

## Green Space --- Spring 2026 --

### Welcome to the Spring 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.



### Children's Physiotherapy Service at Hackney Ark

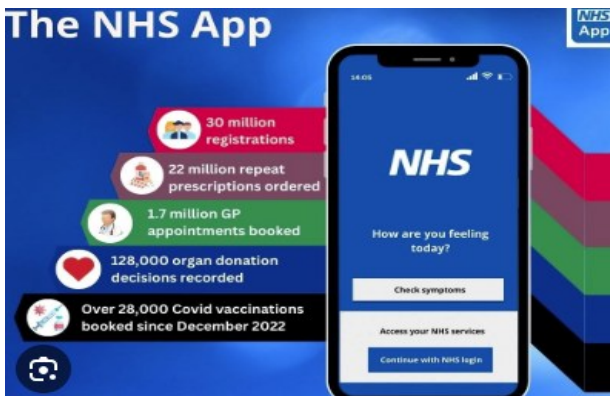
The **Children's Physiotherapy Team at Hackney Ark** provides a specialist service for children with neurodisabilities. This service supports children who may experience difficulties with:

- Movement and mobility
- Sitting, standing, and walking
- Gross motor skills due to disability or developmental delay

**Monday to Friday  
9 am to 5 pm**

### MEDICATION SAFETY : – Medication safety reminders

- Overuse of common nasal decongestant sprays (e.g. xylometazoline or oxymetazoline) can lead to **worsening congestion ("rebound congestion") and reduced effectiveness if used longer than recommended.**
- Patients should **not use these sprays for more than 5 consecutive days**



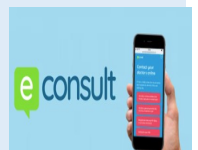
### Digital Access & eConsult Usage

#### Digital improvements:

The NHS is expanding the use of **digital tools and online services** to make it easier to manage your health

\*\*\* You can increasingly use tools like the **NHS App** to:

- View your medical record
- Order repeat prescriptions
- Contact your GP practice
- **Faster access** – requests are reviewed and directed to the right team



### Vaccination & Patient Safety Update: Immunisation schedule updates (2026)

#### Immunisation Schedule Updates

The UK childhood immunisation schedule has recently been updated. As a result, some vaccination timings and appointments may have changed.

- If you are unsure whether you or your child are up to date with vaccinations, please contact the practice. We can check your records and provide advice.



### HOW ARE YOU USING YOUR LOCAL PHARMACY?

Local pharmacies offer various NHS services, including dispensing prescriptions, providing advice on medicines, and treating some minor ailments under the "Pharmacy First" scheme. You can access these services by walking into the pharmacy, contacting them virtually, or being directed by a GP or other healthcare provider.

### 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 LFMC for further information.**

