception.

However, please be aware of the following:

Symptom management: If you use the pill to manage symptoms such as irregular bleeding or acne, pharmacies cannot provide this service and you will need to contact your GP practice.

Clinical criteria: Some pharmacists may be unable to complete the consultation if your blood pressure is too high or if your BMI is outside the service parameters. In these situations, you may be redirected back to the practice for further assessment.

We appreciate your cooperation and aim to ensure you receive the most appropriate care as smoothly as possible.

Meet our...



We're proud to work alongside a wide range of highly skilled Allied Health Professionals who support our patients in receiving the best possible care. These team members bring a wealth of expertise and help ensure you get the right help, from the right person, at the right time.

Our Care Co-ordinators help organise your care and support, especially if you have long-term conditions or complex health needs.

Pharmacists and Pharmacy Technicians are here to help manage your medications safely and effectively, providing advice, reviews and prescription support.

We currently have locum Advanced Nurse Practitioners (ANP's), Nurse Practitioners (NP's) and General Practitioners (GP) on site supporting us

Paramedics assist in assessing and managing a wide range of health concerns, particularly urgent issues, both in the practice and during home visits.

We have a Mental Health Practitioner offering support and early intervention for mental health issue

Nurse Practitioners who can diagnose, treat, and manage a variety of conditions independently.



Who are Care Navigators?

Our reception team are trained Care Navigators, here to guide you to the right care quickly and safely.

They ask a few short questions — not to pry, but to make sure you're seen by the right clinician.


With 500+ calls a day, this helps us manage demand and get you the best care faster.




A Day in the Life of Leigh our Senior Pharmacy Technician

Leigh is one of our Senior Pharmacy Technicians at Larwood Health Partnership. Her role is all about keeping patients safe, supporting our pharmacy team, and making sure medicines are used effectively. Every day is varied, but here's a peek into what a typical one looks like...



 **8:00am – Supporting the Team** Leigh starts the day by mentoring our pharmacy technicians and admin support staff. She helps plan the day ahead and checks in on any ongoing training needs.



 **9:00am – Prescription Safety Checks** Leigh reviews hospital discharge summaries and clinic letters, making sure medication lists are accurate and up to date. She also counsels patients who have been prescribed new medicines.




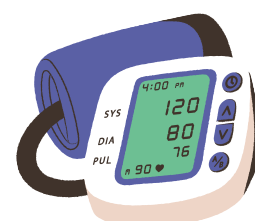
 **10:00am – MDT (Multi-Disciplinary Team)** Alongside GPs, Pharmacists, and other healthcare professionals, Leigh reviews the medication needs of residents living in local care homes.



 **11:00am – Medication Management** She checks monitoring results for patients on high-risk medicines, ensuring correct doses and keeping safety at the centre of care.



 **12:00pm – Supporting Patients & Admin Teams** Leigh speaks to patients about their prescriptions, side effects, and supply issues — offering reassurance and advice. She also supports admin teams with medication queries.





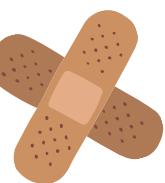
1:00pm – Patient Counselling In the afternoon, Leigh helps patients reduce their risk of heart attacks and strokes by initiating or optimising lipid-lowering medications, alongside lifestyle advice.



2:00pm – Care Home Visits Leigh visits care homes to administer vaccines such as flu, pneumonia, and shingles — helping to protect vulnerable residents.



4:30pm – Medication Reviews Before ending the day, Leigh completes medication reviews, checking that all monitoring is up to date and that treatment plans remain safe, necessary, and effective.



Meet Leigh, our Senior Pharmacy Technician

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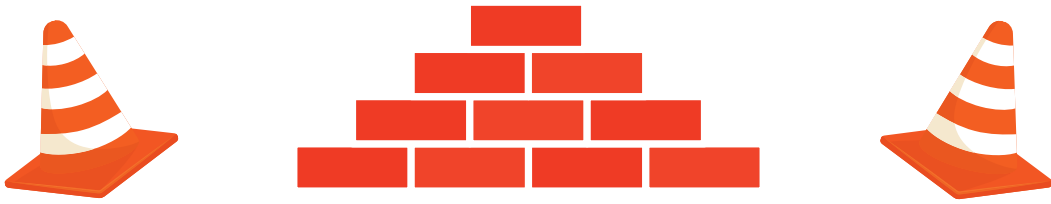


a day
in my life



Thanks to Leigh and the wider Pharmacy Team, our patients can be confident that their medicines are managed safely, carefully, and with their best health in mind.

Surgery Building Works Complete



We're pleased to let patients know that the building works at Village, Lakeside and Larwood sites are now fully completed.

We'd like to say a huge thank you to our patients and staff for your patience and understanding during what were some very busy (and at times loud!) weeks. Your support has been greatly appreciated.

We'd also like to thank the fantastic team of builders, who worked hard to deliver a fabulous end result with minimal disruption wherever possible.

We're delighted to now be able to share some of the finished results, which will help us continue to provide a safe, welcoming and improved environment for patient care.



Lakeside



Village



Larwood



Winter Wellness: Stay Healthy This Season

Winter brings colds, flu, and other seasonal illnesses — but there are simple steps you can take to protect yourself and your loved ones.

Think Pharmacy First

Your local pharmacy can often help without needing to see a GP. Under the Pharmacy First scheme, trained pharmacists can now offer advice and treatment for common conditions such as:



Earache
Sore throat
Sinusitis
Shingles
Impetigo
Infected insect bites



Uncomplicated urinary tract infections (women 16–64)

Everyday Tips to Stay Well

Keep Warm: Wear layers, heat your home where possible, and use blankets/hot water bottles.

Eat Well: Choose balanced meals with fruit, veg, and warm dishes.

Stay Active: Even short walks or stretches indoors can boost circulation and mood.

Rest Up: Give your body time to recover from minor illnesses — don't push through.

Stay Hydrated: Drink water or warm drinks regularly.

Look Out for Others: Check in on elderly neighbours or relatives. Make sure they have enough food, medicine, and warmth. Encourage them to seek help early if they feel unwell.



Get Your Vaccinations if you're eligible.



Vaccines are the best way to reduce your risk of serious illness. If you're housebound, let us know so we can arrange a home visit.



🚒 When to Get Help 🚒

Use SystmConnect or call us for routine and urgent care needs.

Visit your pharmacy first for common conditions.

Call 111 if you're unsure what to do.

Call 999 in an emergency (chest pain, breathing difficulties, severe bleeding).



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Instagram: @LarwoodHealthPartnership



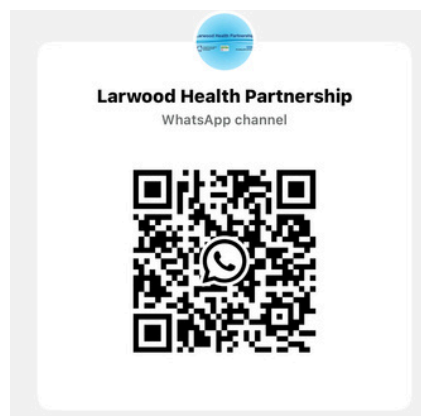
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Get Newsletters, Patient Information and Urgent updates straight to your inbox - follow the link

<https://www.larwoodhealthpartnership.co.uk/about/subscribe/>

Follow our Whatsapp channel - scan the QR code



Thank you for your continued support and feedback.
Larwood Health Partnership

 **Wishing You a Happy & Healthy 2026!** 

As we welcome the New Year, the entire team at Larwood Surgery would like to extend our warmest wishes to all our patients, staff, and their families.

May 2026 bring you good health, happiness, and peace. We look forward to continuing to care for you in the year ahead.


**Happy
New Year**