

Coppull Medical Practice

Goodbye Dr Rawson

We were sad to say goodbye to Dr Rawson who left the practice in September, having taken his retirement after 22 years at Coppull Medical Practice. We wish him a healthy and happy retirement and thank him for his years of service.

Dr Rawson has kindly written a message for his patients and staff:

"I would like to thank the staff at Coppull Medical Practice, past and present, for their invaluable support over the last 22 years.

I would also like to thank my patients for their kind words, cards and gifts.

I am now starting a new chapter in my life, new challenges, new horizons, and new experiences.

I wish you all the best of health."

Welcome Dr Arebi

We are pleased to welcome Dr Arebi to Coppull Medical Practice. Dr Arebi has kindly written a message for our patients:

"I completed my GP training in Bolton and I have worked across the North West. I have developed special interests and experience in emergency medicine and palliative care, within a hospice setting. I am involved in both undergraduate and post graduate medical education. Outside of work, I enjoy travelling the world and playing badminton at the weekends.

I am looking forward to working alongside the staff and patients at Coppull Medical Practice."

Patient Participation Group – Message from the Chair

“As Chair of the Patient Participation Group, I am pleased to say that the group has become a very positive and constructive experience.

We now serve as an effective liaison between patients and the surgery, sharing feedback and supporting improvements that benefit everyone.

The surgery has genuinely listened and taken on board comments raised by the group, and we have found both Jayne's and Dr Hart's positivity and commitment to involving patients both refreshing and highly productive.

We warmly welcome any patient who would like to attend and contribute to future discussions.”

If you would like to join our Patient Participation Group please email your details to: lscicb-csr.acreswood-surgery@nhs.net
Alternatively, you can speak to a receptionist or complete a form available in surgery.



Help us to help you by keeping your mobile number up to date

To be able to communicate with patients quickly and efficiently we offer an SMS text messaging service.

We contact patients by SMS text message for many reasons including: test results, annual review invitations, immunisation invitations, reminders if you are due a blood test, links to book an appointment and appointment changes/cancellations.

If you change your mobile phone number please let us know by emailing:
lscicb-csr.acreswood-surgery@nhs.net Alternatively you can complete an update details forms available in the surgery or contact reception.



Receive NHS health bulletins and practice information.

<https://www.facebook.com/people/Cop-pull-Medical-Practice/100063220720763/>

RETURN YOUR USED INHALERS TO A PHARMACY TO HELP REDUCE YOUR CARBON FOOTPRINT



The propellants used in some inhalers are powerful greenhouse gases that contribute to **climate change**. Even after an inhaler is finished it still contains these environmentally damaging gases.

(Please be assured these gases are not harmful to you when you use your inhaler)

Return all used inhalers to your local pharmacy for safe disposal – Returned inhalers will be incinerated which will destroy the greenhouse gases and prevent inhaler plastics going to landfill



Don't throw used inhalers into your household waste or recycling bins! Landfill disposal of inhalers is harmful to the environment due to left over gases being released into the atmosphere. Plastics from inhalers cannot be recycled using domestic recycling schemes

Make each puff count! – Only order your inhaler when required to reduce waste

If you have concerns about the environmental impact of your inhaler, make an appointment with your GP practice - don't stop using your inhaler!

Changes to Diabetes Foot Screening

The Lancashire and South Cumbria NHS Foundation Trust podiatry service is no longer providing annual diabetes foot screening within general practice.

All patients with diabetes will be invited to attend for their annual diabetes foot screening with our trained Healthcare Assistants. Those patients who are deemed at moderate or high risk of foot complications at their screening appointment, will then be referred to the podiatry service for further assessment.

Patients are encouraged to attend for their annual diabetes foot screening as in most cases serious foot problems, associated with diabetes, can be prevented by attending for annual foot screening and learning about how to care for your feet.

For more information on diabetes foot screening and diabetes foot care visit:

<https://www.diabetes.org.uk/about-diabetes/looking-after-diabetes/complications/feet/what-can-i-expect-at-my-annual-foot-check>

Long Term Conditions Health and Wellbeing Assessment

This year we have been focusing on ensuring patients with long term conditions are offered a Health and Wellbeing assessment with our Care Co-Ordinator.

Eligible patients will be invited to book an appointment by text or telephone call. Those with a long term condition, at higher risk of health complications will be invited to arrange an assessment. The assessment is undertaken by telephone appointment, however patients can also request a face-to-face assessment if they prefer.

The assessment takes around 20 minutes and includes questions around your health, lifestyle, social circumstances, living arrangements and mental wellbeing. The aim of the assessment is to ensure we fully understand your individual needs and to identify any areas where we can offer support or referral to other services, to hopefully improve your wellbeing.

If you receive an invitation to book a Health and Wellbeing assessment, please make an appointment.

Greener Practice Programme

Coppull Medical Practice staff and doctors are working toward achieving Greener Practice status. We are undertaking initiatives to save energy, reduce waste and reduce our carbon footprint.

This has included initiatives such as:

- Turning off lights and computers more often.
- Reducing printing and postage by using text messages and emails.
- Reducing and recycling waste.
- Recycling batteries and printer cartridges.
- Reducing the number of deliveries.
- Switching to rechargeable batteries in our medical equipment.
- We will soon be developing patient questionnaires that can be completed on a mobile phone or tablet, rather than on paper.

How can our patients help?

- New patients have the option to register to join our practice online, rather than using a printed form.
- Patients have the option to access their FIT (sick) notes on the NHS app or by text message, rather than having a printed FIT note. At least 50% of printed FIT notes are not collected and are shredded.
- Ensure you have nominated a pharmacy so your prescription can be sent electronically.
- Ensure we have your up to date mobile number, so we can send you text messages.
- Ensure we have your up to date email address, so we can send you emails.
- Your medical records can be accessed via the NHS app, rather than requesting a paper copy.
- Patients have the option to access the practice newsletter or the practice leaflet at www.coppullmedicalpractice.co.uk.
- Patients have the option to access patient information leaflets online at www.coppullmedicalpractice.
- Return unused inhalers and medications to the pharmacy.
- Only order medicines that you need. Visit the 'only order what you need' campaign website: <https://www.lancashireandsouthcumbria.icb.nhs.uk/our-work/your-local-services/pharmacy/only-order-what-you-need>

We welcome suggestions from patients on how we can become a greener practice, email your suggestions to lscicb-csr.acreswood-surgery@nhs.net or complete a suggestions slip in surgery.

Winter Health

Information obtained from: <https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

Who's most at risk from cold weather?

Some people are more vulnerable to the effects of cold weather. This includes:

- people aged 65 and older
- babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- people with a disability
- pregnant women
- people who have a mental health condition

Keep warm and get help with heating

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.

Check your heating and cooking appliances are safe. Contact a Gas Safe registered engineer to make sure they're working properly. You can find an engineer from the [Gas Safe Register website](#).

Make sure your home is fire safe. For fire safety advice specific to you and your home, [visit the online home fire safety check website to complete a safety check for your home](#).

Make sure you're getting all the help that you're entitled to. There are grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills.

Find out more about [ways to save energy in your home from GOV.UK](#), or call the government helpline on 0800 444 202.

You can also [find out more from GOV.UK about benefits and financial support if you're on a low income](#).

Look in on vulnerable neighbours and relatives

Remember that other people, such as older neighbours, friends and family members, may need some extra help over the winter. There's a lot you can do to help people who need support. Icy pavements and roads can be very slippery, and cold weather can stop people from going out. Keep in touch with your friends, neighbours and family and ask if they need any practical help, or if they're feeling unwell.

Make sure they're stocked up with enough food supplies for a few days, in case they cannot go out.

If they do need to go out in the cold, encourage them to wear shoes with a good grip and a scarf around the mouth to protect them from cold air, and to reduce their risk of chest infections.

Make sure they get any prescription medicines before the holiday period starts and if bad weather is forecast.

If they need help over the holiday period when the GP surgery or pharmacy is closed or they're not sure what to do, go to 111.nhs.uk or call 111.

If you're worried about a relative or elderly neighbour, contact your local council or call the Age UK helpline on [0800 678 1602](tel:08006781602) (8am to 7pm every day). You can [find your local council on GOV.UK](#).

If you're concerned the person may have hypothermia, go to 111.nhs.uk or call 111.

Flu vaccine

Getting your flu vaccine every year, if you're eligible, tops up your protection and reduces your risk of getting severe symptoms.

You can get the free NHS flu vaccine if you:

- are aged 65 or over (including those who will be 65 by 31 March 2026)
- have certain long-term health conditions
- are pregnant
- live in a care home
- are the main carer for an older or disabled person, or receive a carer's allowance
- live with someone who has a weakened immune system
- Frontline health and social care workers can also get a flu vaccine through their employer.

The children's flu vaccine is recommended for:

- children aged 2 or 3 years on 31 August 2025 (born between 1 September 2021 and 31 August 2023)
- school-aged children (Reception to Year 11)

- children aged 6 months to 17 years with certain long-term health conditions

COVID-19 vaccine

Getting your COVID-19 vaccine every year, if you're eligible, tops up your protection and reduces your risk of getting severe symptoms.

You can get the winter COVID-19 vaccine if you:

- are aged 75 or over (including those who will be 75 by 31 January 2026)
- are aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment
- live in a care home for older adults

Other vaccinations

You may also be eligible for other vaccinations, including the:

- [pneumococcal vaccine](#) (if you're aged 65 or over)
- [RSV vaccine](#) (if you're pregnant, aged 75 to 79, or turned 80 after 1 September 2024)

These vaccinations help protect against serious illnesses that are more common in the winter, including pneumonia.

You can have the pneumonia and RSV vaccine any time of year, if you are eligible and have not had your vaccine, please contact reception to arrange an appointment.

Practice Patient Information Leaflet

Our practice patient information leaflet contains a lot of useful information for patients. You can access the practice leaflet online at: <https://www.coppullmedicalpractice.co.uk/info.aspx?p=3>

Paper copies are also available in the waiting room.

Patient Feedback

We take patient feedback very seriously and as such we continually collection feedback from patients. You can access our monthly Friends and Family feedback and our 2025 patient survey online at: <https://www.coppullmedicalpractice.co.uk/info.aspx?p=14>

We welcome suggestions from patients, there is a suggestion box in the surgery. You can also submit a suggestion via our website.

Thank you for taking the time to read our newsletter. If you would like to suggest any topics to include in future newsletters please email us at: lscicb-csr.acreswood-surgery@nhs.net