



BLACKFRIARS MEDICAL PRACTICE

Newsletter

Clinical Triage Data for May 2026 (as of the 27th)



Outbound calls:
2,650



Inbound Calls:
1,872



In-Person
Appointments:
1,617

Please remember - if you or someone else are unable to use technology/submit our online form via AskMyGP please come into the practice or call us on 0161 819 4790, and the reception team will complete the online form on their behalf.

Staying Safe in Hot Weather

As temperatures rise across the UK, it's important to take extra care during hot weather – especially for older adults, young children, pregnant women, and people with long-term health conditions such as heart disease, asthma, or diabetes.

Tips to Keep Cool

- Drink plenty of fluids throughout the day, even if you do not feel thirsty.
- Avoid too much alcohol, caffeine, or very sugary drinks, as these can lead to dehydration.
- Stay indoors or in the shade during the hottest part of the day (usually 11am–3pm).
- Keep your home cool by closing curtains or blinds in sunny rooms.
- Wear loose-fitting, light-coloured clothing and a wide-brimmed hat when outside.

Blackfriars Medical Practice

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Upcoming Events



Watch for Signs of Heat Exhaustion

Heat exhaustion is not usually serious if treated quickly, but it can lead to heatstroke if ignored.

Symptoms can include:

- Dizziness or fainting
- Excessive sweating
- Headache
- Muscle cramps
- Feeling sick
- Fast breathing or pulse
- Extreme tiredness

Have you set up your NHS account yet?

You don't need to download the NHS App to use it. You can securely access your NHS account through a web browser on your phone, tablet, laptop, or computer.

With your NHS account, you can:

- Order repeat prescriptions
- View test results
- Access your medical records
- Receive messages from your GP practice

Many patients are unaware that they can view their own records and results online. It's quick, secure, and available 24 hours a day, 7 days a week.

Using online services also helps reduce pressure on our phone lines, making it easier for everyone to access care when they need it most.

Download the NHS app today!

[NHS App - NHS](#)

Health Check / Screening	Who is Eligible?
NHS Health Check	Adults aged 40–74 who do not already have heart disease, diabetes, kidney disease, stroke, or high blood pressure. Usually offered every 5 years.
Cervical Screening (Smear Test)	Women and people with a cervix aged 25–64. Invitations are usually every 3–5 years depending on age.
Breast Screening	Women aged 50–71 are invited every 3 years. Some areas are extending invitations from age 47–73 as part of the national programme.
Bowel Cancer Screening	Everyone aged 50–74 registered with a GP in England receives a home testing kit every 2 years.
Lung Cancer Screening	People aged 55–74 who smoke or used to smoke may be invited for an NHS lung health check and, if appropriate, a low-dose CT scan to help detect lung cancer early. Invitations vary by area as the programme expands across England.
Abdominal Aortic Aneurysm (AAA) Screening	Men aged 65 are invited for a one-off ultrasound scan.

You may receive correspondence from the practice in relation to these, encouraging you to attend your appointments or inviting you in, please ensure your address is up to date with us as sometimes letters are sent.

Pharmacy First Service

Many common conditions can now be treated directly by your local pharmacy without needing a GP appointment.

Pharmacists can advise on:

- Sore throats
- Earache
- Sinusitis
- Infected insect bites
- Urinary tract infections (in some women)

You may be re-directed to use the pharmacy first service if you present with any of these symptoms.