

PATIENT NEWSLETTER



Issue Month: July 2024

Iridium Medical Practice

PRACTICE ACTIVITY DASHBOARD - LAST MONTH

6002 Face to face Appointments Offered

6355 Documents Processed

6049 Prescriptions Issued

669 Patients Did Not Attend

10,682 Inbound Telephone Calls (Answered)

A SIMPLER WAY FOR US TO ASSIST YOU WITH YOUR ADMIN QUERIES

If you have a query regarding a sick note, blood test, a letter or referral - Please do NOT call us.

Instead log a query online via

<https://florey accurx.com/p/Y02893>

ALCOHOL AWARENESS MONTH

Alcohol Awareness Week runs from the 1st July to 7th July. It is coordinated by Alcohol Change UK.

For more information, go to:
<https://alcoholchange.org.uk/>

Current guidelines suggest you should be drinking no more than 14 units a week, spread over at least 3 days.
That's around 6 standard glasses of wine, or 4 pints of beer.

Drinking too much alcohol regularly can lead to several preventable health complications like liver disease, heart problems, brain dysfunction and much more.



In England, there are an estimated 602,391 dependent drinkers, with only 18% receiving treatment.
In 2015/16, 39% of all violent incidents were due to the offender being under the influence of alcohol.

In 2019/20, 74,618 people were in treatment at specialist alcohol misuse services.

Do you want to make a fresh start?

Are drugs or alcohol affecting your life,
or the life of someone you know?

Do you want to cut down or stop? We can help

We offer:

- Advice and support at your GP practice
- A personal support plan
- Encouragement and motivation to make a change
- Hepatitis and HIV (quick finger prick) testing

Speak to reception staff to book in with the Change Grow Live Recovery Coordinator for free and confidential information

T: 0121 227 5890

E: birmingham.info@cgl.org.uk

W: www.changegrowlive.org/birmingham



Drug and
Alcohol Service
Birmingham

MENTAL HEALTH AND WELLBEING

If you are feeling stressed, anxious, or just want to feel happier, we are here to help.

By being registered at Iridium, you have access to NHS talking therapies services.

At Iridium, we work with Birmingham Healthy Minds

They can help treat depression, general/social anxiety, panic/agoraphobia, OCD, PTSD, IBS and body dysmorphic disorder, etc.

For more information, you can visit: <https://www.nhs.uk/mental-health/>

SERIOUS MEASLES OUTBREAK

There is a serious outbreak of measles in our area which has already affected over 250 people. Measles can cause pneumonia, meningitis, blindness and even death.

If you or your child have not had the full MMR injection course or are unsure, please immediately contact the surgery to arrange.

**PLEASE NOTE WE AT
IRIDIUM USE THE NON-
PORK BASED MMR
VACCINATION**

DOWNLOAD THE NHS APP

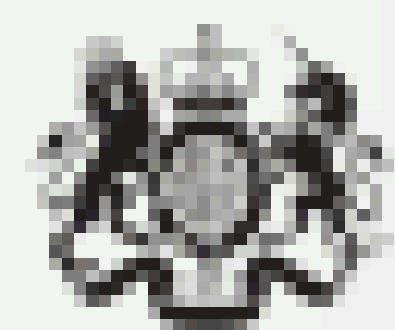
You can have an NHS account if you are aged 13 or over and are registered with a GP surgery in England.



Having an NHS account will allow you to:

- order repeat prescriptions
- book and manage appointments
- get health information and advice
- view your health record securely

**UPDATE: Prescriptions
turnaround is now 72 hours.**



UK Health
Security
Agency

NHS

Help protect your baby with the **whooping cough** vaccine

There is a lot of whooping cough around at the moment. Babies are at most risk, especially in their first weeks of life.

If you have reached 20 weeks of pregnancy or later and have not yet been offered the whooping cough vaccine, talk to your midwife or GP practice and make an appointment to get vaccinated.

Don't take the risk.

**Act now to protect your
baby against whooping cough
from birth. Contact your GP or
midwife to get the vaccination.**

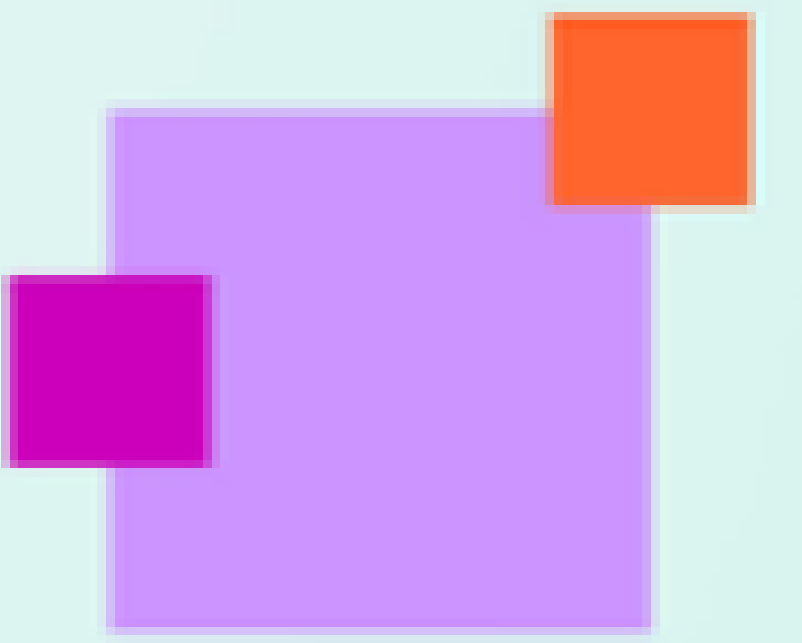
i mmunisation

the safest way to protect yourself and
your baby

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Most pharmacies can help you with **seven common conditions** without needing a GP appointment

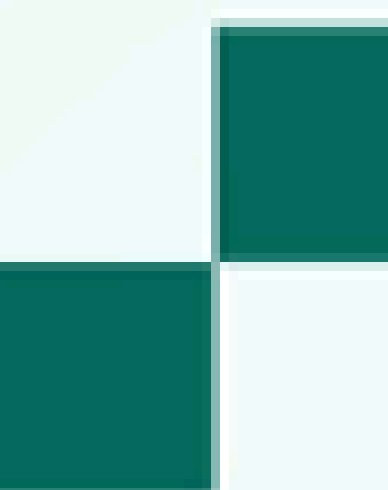


- **Sinusitis**
(adults and children aged 12 years and over)
- **Sore throat**
(adults and children aged 5 years and over)
- **Earache**
(children and young adults aged 1 year to 17 years)
- **Infected insect bite**
(adults and children aged 1 year and over)
- **Impetigo**
(adults and children aged 1 year and over)
- **Shingles**
(adults aged 18 years and over)
- **Urinary tract infection**
(women, aged 16 to 64 years)



Ask your pharmacy for more information about this free* NHS service

Visit your Pharmacy First!



*NHS prescription charge rules apply where a medicine is supplied

Iridium Medical Practice will refer you to your chosen pharmacy. If you have any symptoms from the above list, let the pharmacy know and they will be able to examine you. After your consultation with a pharmacist, the pharmacy will send a notification to us to update your record and will also prescribe medication if needed.*