

Newsletter

Summer 2024



Continually Improving Services

We are always listening to your feedback and working hard to improve the services we offer

Some improvements we've made lately include:

NEW WEBSITE

Our new & improved site includes information on services, prescriptions, health advice and more

REGISTER ONLINE

Patients can now register to join our practice online. Click [here](#) for more information

NEW CLINIC ROOMS

We have expanded to include 3 new clinical rooms on the first floor allowing us to expand our services

MORE CLINICS

We've increased our number of clinics to include

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> **Mental Health Practitioner** - Welcome **Peter** who has newly joined the team. Peter runs a clinic every Tuesday to assess and explore over a teens mental health under GP referral

> **Health & Well Being Coach** – **Paula** is here fortnightly, on Thursdays to better understand and create a personalised plan to help you with; improving sleep, managing stress & low mood, becoming more active, losing weight, advice and guidance to newly diagnosed Type 2 Diabetics or Pre-diabetics, or for anyone who wishes to better manage their long term health condition with diet or lifestyle changes

> **Musculoskeletal Practitioner** – Welcome to **Wasim** who is our new first contact physiotherapist. Wasim has a clinic each Wednesday and can assess patients with soft tissue, muscle or joint pain, to decide on the most appropriate management pathway

> **Social Prescriber** – **Gurbaksh** is here to assess any non-medical needs you may have to determine the support and care you need for your overall health and well-being.

APPOINTMENTS



We provide same-day appointments with GPs and other clinicians, as well as routine pre-bookable appointments.

For same day appointments, please call at **8am or 2pm**. The waiting time for routine pre-bookable GP appointments is currently 4 working days

PARTICIPATE



Join us at our next PPG meeting on **Wednesday 3rd July at 1pm**, where we will be joined by Dr Chandan who will be discussing the topic

Blood Pressure
Call reception on **0121 429 1572** to find out more



Pharmacy First

This new service launched in January 2024.

It allows patients easier access to the correct medical support without the need for a GP appointment.

The following 7 common conditions can now be treated by your local pharmacist, who can issue certain prescription medication:

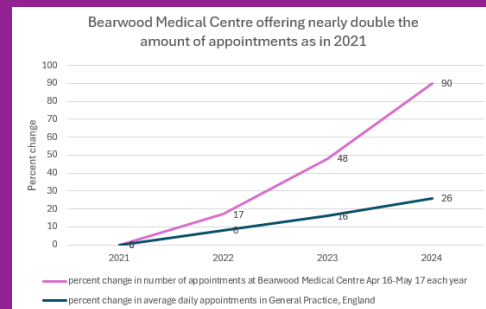
- Urinary tract infections
- Shingles
- Impetigo
- Infected insect bites
- Sore throat
- Sinusitis
- Ear Ache

Click [here](#) for more

We are committed to offering as many appointments as possible for our patients. We provided 2,801 appointments in the last month, 29% more than last year.

This is more than 3 times the national average increase of 9% in appointments across GP surgeries in England.

How we compare:



Year	Total number of appointments Apr 16-May 17 at Bearwood Medical Centre	Average daily appointments in General Practice, England
2021	1473	1188261
2022	1721	1289130
2023	2175	1372609
2024	2801	1493503

GET VACCINATED

Check if you or any family members are due for a vaccination.

- **Whooping cough** - Babies receive three doses at 8, 12 and 16 weeks old (the 6-in-1 vaccine), followed by a booster at 3 years 4 months. This provides high levels of protection against severe disease. It's also important for pregnant women to get vaccinated against whooping cough, ideally between 20 to 32 weeks of pregnancy.
- **MMR** - protect your family against measles - if you are unsure that your family's immunisations are up to date contact the surgery and we can check your health record and arrange your vaccine as appropriate
- **Covid** - Call **119** to check whether you qualify & book your spring booster



Don't Need your Appointment?

Remember to cancel if you don't need it

Please call **0121 429 1572** as early as possible to ensure that someone else who may need to see the doctor urgently can be seen instead

See your GP health record on the NHS App

- you can see all new entries
- includes consultation notes, medicines and immunisations
- need help? Get support in the app or visit nhs.uk/helpmeapp