



Pershire Medical Practice

Patient Newsletter – May 2025

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Partners:

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Dr Chris Okowi
Dr Disha Sinha
Dr Salman Ali
Dr Stuart Coles
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 April at the Practice?

Reception answered 3381 calls

Dispensary issued 12501 medications

We received, read, actioned & filed 2348 tests

We offered 7202 appointments

We received, read, actioned and filed 3748 letters for patients

Sadly, we had **82** appointments wasted due to DNA's

Skin cancer doesn't discriminate



May is Skin Cancer Awareness month. Most skin cancers are caused by skin damage that happens from exposure to ultraviolet (UV) light from the sun or sunbeds.

All types of skin are at risk of sun damage and skin cancer.

The best protection is to cover up and be safe in the sun. It's important to check your skin regularly and tell your GP if you notice any unexplained skin changes.

The NHS recommends using a sunscreen with at least SPF 30 and a 4-star UVA protection in the UK.

Using sunbeds or sunlamps also increases your risk of developing skin cancer. These devices use high levels of the same harmful UV radiation found in sunlight. They are not recommended by healthcare professionals except for specific skin conditions where UV therapy can be used as a prescribed treatment. [Skin Cancer Awareness](#)

Dying Matters Awareness Week in 2025 will take place from 5 - 11 May.

Dying Matters is a campaign run by the charity, Hospice UK. They work with organisations, decision makers and the public to make things better for people who are dying or grieving.

Right now, we don't have the right language to talk about death. And this means that not everyone gets the support that suits them as they approach the end of life. Hospice UK wants to see a world where people live well until the very end.

The mission of Dying Matters is to break down the stigma and taboo of talking about death and dying.

To this day, that's still applicable to much of the UK.

But do we all have the same attitudes, views and practices on death and dying?



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There are of course many differences in the ways that cultures and faiths approach and mark death and dying. But at their core, feelings about dying, and our experiences of grief, are universal emotions that we all share, no matter who we are or where we live.

While a friend or family member's death can affect every person differently, [studies of grieving brains](#) have shown that there are no scientific differences in relation to race, age or religion. We can all feel the impact of the loss, helplessness, sadness – but we may do it, and show it, in different ways.

We may all talk about death and dying in a multitude of ways, but we share a common thread.

For more information, check out the Hospice UK website: [Dying Matters Awareness Week | Hospice UK](#)

Our next NHS App hub session will take place on Friday 6 June, 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.



The Importance of Self-Help – Building Emotional Resilience

THE 5 AREAS OF SELF-CARE				
PHYSICAL	EMOTIONAL	SOCIAL	SPIRITUAL	PSYCHOLOGICAL
<ul style="list-style-type: none">■ Get enough sleep■ Exercise■ Eat regular and healthy foods	<ul style="list-style-type: none">■ Take time to pause■ Practice positive self-talk■ Find joy in small things – laugh and smile	<ul style="list-style-type: none">■ Call, text with friends and family■ Practice healthy social media habits■ Develop a strong support group	<ul style="list-style-type: none">■ Spend time in nature■ Meditate■ Practice regular acts of kindness	<ul style="list-style-type: none">■ Be creative■ Continuous learning■ Practice mindfulness

Creating positive daily routines can help you feel more balanced and organised. A simple morning or evening routine can set the tone for the day:

- **Start the Day with Intention:**
Set small goals for the day and prioritise tasks that align with your well-being.
- **End the Day Reflecting:**
Take a moment at the end of each day to reflect on what went well and what you're grateful for. This simple practice can reduce stress and promote a positive outlook.

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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