

[General Practice Data for Planning and Research Data Collection](#)

The data held in the GP medical records of patients is used every day to support health and care planning and research in England, helping to find better treatments and improve patient outcomes for everyone. NHS Digital has developed a new way to collect this data, called the General Practice Data for Planning and Research data collection.

If you don't want your identifiable patient data to be shared for purposes except for your own care, you can opt-out by registering a Type 1 Opt-out or a National Data Opt-out, or both.

If you wish to register a Type 1 Opt-out before data sharing starts with NHS Digital, please complete the form found here <https://digital.nhs.uk/your-data/opting-out-of-data-sharing> and return to us via email [reception.f81100@nhs.net](mailto:reception.f81100@nhs.net) or bring it into the surgery.

Alternatively you can call 0300 3035678 for a form to be sent out to you.

If you have previously registered a Type 1 Opt-out and you would like to now withdraw this, you can also use the above form to do this.

If you do not want NHS Digital to share your identifiable patient data with anyone else for purposes beyond your own care, then you can also register a National Data Opt-out.

If you wish to register a National Data Opt-out please complete the electronic form which can be found here <https://www.nhs.uk/your-nhs-data-matters/manage-your-choice/>

[CCG Shutdown](#)

Please be aware the next CCG Shutdown date is Thursday 29th July 2021

from 12.00 noon. The Mid-Essex CCG will be providing out-of-hours care for our patients from 12.00 noon until 18.30 pm and our telephone lines will be diverted to the care provider during this time. In the case of urgent need whilst the practice is closed you can call NHS 111 to speak to a triage nurse. Your needs will be assessed and advice offered or arrangements made for you to see a doctor. Out-of-hours services are generally busy so please think carefully before asking to see a doctor and only do so if you genuinely cannot wait until the surgery re-opens. In a genuine emergency you should call 999. Chest pains and/or shortness of breath constitute an emergency. Hours will resume as normal on Friday 30th July 2021.

[NHS App](#)

You can now use the new NHS App, a simple and secure way to access a range of NHS services on your smartphone or tablet. You can use the NHS App to get health advice, order repeat prescriptions, view your GP health record and more. For more information please visit <https://www.nhs.uk/nhs-services/online-services/nhs-app/>

Telephone medication review appointments, blood test and cervical smear appointments are available to book online through the NHS app.

### [Registering for SystemOnline](#)

If you wish to register for SystemOnline Online Services please either present in person at the surgery with photo ID or email photo ID to [reception.f81100@nhs.net](mailto:reception.f81100@nhs.net)

Please note patients age 11-16 years old cannot have online services.

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### [NHS Essex Child Health App](#)

It is normal to feel anxious when your child is ill. Sometimes their illness is obvious – they may have visible symptoms such as a runny nose. At other times it isn't as easy to identify the problem even though you know your child best and can spot if something is wrong. Most illnesses such as sore throats and ear ache get better by themselves but it's important that parents know what to do if their child is unwell and how to recognise the signs.

The new NHS Essex Child Health app has been designed to give parents, grandparents and carers across Essex NHS advice at their fingertips, to help look after their children's health and recognise when they are unwell.

Many illnesses can now be treated at home with lots of rest and over-the-counter medicines. The NHS Essex Child Health app offers handy advice on some of these most common childhood illnesses, as well as helping you to understand when it's better to chat to your school nurse, visit a local community pharmacist or GP, or to call NHS 111.

Health conditions covered within the app include:

- Coughs, colds and flu
- Diarrhoea and vomiting
- Chicken pox and measles
- Ear ache and tonsillitis
- Wheezing and breathing difficulties including bronchiolitis and asthma
- Headlice and threadworms
- Bumps, bruises and accidents

Information on mental health and wellbeing, healthy lifestyles and advice on some more serious conditions like meningitis and sepsis are also covered. There's a handy section on when you might want to consider keeping your child home from school.

The app is free to download, just search for "NHS Essex Child Health".

### [Face Masks or Coverings](#)

We are asking all patients to please continue to wear a face mask or covering after the 19th July.

### [DoctorLink](#)

DoctorLink is our online symptom assessment service where you can:

- Access advice
- Book appointments online
- Request Fit/Sick Notes

The symptom assessment will ask you a number of questions to help to identify your problem.

The outcome of your assessment will direct you to the right treatment, whether emergency care, your GP, nurse or self-care.

If your outcome indicates that an appointment is required at your GP practice, you simply click on the "request an appointment" button.

Once the request has been submitted, you will then be contacted by the practice team, to arrange an appointment within the identified timeframe (as outlined in the outcome of your symptom checker).

### [Push Doctor](#)

We are now providing video consultations with the leading online GP provider, Push Doctor. This means there will be more availability for our patients to access NHS GPs via video appointment, with the option to receive prescriptions, sick notes and referrals from the comfort of your own home and at a time that suits you.

The practice remains open as normal for telephone and face-to-face consultations; video appointments are simply an additional, complimentary service for those who would prefer to be seen from home, and are usually available quicker than face-to-face appointments.

### [Update to telephone system](#)

We have now changed our telephone options – please listen carefully for these changes. We no longer have the call back option or inform patients of the queue position.

### [How to book an appointment](#)

To book a routine appointment: -

Follow the DoctorLink link - <https://app.doctorlink.com/beaconhealthgroup/register>

Telephone the surgery - option 2

To book an on the day appointment: -

Telephone the surgery - option 1

Please do not attend the surgery to book an appointment.