



**Redmoor  
Health**

Your digital health partner

# **Bay Medical Group - Insights Report**

Mar 01 - Mar 31, 2024

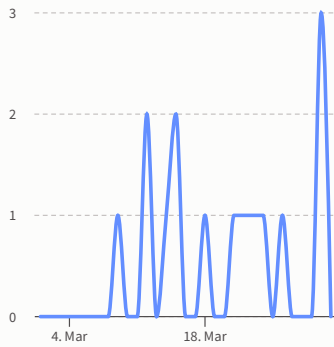
This report gives insights into your Facebook, Instagram and Twitter page (followers, engagement, reaches etc.) for last month

[Social Media Managed Service website](#)

**f New fans**



**f New fans**



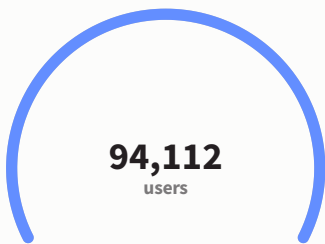
**f Fans - City**

Morecambe, Uk	3,323
Lancaster, Uk	892
Carnforth, Uk	134
Kendal, Uk	43
Preston, Uk	37
Barrow In Furness, Uk	33
Other	300

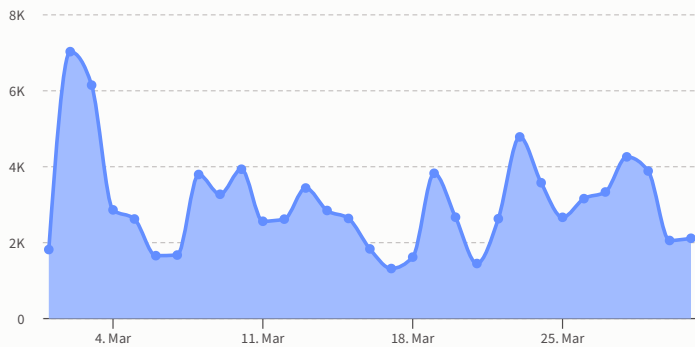
**f Fans - Age**

35-44	1,492
45-54	1,196
25-34	930
55-64	842
65+	692
18-24	159
13-17	5

**f Total reach**



**f Total reach**



**f Post reach**

107,535  
users

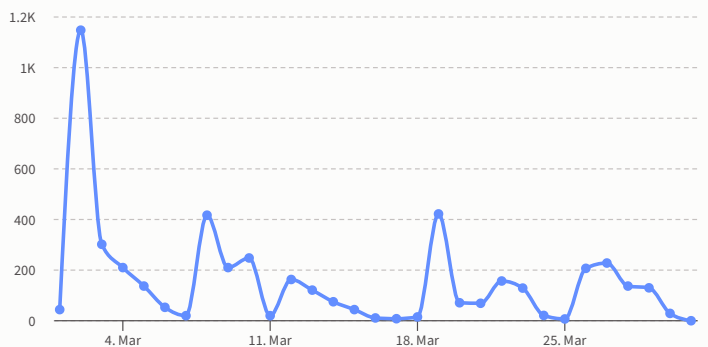
**f Post engagement rate**

3.86%  
engagement rate

**f Post engaged users**

4,853  
users

**f Post engaged users**



**f Post impressions**



**f Page comments**

135  
post comments

**f Posts**

40  
posts



**f Top posts - Impressions**



**Bay Medical Group**  
Mar 02, 16:00

🧑🏻‍🦺🧑🏻‍🦺 Join Us for a Walk with a Doc! 🧑🏻‍🦺🧑🏻‍🦺 BMG patients 🌞 How about a refreshing stroll down our beautiful Morecambe Promenade every other Saturday? 🚶🏻‍♀️🚶🏻‍♂️ Walk with a Doc invites you to get on your walking shoes (nothing fancy required) and join us for a leisurely walk alongside BMG professionals and fellow community members who share a passion for health and wellness. 📅📅 Mark your calendars for every 2nd and 4th Saturday of the month. The walk starts off at The Battery at 11:00 am. March 2024 dates are: 9th & 23rd What to Expect: 📄 Fill out a small form. 🗣️ Enjoy a 5-minute health chat from our healthcare

**15462** impressions

<p><b>HILDREN</b></p> <p>child may have sepsis if he or she:</p> <ul style="list-style-type: none"> <li>Is breathing very fast</li> <li>Has a 'fit' or convulsion</li> <li>Looks mottled, bluish, or pale</li> <li>Has a rash that does not fade when you press it</li> <li>Is very lethargic or difficult to wake</li> <li>Feels abnormally cold to touch</li> </ul>	<p><b>ADULTS</b></p> <p>An adult may have sepsis if they show any of these signs:</p> <ul style="list-style-type: none"> <li>Slurred speech or confusion</li> <li>Extreme shivering or muscle pain</li> <li>Passing no urine (in a day)</li> <li>Severe breathlessness</li> <li>It feels like you're going to die</li> <li>Skin mottled or discoloured</li> </ul>
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**WHAT TO DO IF YOU SUSPECT SEPSIS:**

Call 111 or contact your GP if you're worried about an infection. If you notice any of the above symptoms, call 111 or contact your GP immediately.

**JUST ASK COULD IT BE SEPSIS?**

📢 **Raise Your Awareness: Sepsis Awareness Post** 📢 BMG patients, 🌞 let's talk about something crucial today - SEPSIS. It's a topic that doesn't get as much attention as it deserves, but awareness can make a real difference. 🧠💙🩹 What is Sepsis? Sepsis is a serious, potentially life-threatening condition that arises when the body's response to infection damages its tissues and organs. It can affect anyone, at any age, and can progress rapidly, leading to severe consequences if not detected and treated promptly. Early recognition is key! 🧑🏻‍🦺💙🩹 Why Does Sepsis Awareness Matter? Awareness is the first step towards

**6505** impressions

**Spring Covid Vaccination 2024**

Will be offered to:

- Everyone aged 75 and over
- Immunosuppressed people aged 6 months and over
- Residents in care homes for older aged adults

**Bay Medical Group**  
Mar 26, 18:00

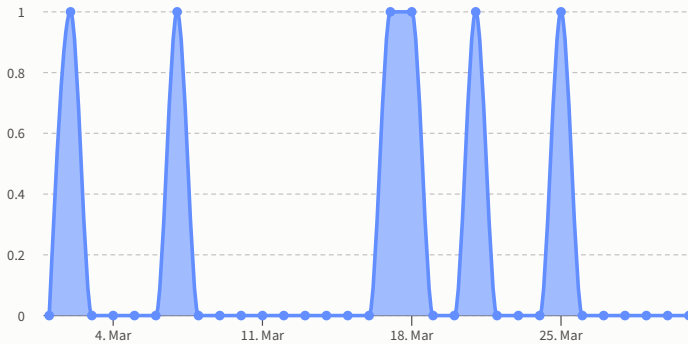
🚨 **BMG patients, its nearly that time again- Covid-19 Spring 2024 booster vaccinations.** Please pass on to family members and friends who may be affected but are not on social media. 🌞 What's happening? This spring we are offering an extra booster dose of the Covid-19 vaccine to the most vulnerable people in our communities. 🌞 How and when will I hear? Look out for your text, that advises you how to book your own appointment through our online booking system or to call on our dedicated phone option 01524 511999 option 2. For more information about the Covid vaccine follow this link 🌞

**6193** impressions

**@ New followers**

**6** followers

**@ New followers**



**@ Followers**

**213** followers

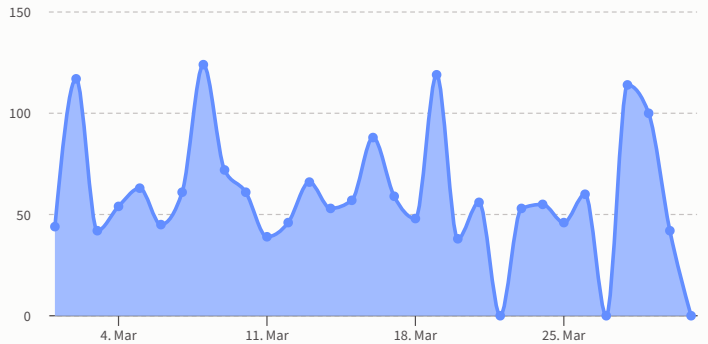
**@ Profile impressions**

**2,038** impressions

**@ Post reach**

**1,822** users

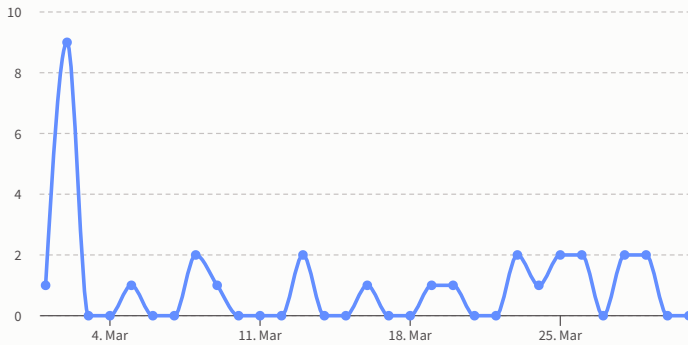
**@ Post reach**



**@ Post engagement**

**30** engagements

**@ Post engagement**



**@ Profile visits**

**55** views

**Top posts - Impressions**



👣 Join Us for a Walk with a Doc! 👤 BMG patients 🌞 How about a refreshing stroll down our beautiful Morecambe Promenade every other Saturday? 🚶🏻 Walk with a Doc invites you to get on your walking shoes (nothing fancy required) and join us for a leisurely walk alongside BMG professionals and fellow community members who share a passion for health and wellness. 📅 Mark your calendars for every 2nd and 4th Saturday of the month. The walk starts off at The Battery at 11:00 am. March 2024 dates are: 9th & 23rd What to Expect: 📄 Fill out a small form. 🗣️ Enjoy a 5-minute health chat from our healthcare

**125** impressions



🌈 Breaking the Silence: Loneliness Knows No Age 🌈 BMG patients, let's talk about something that affects us all, regardless of age: LONELINESS. It's a universal feeling and it's okay to admit that we've all been there. Whether scrolling through social media or hanging out solo, loneliness can creep in. The key is understanding that you're not alone in feeling alone. 💙😔 Loneliness is Normal Feeling lonely isn't something to be embarrassed about. Many of us experience it, even in a crowd or while glued to our screens. Let's break the stigma and open up about the reality of loneliness. It's a shared experience, and together, we can

**96** impressions



Bay Medical Group are recruiting for Advanced Clinical Practitioners. 🕒 Hours per week: Full and part time hours ✅ Contract type: Permanent 💰 Salary: £50,526 - £57,898 a year pro rata based on 37.5 hours per week 📅 Closing Date: 19th April 2024. To apply, please click here 📄 <https://bit.ly/4a8xrlw>

**78** impressions

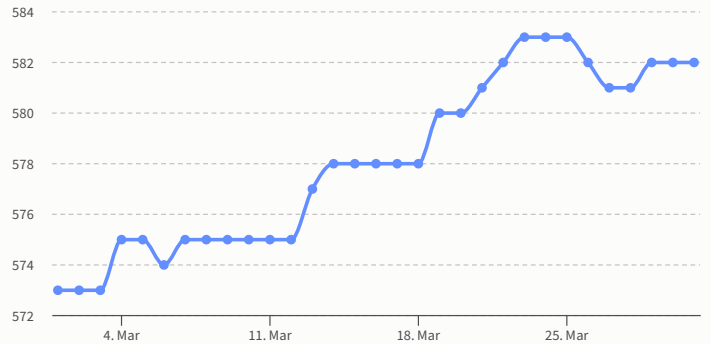
**Net new followers**

**9** followers

**Followers**

**582** followers

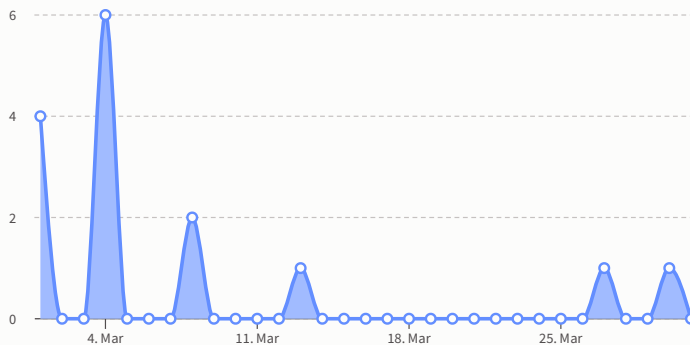
**Followers**



**Post engagements**

**15** engagements

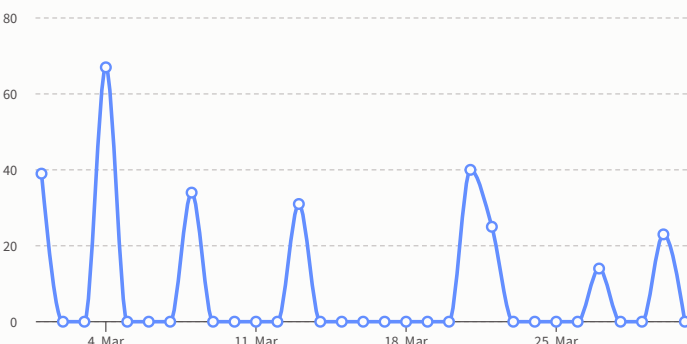
**Post engagements**



**Post engagement rate**

**4.98%** engagement rate

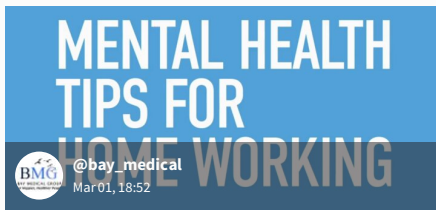
**Post impressions**



**Post impressions**

**273** impressions

**Top tweets**



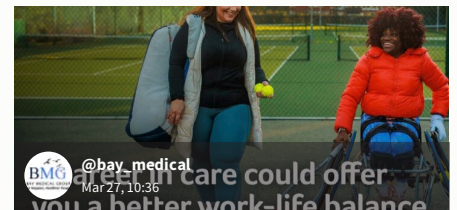
Working from home? Here are some tips to help you stay productive and maintain your well-being! What are your top tips for working from home? Share them below! Go to [https://www.baymedical.co.uk/working-from-home-tips](#)

**10.26%** engagement rate



Around 5,900 women are diagnosed with ovarian cancer in England each year - it's important to know the signs! Go to <https://www.cancerresearchuk.org/sites/default/files/ovaria>

**8.96%** engagement rate



Visit Carers UK for valuable information and guidance to help you on your caregiving journey. From practical advice to emotional support, they've got you covered. You don't [https://www.carersuk.org](#)

**7.14%** engagement rate

# Terminology:

<p><b>Fans</b></p>	<p><b>New Fans/Followers:</b> The number of new likes of your Pages gathered over a period of time</p> <p><b>Fans - City:</b> The total number of fans compared by city</p> <p><b>Fans - Age:</b> The total number of fans compared by age</p>
<p><b>Engagement</b></p>	<p><b>Post engaged users:</b> The number of people who liked, commented, shared, or performed any type of click anywhere in your posts</p> <p><b>Post engagement rate:</b> The average engagement rate for all your posts, calculated as the sum of engagement rates for each post divided by the number of posts. The engagement rate for a post counts the percentage</p> <p><b>Post engagement:</b> The number of likes, comments, and saves received by all your photo, video, carousel, and reel posts</p>
<p><b>Reach</b></p>	<p><b>Total reach:</b> The daily number of unique accounts that have seen any content associated with your Pages (posts, posts to your Page, Page likes etc.)</p> <p><b>Post reach:</b> The total number of unique accounts that have seen your posts</p> <p><b>Page impressions:</b> The number of times any content from or about your Pages was displayed on a person's screen. Content includes posts, ads, feed stories, and more</p>

## Others

**Page comments:** The number of comments received by your posts and by other Facebook posts where people mentioned your Pages, checked in into your places, responded to your events, and liked your Pages

**Top posts:** A visual representation of your top-performing posts

**Profile visits:** The number of people that have visited your Instagram profile within the selected time frame

If you have any questions or require further support, please don't hesitate to contact us:

[support@redmoorhealth.co.uk](mailto:support@redmoorhealth.co.uk)


## Report sources

### Analytics


 **Facebook Pages**

 Bay Medical Group

 **Instagram Business**

 bay\_medical

 **Twitter**

 @bay\_medical