



Pershore Medical Practice

Patient Newsletter – June 2024

www.pershoremedicalpractice.co.uk Tel: 01386 553346

Partners:

Dr Paul Ferenc
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Dr Catherine Mann
Dr Jade Elliott
Natasha Beynon-Brown (ANP)

Doctors:

Dr Emma Axon
Dr Ella Bosmith
Dr Bruno Onyeagoro
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 May at the Practice?

Reception answered 4488 calls
Dispensary issued 11,992 medications
We received, read, actioned & filed 2561 tests
We offered 11,378 appointments
We received, read, actioned and filed 3621 letters for patients
Sadly, we had **274** appointments wasted due to DNA's



June is Pride Month and a time for everyone to celebrate who they are.

10 – 16 June is National Carers Week. At PMP, we recognise the contribution carers make to families and communities throughout the UK. A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health condition, addiction, or who needs extra help as they get older. Caring can be hugely rewarding but it can also have an impact on all aspects of your life. Having the right information and support for you and those you care for can make all the difference. For more information on local services, please pop into the Pershore Wellbeing Hub or check out the info here - [Information for carers | Carers Week](#)

10 – 14 June is Healthy Eating Week. Whether that means having one extra portion of fruit or veg, being more active, experimenting with a new recipe or using up leftovers – Healthy Eating Week is all about giving it a go! Get at least 5-a-day, stay hydrated, move more, focus on fibre and reduce food waste. For ideas on healthy meals on a budget, check out Ashleigh Mogford #Cardiff.mum for plenty of ideas.

10 – 16 June is Men's Health Awareness Week. Taking the lead from King Charles, we are encouraging you to share your health thoughts and concerns with a loved one or your friends. PMP will be hosting a PSA testing event on Thursday 4 July from 5pm – 8pm. Online bookings only at www.mypsatests.org.uk

[Men's Health Forum \(menshealthforum.org.uk\)](http://menshealthforum.org.uk)



Find us on Facebook



and Instagram





14 June is World Blood Donor Day. Seeking to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid donors for the life-saving gifts of blood.

You can give blood from the age of 17 - If you would like to find out more or book a slot to donate, please visit www.blood.co.uk

Jo's cervical cancer trust



Cervical screening



17 – 23 June is Cervical Screening Awareness Week. Going for your cervical screening isn't always easy, and everyone's experience is different. We're encouraging people to share their tips, experiences and positive messages with their loved ones and friends. Cervical screening is a free health test that helps prevent cervical cancer. Everyone with a cervix between 25 and 64 has a right to go for cervical screening. It is your choice whether you want to go.

More information can be found here: [Cervical screening - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Here at PMP, you will be contacted by letter or text inviting you to make an appointment.

Pershore Medical Practice is proud to announce it is now an accredited 'Veteran Friendly' GP Practice. If you have ever served in the Armed Forces (Regular or Reserve) or Merchant Navy, or you are an immediate family member (Spouse/partner, children, parents or siblings) of someone who has ever served in the Armed Forces please let us know.



Armed Forces veteran friendly accredited GP practice



Pershore Medical Practice

Compassionate health care
Accessible to all
Respected & valued
Empowered to live well

At PMP we **CARE**

- We are dedicated to providing compassionate and personalised healthcare, that puts patients first and is accessible to all.
- We aim to deliver thorough, efficient and proactive care, in an environment where each individual feels valued and respected.
- Appreciating the commitment and expertise of our staff, we endeavour to foster a supportive culture which prioritises professional development and wellbeing.
- With a modern and Innovative approach, we strive to empower our community to lead healthier lives together.

Our next NHS App hub session will take place on Friday 7 June, 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?
Do you have a new mobile phone or moved house recently?**

Please visit Reception to update or give us your email address.

Have your say... Do you as a patient have ideas on how we can improve the surgery? Join our Patient Participation Group (PPG) to get involved.



Please sign up to our Newsletter via the PMP website for electronic delivery straight to your mailbox.

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