



### WELCOME

Welcome to the latest edition of the Octagon Medical Centre newsletter.

Thank you for being part of our community. We are committed to providing compassionate, high quality healthcare for all our patients.



### PRACTICE UPDATE

We continue to offer a wide range of services including:

- GP and nurse appointments
- Repeat prescription services
- Childhood immunisations
- Diabetes and asthma reviews
- Cervical screening
- Travel vaccinations and advice
- Online consultation support



Please use our online services and eConsult for non-urgent queries during surgery hours to help reduce waiting times and improve access to care.



### TEAM UPDATES



#### WELCOME TO OUR NEW MENTAL HEALTH PRACTITIONER

We are pleased to announce that **David Boardman** will soon be joining Octagon Medical Centre as our new Mental Health Practitioner.

David will support patients with a range of mental health and wellbeing needs, providing early support, guidance and access to appropriate services in the community.

**We look forward to welcoming David to the team!**



#### FAREWELL TO BYRON

We would like to say a heartfelt thank you and farewell to **Byron**, our MSK Practitioner.

Byron has supported many patients with musculoskeletal care, rehabilitation advice and wellbeing support during his time with us.

**We wish him every success for the future and thank him for his dedication and kindness.** ❤️



#### SHINGLES & PNEUMOCOCCAL VACCINATION CAMPAIGN

We are currently running a campaign for Shingles and Pneumococcal vaccinations.

These vaccinations help protect against serious infections that can cause long-term complications, especially in older adults and those with underlying health conditions.

**If you are eligible, please contact the practice to book your vaccination.**



### FOLLOW US ON INSTAGRAM

Keep up to date with health advice, service updates and community information.

Search: **@octagonmedicalcentre**

Follow us today!



### LOCAL HEALTH NEWS

#### Royal Bolton Hospital Improvement Plans

Plans have been submitted to modernise the main entrance facilities at Royal Bolton Hospital to improve access and patient experience.

#### Mental Health Awareness Week 2026

This year's theme is "**Action**" – encouraging positive steps for our own wellbeing and supporting others.



#### Community Spirit in Bolton

Thank you to everyone supporting local charity events and wellbeing initiatives across the borough.



### PATIENT FEEDBACK SPOTLIGHT

Thank you to everyone who shared their feedback recently. Your kind words mean a lot to our team and help us continue to improve our services.

**See the full Word Bubble on page 2!** ➔



### YOUR VOICE MATTERS

Thank you to our patients for the fantastic feedback we received. Here's what you said about us in April 2026.

**What you said about us in April 2026** ❤️

**Thank you to all doctors, nurses and staff – a wonderful team!** ❤️

- Dr muheezat was very caring and advised me with compassion
- On time, quick and friendly
- Excellent service
- Warm and friendly treatment
- Very thorough
- I was very comfortable with the doctor
- Staff and the nurse were amazing
- The telephone staff are brilliant
- Reception staff were very professional and helpful
- I was able to get a face to face appointment on the same day and booked in for blood tests the next day. Seen almost straight away and did not have to wait long
- Amna is fantastic, knowledgeable, efficient and puts you at ease
- Always listened to and made me feel at ease
- Very professional, thorough and understanding
- The blood test I had was the best in years
- Warm reception
- Fast appointments and good attendance
- Friendly, helpful and approachable staff
- Really knowledgeable, efficient and makes you feel at ease
- The blood test I had was one of the best in a long time, very competent nurse
- Listened, understood my concerns and gave me the best advice
- Felt comfortable and safe
- Took time to listen, then explained my situation
- Clean, welcoming environment
- Really knowledgeable, efficient and makes you feel at ease
- Quick, efficient and excellent service
- The doctor was attentive, helpful and took time to listen
- Always professional, friendly and polite
- The doctor checked very carefully and was very helpful
- Seen on time, no waiting
- Got an appointment very quickly
- e's Sappy with advice and treatment
- Dr Swann is amazing – informative, helpful and professional
- Easy to check in, in and out in 10 minutes. Excellent service



### HEALTH CAMPAIGNS PROTECTING OUR COMMUNITY

We are currently promoting Shingles and Pneumococcal vaccinations.

These vaccines help protect against serious infections such as pneumonia, meningitis and sepsis. Shingles can also cause long-term nerve pain. Vaccination is a safe and effective way to reduce the risk.

**If you are eligible, please contact the practice to book your vaccination.**



### GET INVOLVED – JOIN OUR PPG!

We are looking for more members to join our Patient Participation Group (PPG).

#### We need people who:

- ✔ Want to help make positive changes
- ✔ Can offer constructive ideas and feedback
- ✔ Care about improving patient experience

**We are not looking for a doctors' fan club or moaners.**

If you are interested in making a real difference and working with us in a positive, respectful way, we'd love to hear from you.



Email us to find out more or join today: gmicb-bol.octagonmedicalcentre@nhs.net



### HEALTH TIP OF THE SEASON Stay Hydrated

As the weather gets warmer, remember to:

- ✔ Aim for 6-8 glasses of water daily
- ✔ Reduce sugary drinks where possible
- ✔ Older adults and children should take extra care during warmer days

Hydration supports energy, concentration and overall wellbeing.



### DATES FOR YOUR DIARY

- Mental Health Awareness Week** 11 – 17 May 2026
- World No Tobacco Day** 31 May 2026
- Carers Week** 8 – 14 June 2026



### USEFUL REMINDERS

- ✔ Order repeat prescriptions online
- ✔ Use eConsult for non-urgent queries
- ✔ Cancel appointments you no longer need so others can be seen
- ✔ Check our website and social media for latest updates

### CONTACT US

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