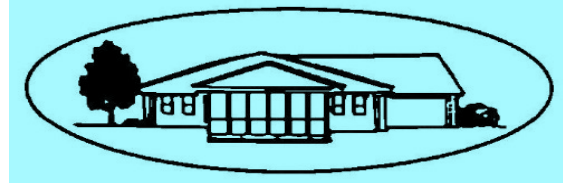


Selly Park Surgery
2 Reaview Drive
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<https://sellyparksurgery.co.uk>



WELCOME TO THE SECOND EDITION OF THE SELLY PARK SURGERY NEWSLETTER, AUTUMN 2024

The Practice and the **Patients Participation Group** were delighted by the positive response to the initial Spring Newsletter and are now pleased to follow this up with, what we hope, will be another informative and welcome autumn edition. There have been some changes in personnel so please bring yourselves up to date with the new staffing list. Instead of a staff member bio, we have included a more in-depth 'get to know your clinicians' interview item and this is something we intend to organise until we have exhausted the staff - as in getting to know the members of staff and not in any negative pestering way!!! We hope this will be a well received and interesting item.

Unfortunately we didn't manage to attract much interest from patients wishing to join the Committee so please do make an approach if you feel that you have something to offer - you will be made to feel very welcome. Just leave your name at reception.









I will leave you now to read on and see what is happening in the very successful Selly Park Surgery which is continuing to rank very high in terms of patient satisfaction within all Birmingham GP practices despite the pressures put upon them.

Jan Weston

Chair SPS PPG, also on behalf of Hugo Whitehead (Vice-Chair PPG), Karen Canner (Secretary PPG) and Lynn Davies (Newsletter Editor PPG)

CHECK OUT THE SELLY PARK SURGERY WEBSITE!

The SPS website <https://sellyparksurgery.co.uk> has lots of information such as

-  Self-help and wellbeing, mental health
-  A-Z of health conditions (going into the NHS Health Encyclopedia)
-  MMR vaccination
-  Covid booster
-  Order a repeat prescription
-  Get a sick note
-  Useful contacts and websites
-  Financial sustainability and interesting information such as:

Did You Know...

The NHS provides the practice with **£80.59 per patient** to deliver a whole year of care. This is fantastic value when compared to:

TV: £264 for a basic sky TV package for 1 year
Telephone: £156 for the cheapest 4g mobile contract for 1 year
Scissors: £180 for a haircut every month for 1 year
Cigarettes: £1549 for a 10 a day cigarette habit for 1 year

GET YOUR FLU VACCINATION!

The influenza virus can be deadly. The vaccine can reduce the need to see your doctor by between 40 and 60 percent.

Recommended for: the over 65s, those who are pregnant (it also helps to vaccinate your baby), those living in care homes, carers for disabled persons, those living with patients with weakened immune systems. Those with high-risk illnesses; including heart problems, breathing difficulties, stroke or TIA sufferers, liver or kidney disease, diabetes, MS patients or spleen issues.

Children may be able to have a nasal spray over the age of 2 especially if they have a chronic condition. The vaccine normally takes about 2 weeks to work.

You can have it at the same time as COVID-19 or shingles vaccines.

Do not have the vaccine if you have an allergy to egg protein (check with the person administering the jab), or an allergy to a previous flu jab or if you have an elevated temperature, wait until you are better. It is normal to have a few minor side effects which can include feeling unwell with a slight raised temperature, pain in the injection site or an aching body.



BLISTER PACKS


Superdrug work with Terracycle towards zero waste and operate the UK's first medicine packet recycling programme.

Collect your empty medicine blisters and drop them off in the dedicated collection boxes to ensure that the scheme continues to run safely

Remember you can only return personal and household waste and only empty packs.

Our nearest participating store is Harborne High Street.

USING THE NHS APP



The NHS App

30 million registrations

22 million repeat prescriptions ordered

1.7 million GP appointments booked

128,000 organ donation decisions recorded

Over 28,000 Covid vaccinations booked since December 2022

NHS App

14:05

NHS

How are you feeling today?

Check symptoms

Access your NHS services

Continue with NHS login

To install the NHS app, you can:

1. Open the App Store or Google Play
2. Search for "NHS App"
3. Install the app
4. Log in with your email address and password

To first register, it will ask you for current ID (e.g. passport, driving licence). However, if you do not have a current one, it will ask you to contact your GP. You can go down to the surgery and ask Alicia Atkins or Reception to verify you and help complete the application.

Selly Park Surgery Staff list as of November 2024

| | |
|---------------------|------------|
| Dr Deborah Atkinson | GP Partner |
| Dr Rizwanul Haq | GP Partner |
| Dr Adele Coverdale | GP Partner |

| | |
|-------------------------------------|-------------------------|
| Dr Srood Maruf | Salaried GP |
| Dr Leah Carden (on maternity leave) | Salaried GP |
| Dr Kathy Ren | Locum GP (Out of Hours) |
| Dr Maryam Nazneen | GP Registrar |
| Dr Vithurshanan Karunanithy | GP Registrar |

| | |
|-----------------|------------------------|
| Cristian Elwood | Locum Practice Manager |
| Sean Mockble | Operations Manager |

| | |
|------------------|---------------------------|
| Claire O'Donnell | Practice Nurse Prescriber |
|------------------|---------------------------|

| | |
|-------------------|-----------------------|
| Caroline Williams | Health Care Assistant |
| Deborah Finnegan | Health Care Assistant |

| | |
|---------------|--------------------------------|
| Fiona Greaves | Primary Care Network Paramedic |
|---------------|--------------------------------|

| | |
|------------------------|---------------------|
| Shanilla Asghar | Pharmacist |
| Natasha Spires | Pharmacy technician |
| Thaisa Laroiya-Mccaron | Pharmacist |

| | |
|-------------|-----------------------------|
| Julia Adams | Substance misuse councillor |
|-------------|-----------------------------|

| | |
|--------------------|-------------------|
| Nepthhalie Mouanga | Social Prescriber |
|--------------------|-------------------|

| | |
|------------------|---------|
| Claire Morrissey | Midwife |
|------------------|---------|

| | |
|----------------|-----------------------|
| Alicia Atkins | Care Coordinator |
| Tracy Stanton | Secretary |
| Sandra Kinrade | Medical Administrator |

| | |
|--------------------|----------------------|
| Katherine Welbourn | Reception Supervisor |
| Sheila Jacques | Receptionist |
| Carolyn Mcmeekan | Receptionist |
| Cheryl Vernon | Receptionist |
| Wendy Perry | Receptionist |
| Hajrah Shaukat | Receptionist |
| Ella Kinrade | Admin assistant |

Safeguarding team

| | |
|---------------------|----------------------------|
| Dr Deborah Atkinson | Safeguarding Lead |
| Dr Adele Coverdale | Deputy Safeguarding Lead |
| Alicia Atkins | Safeguarding Administrator |

Get to Know Me : Dr Haq



Here is the next in our series of interviews with staff at the practice

Position at the practice? GP Partner.

Any hobbies? Writing. I have written speculative (non-commissioned) screenplays, and will be

having my first novel published on 28/1/25.

Greatest accomplishment? Probably getting my debut novel, a science fiction adventure "weed-man" published in January. It'll be available from Amazon, Waterstones etc.

One thing on your bucket list? Can't think of anything.

Best place you have travelled to? Dubai.

Favourite film? 2001: A Space Odyssey.

Favourite random fact? Aged 13, I won a mountain bike for designing a bicycle security poster in a competition organised by the West Midlands Police.

Do you have any pets? No.

Favourite sport? Football, rugby union and cricket (in that order).

If you were not in your current role, what career would you have pursued? Teacher (probably biology).

Any career advice to your younger self? Not to take life too seriously.

Favourite way to spend a day off work? Relaxing, reading a book.

If you had a film of your life - who would you cast in your role? Don't think that my life has been that interesting.

What would be the one thing that patients could do before making an appointment to make your life easier?

If they have a number of problems to discuss, then to book a double appointment.

The **SURGERY OPENING HOURS** are currently:

Monday: 07.30 – 18:30

Tuesday: 07.30 – 18:30

Wednesday: 07.30 – 18:30

Please note that there are no clinicians on site on Wednesday afternoons after 1.00pm and that we do not take samples at all on a Wednesday.

Thursday: 07.30 – 18:30

Friday: 07.30 – 18:30

Saturday: Closed

Sunday: Closed

To book an appointment please call reception on 0121 472 0187. We aim to give some sort of help or appointment on the same day. All patients may be seen by any doctor in the practice, not necessarily the one they are registered with. To get test results, please ring between 2 and 4 pm.

Need out-of-hours care?

Please ring 0121 472 0187. This will automatically redirect you to our answer machine which will tell you the number to ring for our out-of-hours cover provider.

For emergencies: **Dial 999** immediately

For medical advice over the phone **Dial 111**

Life is such that there may be an occasion when a patient wishes to raise a complaint. The best course of action is to make any complaint in writing and address this to the Practice Manager **Cristian Elwood**

Patients Participation Group needs you!

Do you want your voice heard about Selly Park Surgery and find out what's going on? The Patient Participation Group very much wants more members from a range of ages, backgrounds, orientations and circumstances to give their views and help improve the practice.



The group meets about 6 times a year at the Surgery. We hear from one of the GP partners about the latest developments and we raise issues of concern. Please visit the website <https://sellyparksurgery.co.uk> and tell Reception if you are interested to join.

