



The Bugbrooke INSIDER

Bi-Monthly Newsletter for patients

Created by the PPG for Bugbrooke Medical Practice

JANUARY - MARCH 2026



The PPG* Newsletter

WHERE

WHAT

WHY

WHO

BUGBROOKE

The PPG

This Newsletter is produced by the Bugbrooke Medical Centre's **Patient Participation Group** (* the PPG) to provide an informative, light hearted and insightful look at the medical practice

*The PPG's purpose is to provide an independent patient-focused view to help practices identify areas for improvement. PPGs work together with practice managers and practice staff, to improve complaints systems, surgery access, make practices more attractive and more accessible. They improve the relationships between patients and the Medical Centre receptionists and to communicate with practice populations on specific health issues. Scan QR. See PAM overleaf to help...

WHEN

This is a bimonthly newsletter. The PPG meet every 6 weeks and on line



So what did the PPG do in 2025?

We created / manned:

- 8 Consultation meetings
- 2 Patient Questionnaires
- 8 Newsletters
- Weekly Drug Deliveries
- Assorted signage



The Staff chart



Over 300 Hours

> 1,500 Inoculations

- Provided staffing for Flu / Covid Clinics
- Manned the PPG Table to assist patients

QUIT SMOKING in 2026

THIS IS YOUR MOMENT

Millions of people have quit smoking with help from the NHS – Visit*:

Better Health – The Quit Smoking page at nhs.uk/better-health/quit-smoking



*NB: not the Surgery

Bugbrooke Medical Practice

01604 830348

WHEN TO CALL US: 08:00 – 18:30

Please note, our Reception Team are now using the Rapid Health* system to efficiently triage your calls.

Repeat prescriptions: 10:30 – 12:00

Test results: 16:00 – 18:00



* Rapid Health: bugbrooke-consult.uk.rapidhealth.co.uk/

Surgery closed for Training
25th February and 18th March from 12:30

Dispensary Opening Times
Monday – Friday
08:30 – 18:15

Bugbrooke Pharmacy
[01604 833400]
Monday- Friday (closed weekends)
09:00 – 13:00
14:00 – 18:15

The ARI Hub (Acute Respiratory Infection Hub)

This will run from 22/11/25 - 28/02/26 for anyone presenting with respiratory problems, to help deal with seasonal pressures.

We are able to offer 11 appointments per week for this and there are a number of appointments available to our patients at the surgeries in our neighbourhood too. **Speak to Reception**

Bugbrooke Medical Practice PPG's *new- Patient Associate Member* : **PAM**

The PPG have created a **NEW** way patients can easily assist in improving their surgery – become an Associate Member

Would you like to have a say in the way we support our patients? Help the PPG and become an associate member - **PAM** and share your views from the comfort of your home

- ✓ No meetings required
- ✓ Flexible and convenient
- ✓ Shape services and influence change



- Why Join?**
- Make your voice heard
 - Help improve patient services
 - Influence decisions that affect your care



Who can join?



- Any registered patient at the practice
- All ages welcome – especially younger patients, and those with busy lives



How does it work?

As a PAM you will:

- Receive occasional emails
- Take part in short polls & surveys
- Share feedback for discussion by the PPG



Examples of topics you could help with:

- Improve appointment booking
- Communication between the practice and patients
- Suggestions for new ideas



Simply complete the short application form at reception and you will be added to the mailing list

GREAT *<BREAKING*>* NEWS – for 2026

** Subject to change – watch this space*

Bugbrooke Medical Practice, together with ten neighbouring areas (Brackley; Towcester; Hanslope; Roade; Grange Park; Blisworth; Springfield; Denton, and Ecton Brook), has been selected as an innovator site for the NHS Rural South and East Same Day Access Pilot. This brings £2.4 million of new NHS investment over the next two years, along with six additional Neighbourhood GPs / Advanced Clinical Practitioners and **1,500** extra same-day appointments per week across our region.

Please NOTE:

- **Your surgery remains your surgery.**
- **Your GP remains your GP.**
- **All your usual services continue exactly as now.**
- **This pilot adds capacity - it doesn't replace anything.**

What's Changing?

We will be adding a “hub and spoke” model for urgent same-day care. Bugbrooke will continue to offer a number of Same-Day Appointments (SDA's). Increasing to approximately 164 acute SDA's per week, (up to 197 for winter pressures).

If we're fully booked and you need urgent help, you will have the option (not the obligation) to be seen quickly at another hub staffed by experienced neighbourhood GPs/ACPs recruited specifically for this pilot.

These new Neighbourhood GP's and Advanced Clinical Practitioners will have full access to your records, and your own GP will see all of the consultation notes.

This approach aims to:

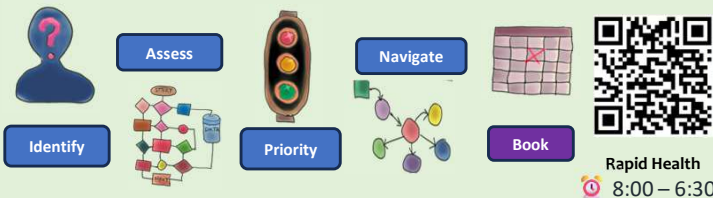
- Improve speed of access when you're unwell
- Protect GP time for complex and long-term care
- Strengthen resilience in rural areas
- Reduce unnecessary A&E attendance.

What's Not Changing?

- Your surgery isn't merging or closing
- Your routine care, prescriptions, test access and home visits remain the same
- Your medical records stay with us
- The way you contact us remains unchanged

How to 'speak' to a Doctor using Rapid Health

Rapid Health is the way to book an appointment on-line at Bugbrooke Surgery. It goes through a series of steps (see diagram below), however due to its nature it may seem difficult to get the simple answer you need.



There is an easy solution, if none of the options appear relevant. Answer as best as you can, then look for the option box to 'ASK A DOCTOR A QUESTION'. Here you can type in the question you need to resolve if its not already covered by the Rapid Health options. **NOTE:** You can also talk to our reception staff who will be able to assist.

Not from the NHS

Thinning Hair? – Burn a lizard!

A 9th-century hair care regime involved salt, vinegar, and a salve made from the ashes of a scorched green lizard. It was topped with oils to promote growth.

About to give Birth?

In Roman times to make childbirth easier, women were told to tie a vulture feather to their left thigh. A drink sprinkled with powdered sow's dung would also relieve the pains of labour, as would sow's milk mixed with honey wine.



The Bugbrooke **INSIDER**

The badly drawn illustrations are provided copyright free by Kevin. Any resemblance to real persons, living or dead, is purely coincidental.

Create date: 12/01/2026.

← Bugbrooke Medical Practice Website



NHS

This newsletter was created by Bugbrooke Medical Practice's PPG for its patients. Its contents, views and options are independent of the Medical Centre. E&OE

BMP Facebook Page →

