



# NEWSLETTER

January 2026

## Do more with the NHS App!

If you have online access and haven't already done so, we encourage you to sign up for the NHS App. The government continues to develop this tool to support both patients and GP surgeries. With the NHS App you can:

- View your medical records
- Order repeat prescriptions
- Book and manage appointments
- Access trusted NHS health information

Using the app helps reduce administrative workload within the practice, allowing us to focus more time on patient care.

Simply download the NHS App on your smartphone or tablet. More information is available on the front page of our website. Thank you for supporting us by using the NHS App.

## Website Update Coming Soon

We are updating our practice website. All of the same, helpful information will still be available.

If you have suggestions for how we can improve the content, or for ease of use, we welcome all constructive feedback.

You can share your thoughts by submitting a suggestion via the feedback form on our homepage or by dropping a note into our reception desk.

## Bucks Health Services

can help you access support when you need it. Click on the link below for advice and information on local and national health topics. You may find you can self-refer to an appropriate service without trying to get a GP appointment.

[About Us - Bucks Health Services](#)

## When should I go to the pharmacy first?

For many minor conditions, we may ask patients to visit their local pharmacy first. Pharmacists are highly trained healthcare professionals who can give advice and recommend effective treatments for a wide range of common problems. In some cases, they can even provide prescription-only medicines—saving you from needing a GP appointment.

Conditions they can offer prescription medication for are:

- Impetigo (aged 1 year and over)
- Infected insect bites (aged 1 year and over)
- Earache (aged 1 to 17 years)
- Sore throat (aged 5 years and over)
- Sinusitis (aged 12 years and over)
- Urinary tract infections (women aged 16 to 64 years)
- Shingles (aged 18 years and over)

If you are not within these age ranges, a pharmacist can still offer advice and support decisions about self care treatment with over the counter medicines.

**Survey** - Some patients will soon receive our practice survey, which is designed to help us understand the impact of our triage system, introduced in September 2025.

Please note that this is separate from the national NHS survey.

If you do receive it, we would be grateful if you could take a moment to complete it. Your feedback helps us build an accurate picture of patient experience. Thank you.

For Expert advice on helping babies and young children when they are poorly, click on the link below and scroll down to The Little Orange Book.

<https://www.berrycroftcommunityhealthcentre.co.uk/child-health-advice>



Join our Berrycroft Companions, a dedicated team of patients, offering up their time to meet with you for a chat over a cuppa or a local 30-45 minute walk in the community.

Everybody is welcome!

Meeting on the 2nd and 4th Tuesday, every month.  
10am to 12 noon, in our reception area.

## Eat Well, Feel Well: A Quick Guide for You and Your Family

Many of the foods we eat every day are processed in some way—but ultra-processed foods (UPFs) such as sugary cereals, ready meals and fizzy drinks can make healthy eating much harder. These often contain high levels of salt, sugar and unhealthy fats, which impact energy, mood and long-term health.

### Small swaps make a big difference

- Choose whole or minimally processed foods when you can: fresh fruit, vegetables, pulses, nuts, wholegrains and plain yoghurt.
- Pick water or milk instead of sugary drinks.
- Look for shorter ingredient lists - if you don't recognise the ingredients, they may contain a UPF.
- Try cooking one extra homemade meal a week. Batch-cooking soups, pasta sauces or stews helps busy families save time and stress.

### Healthy Habits for Children

Kids learn from what they see. Eating together, involving children in shopping or meal prep, and keeping UPFs as 'occasional foods' helps them build lifelong healthy habits.

### Move More, Feel Better

Eating well works best alongside physical activity. Just 20-30 minutes of movement a day—a brisk walk, bike ride, dancing in the kitchen or a family stroll—can improve mood, sleep and overall wellbeing. Why not join your free and local park run?

**Don't try to overhaul everything at once. Start with one simple change this week and build from there. For more guidance on balanced eating, visit: <https://www.nhs.uk/live-well/eat-well/>**



**Vitamin D** in winter is crucial for maintaining strong bones, teeth and muscles; supporting immune function to fight off illness; potentially improving mood by reducing symptoms of Season Affective Disorder (SAD) linked to less sunlight. Our bodies produce less vitamin D from sunlight between October and early March, so we recommend considering a daily supplement of 400iu.

Click on this link for information on vitamins and minerals -

<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>