



Pershore Medical Practice

Patient Newsletter – May 2024

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Partners:

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Doctors:

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Dr Anita Patel
Dr Disha Sinha
Dr Salman Ali (GP Registrar)

Surgery Opening Hours:

Monday to Friday 8am – 6.30pm

Dispensary opening Hours:

Monday to Friday 8am – 1pm and 2.30 pm – 5.30pm.

If you find yourself unable to attend an appointment, please notify the surgery as soon as possible. This will enable us to use this time for other patients. Thank you.

What were staff doing in April at the Practice?

Reception answered 4231 calls
Dispensary issued 12181 medications
We received, read, actioned & filed 2408 tests
We offered 11,082 appointments
We received, read, actioned and filed 3921 letters for patients
Sadly, we had 185 appointments wasted due to DNA's

Please be aware that prescription charges are going up on 1st May 2024 to £9.90 per item. Prepayment 3 months is £32.50 and pre-payment 12 months is £114.50.

May is National Walking Month.

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier. You don't even have to walk for hours – a brisk 10-minute daily walk has lots of health benefits.

Any shoes or trainers that are comfortable, provide adequate support and do not cause blisters will do. If you're walking to work, you could wear your usual work clothes with a comfy pair of shoes and change shoes when you get into work. For long walks, you may want to take some water, healthy snacks, a spare top, sun screen and a sun hat in a small backpack.

If you start going for longer walks regularly, you may want to invest in a waterproof jacket and some specialist walking shoes for more challenging routes. Walking also helps us stay connected to our community, helping us feel less lonely and isolated. It's also free, flexible and fun with proven benefits for our health and well-being.

Take a look at some of these tips and see how many you can tick off in May:

1. Invite friends and family for a walk	2. Let nature guide you
3. Walk to and from work	4. Get snappy and take a picture on your walk
5. Walk to the shops	6. Have a scavenger hunt
7. Let the kids lead the way	8. Have an evening stroll
9. Have a mindful meander	10. Powerwalk to the finish!

Reach out to someone and invite them to join you – you might find a new walking buddy...

Or perhaps join a local walking group or join the Ramblers.

Find us on Facebook



and Instagram



Covid Spring Booster Vaccination Update Our spring booster campaign is now in full swing. If you are 75 or over, or your NHS records suggest you may have a weakened immune system due to a health condition or medical treatment, you can book your COVID-19 vaccine. Appointments are still available so get in touch to make sure you don't miss out.

Onside Independent Advocacy is a Worcester based charity working in the Hereford & Worcestershire area. They have recently launched 'MySpace' – find out more below...

SPACE
your
Delivered by **ONSIDE**

YourSpace Mental Health and Wellbeing Hubs for Children and Young People aged 11-25 available in community locations across Worcestershire

YourSpace recognises the need for early support to help children and young people cope better with their mental health and wellbeing and prevent escalation to more serious mental health difficulties.

YourSpace provides a single point of early access, without the need for an appointment or referral* to both one to one and group support for children and young people.

Who we can help

YourSpace can help children and young people facing a range of issues including:

- Low mood, anxiety and stress
- Improving self esteem, confidence, and building resilience
- Managing emotions
- Support with relationships, family, friends, bullying and boundary setting
- Self care, exercise, sleep, routines and motivation
- Difficulties in school and college
- Online safety
- Housing and benefits

YourSpace may also facilitate access to more intensive support and interventions

What we can offer

YourSpace will deliver support to meet individual needs within a relaxed and informal space. This could include:

- Dedicated one to one tailored support from a Wellbeing and Emotional Support Practitioner
- Group sessions
- Facilitation of Peer Support

The aim of YourSpace is to:

- Increase the ability of the child or young person to effectively manage their own emotional wellbeing
- Improve mental and physical health outcomes
- Develop skills and techniques to cope better with stress, anxiety and challenging life events
- Improve access to skills, training and employment
- Support housing needs including accessing advice and information
- Support the individual to become more active and engaged within their communities

How to find out more

You can find out more about YourSpace, including the locations of venues and opening times, by:

- Scanning the QR code
- Visiting our website www.onside-advocacy.org.uk
- Calling us on 01905 27525
- Emailing us at accesshub@onside-advocacy.org.uk

ONSIDE are delighted to be working in partnership with Droitwich Wellbeing Hub in the delivery of YourSpace as well as a range of venue host partners.

*No referral is required for anyone over 16 years. Those under 16 will need a parental/professional referral with parental consent.

YourSpace is funded by the Department for Health and Social Care

ONSIDE
MINDING YOUR HEALTH

What We Can Offer

@onside_advocacy @Onsideadvocacy Onside Independent Advocacy

Our next NHS App hub session will take place on Friday 10 May, 9 til 12 and 2 til 5.

We can help you set up the App, show you how to view your health record, see recent test results and order repeat prescriptions all from the comfort of your own home.

Please bring your selected smart phone or tablet and a form of identification to confirm your identity for setting up the App.

Do we have your email address? Please visit Reception to update or give us your email address.

Do you have a new mobile phone or moved house recently?

Please update us with your new contact information as soon as possible

Have your say... Do you as a patient have ideas on how we can improve the surgery?

Join our Patient Participation Group to get involved.

Find out more here: [Patient Participation Group - Pershore Medical Practice](#)



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and Instagram

