

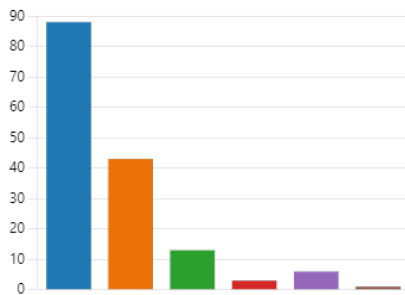


Newsletter April 2023

You said we did!

We have had no suggestions this month in our suggestion box! You can make suggestions in reception suggestion box located near our front desk (pens and paper provided) or through our website.

We have had over 150 text feedback for appointments experience – results below!



Very good	88
Excellent	43
Good	13
Fair	3
Poor	6
Other	1

Updates

We have two lovely Year 3 Medical Students starting with us 24.04.2023 from Aston Medical School. You can book to see them daily!

Spring Boosters for the over 75, Housebound and immunosuppressed have commenced! If you fit this criteria please contact us to book in.

Reminders

We have appointments online available all day check out our website for more info
<https://pelsallvillagesurgery.com/>

We have appointments available three days a week with our physiotherapist – call to book in



Even if you have been referred to MSK he can help!

Campaigns - April is stress awareness Month

What is stress? Stress is primarily a physical response. When stressed, the body thinks it is under attack and switches to 'fight or flight' mode, releasing a complex mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine to prepare the body for physical action. This causes a number of reactions, from blood being diverted to muscles to shutting down unnecessary bodily functions such as digestion.

Top tips to avoid stress

- Eat, Sleep and exercise Well
- Avoid Nicotine, caffeine alcohol and refined sugar products
- Take time out to relax

More info at www.stress.org.uk