

PATIENT NEWSLETTER

Summer Edition 2026

Latest Updates from Linden Medical Group

We are pleased to share some important updates about our services and how we are working to improve your care and access to the practice.

Manage Your Blood Pressure from Home – Optimise BP

We are now offering **Optimise BP**, a digital tool to help you monitor and manage your blood pressure from home.

What this means for you:

- Record and track your blood pressure readings
- View trends and averages over time
- Receive clear guidance on next steps
- Reduce the need for routine appointments
- Stay safely supported by our clinical team

👉 *Interested? Speak to a member of the practice team to get started.*

Sending Photos of Skin Conditions

You may be asked to send a photo to help our clinicians assess your condition.

For best results:

- Use natural daylight where possible
- Take three images: distance, mid-range, and close-up
- Ensure photos are clear and in focus
- Use a plain background
- Include a ruler or coin for size reference

Clear photos help us assess your condition more accurately and can reduce the need for a face-to-face appointment.

Patient Participation Group – Get Involved

Our Patient Participation Group (PPG) is made up of patients who work with the practice to help us improve services and patient experience.

By joining, you can:

- Share your views and ideas
- Help shape how services are delivered
- Provide feedback on patient experience
- Be part of positive change in your practice

You don't need any special experience—just an interest in helping your practice improve.

👉 To join, please contact reception or speak to a member of the team.

Going Paperless – Help Us Help the Environment

- We continue to move towards a more paperless system to help reduce waste and improve efficiency.
- 👉 Please download the NHS App or register for our online services to order your medication.

Using online services allows you to:

- Order repeat prescriptions quickly and easily
- Reduce paper use and support the environment
- Avoid waiting on the phone
- Thank you for helping us make a positive change 🌱



Tap the NHS App

- ✓ Request repeat prescriptions
- ✓ Book and manage appointments
- ✓ Read your healthcare messages
- ✓ See your test results and appointment notes

Ask at reception for more information

Tap the NHS App

Appointments

- Book GP appointments (where available)
- View and cancel upcoming appointments
- See details of hospital and specialist appointments

Prescriptions

- Order repeat prescriptions online
- Choose or change your pharmacy
- Track your prescription requests

Health Advice

- Get trusted NHS advice on conditions and symptoms
- Use NHS 111 online for urgent advice
- Find NHS services near you

Messages & Contact

- Receive messages from your GP surgery
- Send non-urgent queries (where enabled)
- Request letters or information

Your Health Record

- View your GP health record
- Check test results
- See your medications, allergies, and appointment notes

Other Useful Features

- View your NHS number
- Manage care for family members (proxy access)
- Register your organ donation decision
- Check waiting times for referrals

Why Use the NHS App?

- Access services 24/7 without calling the practice
- Save time and reduce waiting on the phone
- Stay informed and in control of your health

👉 Download the NHS App today or login online at www.nhs.uk/nhs-app

Thank You

Thank you for your continued support. We remain committed to improving our services and providing high-quality care to all our patients.