

# Dr. N U Haque & Partners

## AUTUMN NEWSLETTER

October  
2025

QUARTER 3

Our Partners:

Dr N Haque, Dr S Ahmed, Dr M Sajid, & Dr G Baidwan

Practice Hours:

8.00 am – 6.30 pm Monday, Tuesday, Thursday & Friday

8.00 am – 8.30 pm Wednesday



Inspected and rated

Good



Scan the QR code to view the report: "West Bromwich GP practice has rating upgraded to good by CQC"



**Call Back now live** - No more waiting on hold - you can now keep your place in the queue, and we'll call you back when it's your turn. Please be aware that all telephone contacts with the practice are recorded for training and monitoring purposes.

Get your flu vaccination here

STAY WELL THIS WINTER

EXERCISE REFERRAL SCHEME



Ask the receptionists for more details:

<https://www.placesleisure.org/exercise-referral/>

### Patient Engagement Event

Invite to all patients

Saturday 25th October 2025 09:30am - 13:30pm

In support of Neuroblastoma UK.

Join us for a fun-filled day packed with delicious treats, great company.



Minor cuts and grazes  
Bruises and minor sprains  
Coughs and colds

#### Self Care

Stock your medicine cabinet  
Visit [www.NHS.uk](http://www.NHS.uk)



Minor illnesses  
Headache  
Stomach upsets  
Bites and stings

#### Pharmacy



Feeling unwell?  
Unsure?  
Anxious?  
Need help?

#### NHS 111



Persistent symptoms  
Chronic pain  
Long term conditions

#### GP Advice

Out of Hours call 111



Choking  
Chest pain  
Blacking out  
Serious blood loss

#### A&E or 999

Emergencies only

YOUR DIABETES CHECK-UPS MATTER



DIABETES UK  
KNOW DIABETES. FIGHT DIABETES.

HM Government

NHS

STOP TOBER

STOP SMOKING AND GOOD THINGS HAPPEN



Food starts tasting better  
Commit to quit

Better Health  
Let's do this

6 High Street West Bromwich West Midlands B70 6JX

Email: [enquiries.drhaque@nhs.net](mailto:enquiries.drhaque@nhs.net) Website: [www.haquemedicalpractice.nhs.uk](http://www.haquemedicalpractice.nhs.uk) Our Number: 0121 612 2525

## Prostate Cancer Awareness



Men aged 50 or over can ask their GP for a PSA test, even if they do not have symptoms. Anyone aged 50 or over with a prostate can ask for a PSA test. A PSA test is a blood test to help check for prostate conditions

If you have any concerns please book an appointment with the GP

## Cervical screening saves lives

If you missed your last cervical screening appointment contact your GP practice.



Scan the QR code to complete our patient survey:



It would be much appreciated if you could complete this form

## Repeat Prescription

Requesting repeat prescription these are the ways you can request it. Please allow 48 working hours for it to be processed and sent to your nominated pharmacy

### Via Your Chemist

In Person, by filling in a form

By Email

In Your NHS App

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

Providing NHS services

Speak to your pharmacist if you suspect you have:

- Sinusitis (adults and children aged 12 years and over)
- Sore throat (adults and children aged 5 years and over)
- Earache (children 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 16 years and over)
- Urinary tract infection (women, aged 16 to 64 years)

**Visit your Pharmacy First!**



## Experiences of Cancer Services in Sandwell

We want to hear your experience of cancer services in Sandwell.

Do you feel there are improvements to be made?

Share your thoughts on the treatment and care you have received by taking part in our survey.

You can use the link below, scan the QR code, or get in touch with us via phone or email.



<https://engagingcommunities.welcomesyourfeedback.net/o8qba>  
07732 683463  
info@healthwatchesandwell.co.uk

## NHS APP

The NHS App that lets you book appointments, order repeat prescriptions and access a range of other healthcare services.



Healthcare services are here to help



## MY LOCAL PRACTICE SOCIAL PRESCRIBER is...



- able to help me with my emotional and mental wellbeing
- knowledgeable in complex social needs which can affect my well-being
- linked in with a network of people or organisations which could help me
- here to help me and others

If your child is between these ages, did you know its time to book them in for their vaccination:

8 weeks    12 weeks  
16 weeks    12 months  
40 months    13-18 y

**If your child is born on or after 1st July 2024 then they are also due for another vaccination 18 months.** Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide every year.

Did you Know: The World Health Organization (WHO) has listed vaccine hesitancy as one of the biggest threats to global

## Do you provide unpaid support to a friend, family member or neighbour?

Access online self-help for carers:

- Personalised advice and toolkits
- Local events & support near you
- Information on financial support
- 24/7 AI chat



To create your own self-care plan, scan the QR code or visit: [carers.bridgit.care/app/sw/gp](https://carers.bridgit.care/app/sw/gp)

Sandwell  
Metropolitan Borough Council



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**WE ARE HERE TO HELP YOU**

Staff have the right to be treated with dignity and respect at all times without the risk of threatening behaviour or violence

This behaviour will not be tolerated towards our staff and may result in offenders being asked to leave