



Pershore Medical Practice

Patient Newsletter – February 2025

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Partners:

Dr Paul Ferenc
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Dr Catherine Mann
Dr Jade Elliott
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Doctors:

Dr Emma Axon
Dr Ella Bosmith
Dr Bruno Onyeagoro
Dr Chris Okowi
Dr Disha Sinha
Dr Salman Ali
Dr George Williams GP Registrar
Dr Youssef Attia GP Registrar

Surgery Opening Hours:

Monday to Friday 8am – 6.30pm

Dispensary opening Hours:

Monday to Friday 8am – 1pm and 3pm – 5.30pm.

If you find yourself unable to attend an appointment, please notify the surgery as soon as possible. This will enable us to use this time for other patients. Thank you.

What were staff doing in January at the Practice?

Reception answered 3679 calls
Dispensary issued 12,934 medications
We received, read, actioned & filed 2654 tests
We offered 6900 appointments
We received, read, actioned and filed 3691 letters for patients
Sadly, we had **114** appointments wasted due to DNA's



February is National Heart Month.

Take action during Heart Month to reduce your risk of developing heart and circulatory diseases.

We all need some cholesterol in our blood to stay healthy, but too much can lead to serious health problems such as heart attacks and strokes. Cholesterol levels can be affected by several factors including lifestyle, diet, genetics and health conditions such as diabetes. Anyone can have high cholesterol, even if you are young, slim, eat well and exercise because it can be a genetic condition.

Cholesterol can clog up the arteries that carry blood around the body, making them narrower and causing blood clots. If the arteries become clogged up, the blood does not flow as easily and this can lead to a range of cardiovascular diseases. The image to the right shows how fatty deposits can narrow the artery.

High cholesterol is very common, but most people don't know they have it because it doesn't usually have any symptoms. That's why everyone should have a cholesterol check. There are treatments available for high cholesterol, but it's usually possible to lower cholesterol naturally with healthy lifestyle changes.



Did you know that almost 1 in 2 adults in the UK have high cholesterol?

Know and understand your cholesterol levels

Take appropriate action

Take on a Heart Month challenge to improve your heart health

[Heart Month February 2025 | HEART UK](#)

Find us on Facebook



and Instagram



Eating Disorder Awareness Week runs from 28 February-6 March 2025

Eating disorders. Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?

If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. Visit beateatingdisorders.org.uk/tips

[The UK's Eating Disorder Charity - Beat](https://beateatingdisorders.org.uk)

Our next NHS App hub session will take place on

Friday 7 March, 9 til 12.

We can help you set up the App, show you how to view your health record, see recent test results and order repeat prescriptions all from the comfort of your own home. Please bring your selected smart phone or tablet and a form of identification to confirm your identity for setting up the App.



Repeat Prescriptions

We are currently conducting a review of our dispensary phonenumber. NHS guidelines state that the ordering of repeat medicines should NOT take place over the phone.

If you need to re-order your medicines, please either:

a. Use the NHS App

Or

b. Pop the repeat ordering slip into the white post box by our front door which is accessible 24/7 (please note if used after 6pm Monday – Friday, it will not be processed until the next working day) or use the wooden box on the dispensary hatch.

Dispensing Patients: When picking up your medicines, you can ask to reorder them for the next month with one of our Dispensers.

Non-Dispensing Patients: Speak to your Dispensing Pharmacy or drop off your repeat slip with them.

For those of you paying for your prescriptions, do consider purchasing a Pre-Payment Certificate – it can save you money! [Save money with a prescription prepayment certificate \(PPC\) - NHS](#)

We recognise that some of our patients will have difficulty with this.

Please let us know when re-ordering how we can best help you. Thank you for your understanding.

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