

Green Space --- Spring 2025 --

Welcome to the Summer Edition of LFMC's Community Newsletter

Welcome to the spring edition of the Green Space quarterly newsletter! Here are some updates and news about the practice.

First Contact Physiotherapist (FCP)?

Low back and neck pain are leading causes of disability in the UK, with chronic joint pain or osteoarthritis affecting over 8.75 million people. Musculoskeletal (MSK) conditions also account for 30% of GP appointments.

To address this, the NHS introduced First Contact Physiotherapists (FCPs), allowing adults in England to access MSK physiotherapy directly at their GP practice without a referral.

FCPs are highly skilled physiotherapists who help patients with MSK issues such as back, neck, and joint pain by:

- ◆ Assessing and diagnosing conditions
- ◆ Providing expert management advice
- ◆ Referring to specialist services if needed

For more information, visit the NHS <https://www.england.nhs.uk/gp/>



HM Government **NHS**

PHARMACY FIRST

services available without a prescription

For patients in eligible age ranges

Earache 1 to 17 years	Sinusitis 12 years and over
Impetigo 1 year and over	Sore throat 5 years and over
Infected insect bites 1 year and over	Uncomplicated urinary tract infections Women 16-64 years
Shingles 18 years and over	

In May 2023, NHS England introduced a plan to improve primary care access, allowing patients to get certain prescription medications directly from pharmacies without a GP appointment.

This service frees up GP appointments for those who need them most and provides quicker, more convenient healthcare for conditions like earache, sore throat, and urinary tract infections, helping to prevent issues from worsening.

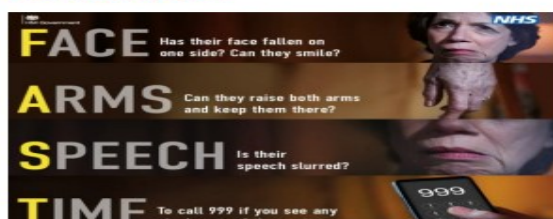
Medicines can be provided for conditions such as, coughs, colds and sore throat

- Aches and pains
- Skin rashes
- Eye infections
- Hey fever

Embrace Pharmacy First Service, Get a faster prescription.

Remember F.A.S.T. for the signs of a stroke.

- ▶ **F**ace – has their face fallen on one side?
 - ▶ **A**rms – can they raise both arms and keep them there?
 - ▶ **S**peech – is it slurred?
 - ▶ **T**ime – it's time to call 999
- nhs.uk/actFAST



Patient Participation Group (PPG):



Will you like to have a say in how the practice is run? Why not join our patient participation group, you can help shape and design service delivery. Please contact Wunmi for further information.