

Springfenisco Healthlink

Summer 2026 Newsletter

Pharmacy First

Did you know? There are 7 conditions that Community Pharmacists can see and treat? If appropriate, they can also prescribe antibiotics. The 7 conditions are:

Sinusitis

Sore throat

Impetigo

Earache

Infected insect bites

Shingles

Uncomplicated urinary tract infections in women

Pop in and ask at your local pharmacy.

Helping you to see the right person, at the right place, at the right time.

Park Run

Some of you may remember that around 2 years ago we were the first practice in the whole of Blackburn and Darwen to become a 'Park Run Practice'. We also signed up to the Royal College of General Practitioners Active Practice Charter. We decided to 'practice what we preach' and improve activity levels and fitness in ourselves.

Park Run is a great way to socialise, get outdoors, improve your fitness as well as your mental health. You don't have to run – we walked and talked our way round the first time!

Big congratulations to Nicola from the practice, who has just completed her 50th Park Run!

Park run is at 9am on Saturday morning at Witton Park. Hope to see you there!

Re:Fresh

Why not have a look at the activity timetable on the Re:Fresh website.

Re:Fresh is a great service for residents within Blackburn with Darwen, services for well-being, keeping fit, losing weight and staying healthy.

Timetables with activities for all age groups.

Find them at <https://refreshbwd.com>

Greener Practice Initiatives

Did you know that you can **recycle your used or expired inhalers?**

- Aluminium canisters are crushed together to form solid blocks
- Propellant gas from inhalers, are extracted to be reused in items such as fridges and air conditioning units

- Recyclable plastics are made into pellets and recycled

Simply return your used inhaler to your community pharmacy for recycling.

My NHS App

We are using the NHS app. You can order prescriptions, book appointments, check your test results, get self care advice, receive messages from the practice including appointment reminders and ask for triage requests including admin queries. If you would like access to the app please make sure we have your mobile number. If you need any help to access the app please ask a member of staff at reception and we will do our best to help you.

Patient Participation Group

We are looking for enthusiastic new members for our PPG.

If you would like to be part of our PPG please ask for the Practice Manager at the surgery. The group meets every three months and discusses issues relating to the practice and the services we provide. It is an opportunity to meet informally with the GP, Practice Manager and other patients to give us your views and ideas and lead on practice-related projects. Previous projects include Macmillan coffee mornings.



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