



NOV 2025

ISSUE #01



PATIENT NEWSLETTER

A Little Message From Us

At Beech Tree Surgery, we know that healthcare is about more than appointments, treatments, or test results - it's about people.

It's about you, your loved ones, and the unique journey you're on. That's why we created this newsletter: to share information, encouragement, and resources that support you not only as a patient, but as a whole person.

You'll find helpful tips for staying well, updates about the care and services we offer.

Our hope is that this newsletter can bring you a sense of reassurance and connection, no matter where you are in your health journey.

Your feedback on this newsletter is welcomed, and we would also be delighted to hear of any ideas and content you would like to see in a future issue.

Thank you for allowing us to be part of your care. It's a privilege we never take for granted, and we're honored to walk alongside you every step of the way.

Beech Tree Team x





Protected Learning Time (PLT)

Protected Learning Time (PLT) is when our healthcare team steps away from routine appointments for dedicated training and development.



This helps us stay up to date with the latest knowledge and skills, so we can continue providing you with safe, high-quality care.

Don't worry—urgent care is always available during these times.

See our upcoming afternoon closure dates:

12th November 2025
3rd December 2025
20th January 2026



THE FLU IS NOTHING TO BE SNEEZED AT – GET PROTECTED



Why the Flu Vaccine Matters

Every year, flu season brings sniffles, coughs, and sometimes serious illness. The good news? A flu vaccine is one of the simplest and most effective ways to protect yourself and those around you.

Getting vaccinated takes just a few minutes, but the benefits can last all season long.

Most eligible people can get their flu vaccine from 1st October. Give us a call or visit the NHS website for more information on eligibility.



Pharmacy First



Did you know your local pharmacy can often help without you seeing a GP?

Through Pharmacy First, trained pharmacists can give advice and treatment for a range of common conditions, such as sore throats, earaches, or urinary tract infections.

It's a faster, more convenient way to get the care you need - often without an appointment. If your symptoms need further attention, the pharmacist will make sure you're directed to the right place.



A portrait of Dr. David A. Clark, a man with short grey hair, wearing a dark blue blazer over a light blue button-down shirt. He is looking directly at the camera with a neutral expression. The background is a plain, light-colored wall.

Nigel moved to England in 1998 after qualifying in medicine at Dundee University, Scotland. He joined the Beech Tree Surgery GP partnership in 2008. He is also the Medical Director and Executive Director for Clinical and Care Professional for Humber and North Yorkshire ICB.



Scan me

OUR PRACTICE STATISTICS FOR OCTOBER 2025



Our clinical team had 3241 face-to-face consultations



Our clinical team had 1393 telephone consultations



We received 4584 incoming calls into the practice



We received 3879 online appointment requests



304 patients did not attend their appointment



Our dispensary dispensed 6409 prescription items



Self-Care Corner - Chronic Conditions

Living with a chronic condition can be challenging, but small steps can make a big difference:

- Listen to your body – Rest when needed and pace your activities.
- Move gently – Light exercise like stretching or short walks can ease stiffness and boost mood.
- Prioritize mental health – Deep breathing, journaling, or talking with a friend can help manage stress.
- Stay nourished & hydrated – Balanced meals and plenty of fluids support energy and well-being.
- Stay connected – Reach out to loved ones or support groups - you don't have to face it alone.

Even small acts of self-care add up. Celebrate your progress, one step at a time.



We Value Your Feedback!

We're always grateful for the kind words and honest feedback our patients share. Here are a few recent reviews that inspire us every day:



I recently had reason to see a GP at Carlton surgery. From making the appointment, having a face to face consultation with a GP, having tests and a second consultation with same GP - I couldn't have received better service.



As a brand new patient I was so impressed by the surgery.



New Amina system has made it far more accessible. Fill in the form, usually get a response within a few hours.

We truly value hearing from our patients. Please feel free to scan the QR code at the bottom of the page to leave a Google review and share your thoughts with us.

