hinckley & bosworth medical alliance

Fosseway PCN Newsletter

Summer 2025

Update from PCN Pharmacist Uwais

How sleep affects your mood, appetite, and weight

NEW Men's health clinic in Hinckley

The Old School Surgery - Stoney Stanton

Barwell Medical Centre

Orchard Medical Practice - Broughton Astley

The Burbage Surgery

Update from PCN Pharmacist

Uwais Alibhai

As I am sure you are all aware by now the roles of pharmacists are changing. Within our PCN we have pharmacists at each Practice. The practice pharmacists offer appointments and can undertake annual medication reviews, review dosages, help with medication queries and supply issues as well as support managing of some long-term conditions such as raised cholesterol and raised blood pressure. Most of our Pharmacists have had further training to be able to prescribe medication in a range of clinic areas. So before speaking to your GP it may be worthwhile asking reception if your practice pharmacist can help!

In the a recent newsletter we highlighted the Pharmacy First seven conditions your pharmacy can treat. I would like to draw your attention to other services they offer which may be of interest and you can access often without an appointment.

- **The free hypertension case finding service**. Eligible for all adults over 40 years without a diagnosis of hypertension and in certain situations for those 35-39 years old or any patient referred by their GP. The pharmacy will check your blood pressure, offer lifestyle advice, if your blood pressure is raised, they will even offer ambulatory blood pressure monitoring and send your surgery the details of your readings so you can be appropriately followed up.

- **The free contraception service.** Available for females who are looking to start oral contraception or just want repeat supplies of your oral contraception then visit your local pharmacy first to see if they can help. They can provide 6-12 months' worth of repeat supplies!

QUICK NOTE CORNER: LOCAL COIL & IMPLANT APPOINTMENTS

Did you know we offer a free local contraception service for patients within the Fosseway PCN? Appointments are available outside of regular hours, including evenings and weekends, at the Centre Surgery in Hinckley.

Our services include:

- **Hormonal implant fitting and removal**
- **Coil (IUD) insertion and removal**

To join our clinic waiting list, simply contact the reception at your usual GP practice and request a referral.

Local GP Appointments, just for Men

Our brand new Men's Health Clinic

Research consistently shows that men are less likely than women to seek medical help when they need it. Whether it's due to a busy work schedule, concerns about wasting a doctor's time, or discomfort with certain types of examinations, many men tend to delay or avoid visiting their GP or other healthcare professionals.

Cultural expectations around masculinity often play a role as well. The belief that men should "tough it out" or "get on with it" can lead to serious health conditions being overlooked or untreated — sometimes until it's too late.

At Hinckley and Bosworth Medical Alliance, we recognise the urgent need to address the men's health crisis in our local community. Building on our successful Enhanced Access service and strong partnerships with local practices, we've launched dedicated Men's Health Clinics designed to break down the common barriers that prevent men from seeking medical support.

Here's what you can expect from our clinics:

- **Male GP Guaranteed -** Every appointment is with a male clinician, so you can feel more at ease discussing personal or sensitive issues.
- **Discreet and Confidential online Booking -** Our simple, online self-booking system is quick, private, and confidential — no need to speak to anyone unless you want to.
- **Flexible Appointment Times -** We offer evening and weekend appointments, making it easier to fit healthcare around your schedule.
- **Local, Convenient Location -** Clinics are held at The Centre surgery in Hinckley, which offers free parking and disabled access.
- **Specialist Interest in Men's Health -** All of our GPs have a focused interest in men's health — from physical well-being to mental and sexual health.

We're here to make it easier for men to prioritise their health — no hassle, no judgment, just straightforward care. Please see the poster on page 3 for information on how to book, or visit **https://hbmagpfederation.co.uk/services/mens-health**.

MEN'S HEALTH GP CLINICS IN HINCKLEY & BOSWORTH

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Been putting off seeing a Doctor?

- GP CLINICS JUST FOR MEN
- GUARANTEED TO SEE A MALE CLINICIAN
- LOCAL FREE APPOINTMENTS
- ONLINE SELF BOOKING SERVICE
- EVENING AND WEEKEND APPOINTMENTS

1

SCAN THE QR CODE OR VISIT WWW.HBMAGPFEDERATION.CO.UK

2

REGISTER YOUR DETAILS VIA THE ONLINE FORM

3

A BOOKING LINK WILL BE SENT TO YOUR MOBILE TO BOOK APPOINTMENT

How Sleep Affects Your Mood, Appetite, and Weight

Dr Stephani Bernard

Getting enough good-quality sleep between 7-9 hours is not a luxury but a necessity. It plays a big role in your mood, how hungry you feel and your weight. When you don't sleep well, it's harder to stay calm and manage stress. Lack of sleep makes the emotional part of your brain more reactive and reduces your ability to think clearly. You may feel more irritable or anxious, low in mood and less able to cope with everyday stress. These mood changes can make you more likely to eat for comfort, especially unhealthy foods.

Dr Stephani Bernard from the Orchard Medical Practice also runs the Lifestyle Clinic to support weight loss as a certified Lifestyle Medicine Clinician.

Read more **HERE**.

Sleep is also important independently to control two important hunger hormones: Ghrelin – goes up when you don't sleep, making you feel hungrier & Leptin – goes down, making it harder to feel full. As a result, your appetite can increase especially for foods high in sugar, fat, or carbs. When you're tired you are more likely to crave and eat unhealthy food, less likely to exercise and your body processes food less efficiently. Over time, this can lead to depression and anxiety, cognitive decline and lead to weight gain which in turn increases your risk for conditions like obesity, high blood pressure and type 2 diabetes.

There are simple steps you can take to improve your sleep:

- **Go to bed and wake up at the same time each day—even on weekends.**
- **Regular exercise especially outdoors with exposure to natural sunlight in the day.**
- **Limiting light exposure - Turn off screens (TV, phone, tablet) at least 30 minutes before bed.**
- **Keep your bedroom cool, quiet, and dark.**
- **Avoid caffeine, alcohol and large meals before bedtime.**
- **Try relaxing activities like reading or gentle stretching.**

Up to 30% of adults are chronically sleep deprived which means they can sleep if given the opportunity. This is not the same as true insomnia. This link has more information on Sleep Hygiene - https://www.sleepfoundation.org/sleep-hygiene.