Langbank Medical Centre

Summer Newsletter 2026

Keeping You Healthy This Summer

- ☀️ SUMMER HEALTH
- 💉 VACCINATION UPDATES
- 🏥 PRACTICE NEWS

Welcome to Our Newsletter

Welcome to our Summer Newsletter 2026. This edition includes:

- Staying safe in the summer heat.
- Protecting your skin.
- Managing hay fever.
- Latest vaccination updates.
- Practice news and services.
- Practice achievements and community updates.

Thank you for your continued support.

Summer Health Tips

Summer brings:

- Longer days.
- Warmer weather.
- More outdoor activities.

Stay healthy by:

- Drinking plenty of water throughout the day.
- Wearing light, loose-fitting clothing.
- Using sunscreen - SPF 30 or higher.
- Avoiding direct sunlight - 11am to 3pm.
- Wearing a hat and sunglasses.
- Taking extra care with children - higher risk of dehydration and heat exhaustion.
- Watching for signs of sunburn or heat-related illness.



Protect Your Skin This Summer



Regularly checking your skin is one of the best ways to detect potential problems early. Keep an eye on any moles or freckles and look for changes in their size, shape, colour, or texture. If a mole becomes itchy, bleeds, develops uneven edges, or looks noticeably different from your other moles, please contact the practice for assessment. Early detection of skin cancer greatly improves treatment outcomes, so don't ignore changes that persist.

🌿 HEALTHY SUMMER HABITS

- 🚶 DAILY OUTDOOR WALKS
- 🍓 EAT SEASONAL FRUIT
- 😴 MAINTAIN SLEEP ROUTINE
- 🚭 AVOID SMOKING AREAS
- 🧘 TAKE STRESS BREAKS

Providing safe, compassionate and high-quality care for our community.

LANGBANK SUMMER 2026 IMMUNISATION

PROTECTING YOU, YOUR FAMILY & OUR COMMUNITY

Vaccinations

🏡 COVID-19 Vaccinations for Housebound Patients

What will the vaccinations do?

- Protect against serious COVID-19 illness.
- Reduce the risk of hospital admission.
- Protect eligible patients against RSV.

Who is eligible?

- Housebound patients.
- Eligible housebound patients aged 65+ can receive the RSV vaccination.

Common symptoms

- High temperature.
- Persistent cough.
- Sore throat.
- Loss of taste or smell.

How to arrange

- Contact reception.
- Home visits available for eligible patients.

👶 Childhood Immunisations

What will the vaccinations do?

- Protect against serious childhood diseases.
- Provide long-term protection.

Help protect against

- Measles.
- Mumps.
- Rubella.
- Meningitis.
- Pneumonia.

Symptoms they help prevent

- High fever.
- Difficulty breathing.
- Lung and chest infections.
- Severe cough.

Remember

- Safe and effective.
- Catch-up appointments available.



🤰 Maternal Immunisations

What will the vaccinations do?

- Protect mother and baby.
- Pass immunity to your baby before birth.

Vaccinations offered

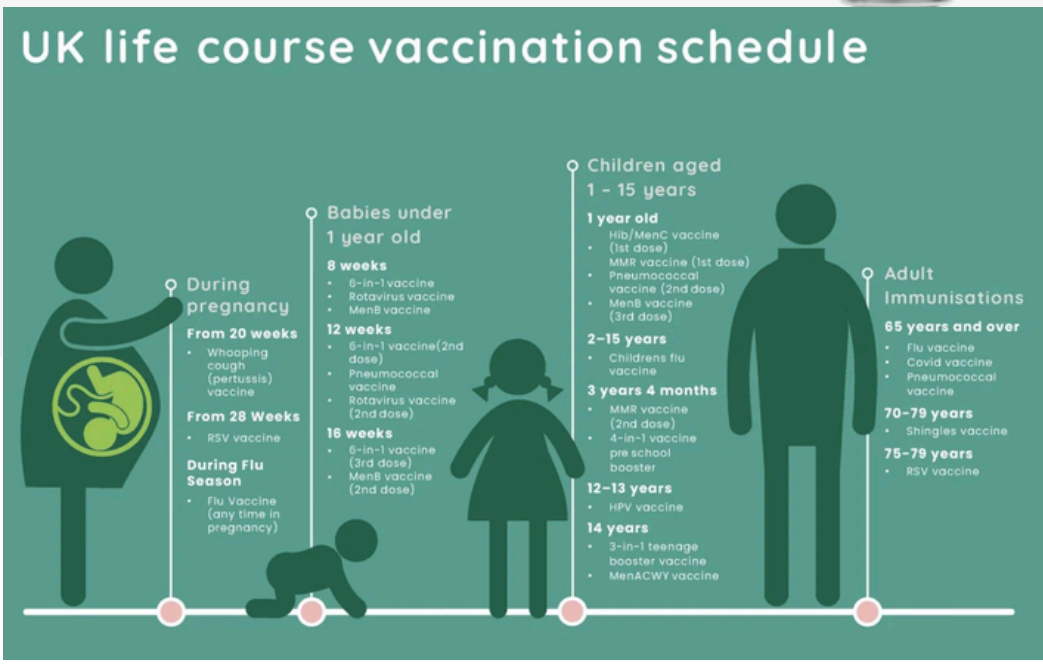
- RSV.
- Pertussis (Whooping Cough).
- Seasonal Flu (if eligible).

Help protect against

- Severe cough.
- Breathing difficulties.
- Chest infections.
- Hospital admission in young babies.

💡 Did You Know?

- 💉 Vaccines train your immune system to fight infections safely.
- 📅 If you've missed a vaccine, it's never too late to catch up.



Every vaccination plays an important role in protecting our community. Whether you are expecting a baby, bringing your child for routine immunisations or receiving a seasonal vaccine, staying protected helps reduce the risk of serious illness and keeps those around you safe.

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PRACTICE NEWS

Keeping You Updated on Our Progress and Improvements

Thank You for Your Feedback

At Langbank Medical Centre, we value every patient's feedback. The results of the 2026 GP Patient Survey help us understand what we are doing well and where we can continue to improve. Your comments help shape the services we provide and support our commitment to delivering safe, compassionate and high-quality care for our community. Thank you to everyone who took the time to share their experience with us.

🌟 Highlights from 2026

We are pleased to see positive progress across several areas of our practice. More patients reported having confidence in our healthcare professionals, access to our website has improved, and more patients felt their mental health needs were recognised and supported. We remain committed to building on these achievements while continuing to improve the overall patient experience.

💙 Working Together

Every suggestion, survey response and conversation helps us improve our services. By working together with our patients and community, we can continue to make Langbank Medical Centre a welcoming, accessible and supportive place for everyone.

Listening to our team helps us continue improving the way we work. **Following our staff survey**, we have introduced changes to support workload management, improve communication, strengthen clinical support and create more opportunities for learning and development. We would like to thank our whole team for sharing their feedback, commitment and dedication. Together, we are building a supportive, positive and high-performing practice for both our staff and patients.

😊 **89.9%**
Reception Helpfulness
⭐ **76.2%**
Overall Experience
🌐 **+7.9%**
Website Access
🧠 **+4.3%**
Mental Health Support

"Every patient's voice matters. Your feedback helps us improve the care we provide every day."

🚀 Looking Ahead

Our priorities over the coming months include:

✔️ Improving access to appointments
✔️ Enhancing communication with patients
✔️ Expanding digital services
✔️ Strengthening patient engagement through our Patient Participation Group (PPG)
✔️ Continuing to deliver safe, high-quality healthcare

Thank you for being part of our community.
Together, we're building a healthier future.

Introducing Blinx Digital Front Door

A Faster, Easier Way to Contact Your GP Practice

1 🌟 What is Blinx?

Blinx is our secure online communication platform that makes it easier for patients to contact the practice without waiting on the phone. Whether you need to request medical advice, submit an administrative query or update your information, Blinx provides a quick and convenient way to get in touch from anywhere, at any time.

📢 Important Information

🕐 Service Hours

Monday – Friday

8:00 AM – 6:30 PM

📅 Most GP appointments are now requested through BLINX, with only a few exceptions.

⚡ Requests are reviewed within 48 hours, helping us prioritise patients according to clinical need.

🚑 If your condition is urgent or life-threatening, do NOT use BLINX.
Call 999 or attend your nearest Accident & Emergency (A&E) department immediately.

💙 Thank You

Your health matters to us.

Use BLINX to stay connected with your GP practice and receive the care you need quickly, securely, and conveniently.

🚀 Follow These Easy Steps

💙 Fast • Easy • Secure

🌐 Visit
www.langbankmc.nhs.uk
↓
💻 Click
Digital Front Door – BLINX
↓
▶️ Get Started
↓
🩺 Medical Requests
↓
🤒 I need help with a medical problem
↓
📅 Submit an Appointment Request
↓
🆔 Enter your NHS Number & DOB
↓
📝 Complete the Form
↓
📨 Submit
↓
✅ Response within 48 Hours

"Your health and wellbeing are at the heart of everything we do. Thank you for being part of our practice community we look forward to continuing to care for you and your family." 🌿

The NHS App helps you manage your healthcare quickly and securely from your smartphone or tablet. You can order repeat prescriptions, book and manage appointments, and view your GP health record. Download the app today to access NHS services anytime, anywhere.

SCAN ME!

"Stay informed. Stay connected. Stay healthy." 💙

📞 Need Help?

☎️ Reception: 0151 226 1976

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🌐 www.langbankmc.nhs.uk

📍 Langbank Medical Centre