

Spring 2025



PATIENT NEWSLETTER

Dear Patients,

Hello and welcome to our newsletter! We are excited to bring you some fresh updates, helpful health tips, and a glimpse into what has been happening at the practice.

At Sutton Road Surgery we are more than just a place to visit when you are feeling unwell - we are here to support your journey to better health every step of the way. Thank you for being a part of our family. Your health is at the centre of everything we do, and we are honoured to be your trusted healthcare team.

Warmly,

Dr M Bhatti, Dr K Latif, Dr N Latif

IMPORTANT PRACTICE UPDATES

We are thrilled to announce some wonderful new faces at Sutton Road Surgery!

Dr K Latif has joined us as our new GP partner. With extensive experience and a passion for patient care, Dr Latif brings a wealth of knowledge and energy to our team, helping us continue to provide the best possible healthcare for you.



Dr N Latif has joined as our new Lead GP. With her strong leadership skills and commitment to excellence, Dr N Latif will be playing a key role in overseeing the clinical services we offer, ensuring that your healthcare experience is smooth and efficient.



We're also excited to welcome two fantastic new additions to our practice management team: Shagufta Jahangir, our new Practice Manager, who will be working closely with our team to streamline services and enhance your experience at Sutton Road Surgery. Kelly Perrins, our new Practice Nurse, who will be delivering high-quality care and support, from routine check-ups to specialised treatments, helping us provide comprehensive care to our patients. Together, they join our Sutton Road Surgery family, and we are excited for all the positive changes they will bring. We hope you'll join us in giving them a warm welcome!

How to book an Appointment

- The Surgery is open from 8AM to book appointments on the day.
- If you require a non-urgent appointment please contact us online through <https://www.suttonroadsurgery.nhs.uk/> and submit a medical request. This will be actioned within 48 hours.

How to order your repeat Prescription

- Online via <https://www.suttonroadsurgery.nhs.uk/>
- In the Practice - please post your repeat prescription slip in the dedicated prescription box.
- For Housebound Patients, we will endeavour to take prescriptions from 11-12 midday.

SUMMER HEALTH GUIDANCE

SUMMER HEALTH GUIDANCE TRAVEL IMMUNISATIONS: Many countries may require you to get vaccinated against diseases found in other parts of the world. When travelling to other countries, you should get advice at least 8 weeks before you are due to travel as some jabs need to be taken well in advance otherwise they may not be as effective in protecting you. If you feel you may need travel vaccinations, please ask reception for a travel form - the form will then be risk assessed by our nurses who will then be able to tell you whether you need a travel vaccination.

KEEPING HYDRATED

It is important to ensure you are always hydrated as your body cannot survive without water. Water is the best choice when you need to increase your fluid intake, however opting for fruit juices, milk or teas can also increase fluid levels. If you think you may be dehydrated, you need to rehydrate your body. For mild dehydration, you can just drink water. For severe dehydration, seek urgent medical advice from your GP.

SUN PROTECTION

It is important to look after your skin in the sun especially in the summer. Sunburn increases your risk of skin cancer, you cannot rely only on sunscreen to protect you from the sun. - you should also wear suitable clothing and spend time in the shade. If you do get sunburnt, you should sponge your sore skin with cool water, then apply something soothing like Aloe Vera gel. If the sunburn is more severe or starts to blister, please seek medical advice.

Information regarding New Patient Registration and Bank Holidays


Please note that the surgery will be closed on Monday 5th May and Monday 26th May. We will reopen as normal on Tuesday 22nd April. If you require urgent medical advice during this time, please contact NHS 111 or Badger out of hours on 0121 7662100 . In case of a medical emergency, please call 999. We wish all our patients safe and happy bank holidays.

Sutton Road Surgery

Address:


122 Sutton Road, Erdington, Birmingham, B23 5TJ

Phone Number:

 0121 373 0056

Website:

 www.suttonroadsurgery.nhs.uk

 **New Patient Registrations Now Open!**

Sutton Road Surgery is currently accepting new patients.

If you live within our practice boundary and are looking to register with a GP, we would be happy to welcome you to our surgery.

You can register with us by:
Visiting

www.suttonroadsurgery.nhs.uk
and completing the online registration form.

Coming into the surgery

 122 Sutton Road, Erdington, Birmingham, B23 5TJ

Our reception team will provide you with a registration pack.

Health Advice and Tips

Spring COVID-19 Booster: Stay Protected This Season As we enter spring, it's a good time to think about staying protected from COVID-19. The Spring COVID-19 Booster is now available to those who are eligible, offering an important layer of protection as we move into the warmer months.

Who is eligible for the Spring Booster? Adults aged 75 and over Residents in care homes for older adults Individuals aged 12 and over with a weakened immune system.

If you meet the eligibility criteria, the Spring COVID-19 Booster will help strengthen your immunity and provide protection against emerging variants of the virus. **It's especially important** for those in higher-risk categories to get this booster to reduce the risk of severe illness

What are the benefits of the Spring Booster? Increased immunity against COVID-19 and its variants. Reduced risk of serious illness, hospitalization, and death. Enhanced protection for vulnerable groups, including the elderly and those with weakened immune systems.

How to book your Spring Booster: You can book your booster online via the NHS website, or contact us directly at [Practice Phone Number] to schedule your appointment. If you're not sure whether you're eligible or need further information, please **don't hesitate to reach out**. We're here to help! Stay safe and protected—your health is our priority!

Pharmacy First Scheme

The new Pharmacy First scheme allows local pharmacies to treat a range of minor ailments, helping you get the care you need without waiting to see a GP.

✓ Quicker access to treatment ✓ Expert advice from your local pharmacist ✓ Support for minor conditions like sore throats, earaches, and more.

Please note: You will still need a referral from the practice to use this service. If you think you may benefit from a referral under this scheme, please speak to a member of our Reception Team Team who will be happy to assist you.



NHS
Providing NHS services

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!**

The poster features several small photographs of people interacting in a pharmacy setting, interspersed with colorful geometric shapes (squares and rectangles) in shades of purple, orange, and teal.

MAY IS MENTAL HEALTH AWARENESS MONTH + DOWNLOAD THE NHS APP + BLOOD PRESSURE CHECKS

MENTAL HEALTH AWARENESS MONTH

Mental Health is about how people **think, feel and behave**. There are mental health professionals who can help people manage conditions such as **depression, anxiety, bipolar disorder, addiction and other disorders that affect an individual's thoughts, feelings and behaviors**.

There are no physical tests or scans that reliably indicate whether a person has developed a mental health condition. However, there are possible signs that you can look out for, such as:

- **Withdrawing from friends and family**
- **avoiding activities they would've enjoyed**
- **experiencing delusions**
- **hearing voices**
- **having consistent low energy**
- **sleeping/eating too much or too little**
- **feeling hopeless**
- **being confused**
- **displaying negative emotions**
- **thinking of causing harm to themselves**
- **being unable to complete daily tasks**
- **using mood altering substances, including alcohol and nicotine, more frequently**

Types of mental health disorders:

- **Anxiety disorders:** These are the most common mental health disorders. People with this condition have **severe fear/anxiety** related to **certain objects or situations**. They try to **avoid exposure to whatever triggers their anxiety**. Physical symptoms include; **restlessness, fatigue, poor concentration, tense muscles and interrupted sleep**. Examples include: **panic disorder, OCD, PTSD**.
- **Mood disorder:** This can also be referred to as **affective or depressive disorders**. People with this disorder tend to have **mood changes** which involve **mania, a period of high energy & joy or depression**. Examples include; **major depression, bipolar disorder and seasonal affective disorder**.
- **Schizophrenia disorders:** Schizophrenia often refers to a **spectrum of disorders** characterized by features of **psychosis** and other symptoms. Symptoms include; **delusions, thought disorders, hallucinations, withdrawal, lack of motivation and a flat or inappropriate mood**.

More information can be found at: <https://www.nhs.uk/mental-health/>

BLOOD PRESSURE CHECKS

Around 30% of people in England have high blood pressure but do not know about it.

It is recommended that adults should measure their blood pressure every 5 years.

You can book in at the practice or see your local pharmacy.

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**

The PPG Newsletter

💛 What is the PPG (Patient Participation Group)?

The PPG acts as a link between the surgery and its patients. We act as a 'critical friend' – offering constructive feedback, supporting new ideas, and helping the practice respond to patient needs.

We meet regularly with members of the practice team to:

- Discuss improvement projects
- Raise common themes or concerns
- Help promote health campaigns and services

Join our PPG!

👤 We're Looking for 5 New Members!

Are you interested in shaping the future of your local GP practice? Do you want to represent the patient voice at Sutton Road Surgery? We're currently looking for 5 new members to join our friendly and committed Patient Participation Group.

Whether you can attend meetings or just want to offer ideas and feedback now and again – your voice is important, and we'd love to hear from you.

All patients are welcome to apply. No experience is needed – just an interest in supporting your local healthcare community.

➡ To find out more or register your interest, please speak to reception or contact the surgery directly.

If you would like to help improve the practice, please ask at the main reception for a form to join our PPG your help would be greatly appreciated at Sutton Road Surgery.

PPG Listening Table

You may see us by the entrance to the practice where we will be chatting to patients about their experience of the practice.

Come Say HI!

We will be in the practice conservatory frequently. For more info, please see our Noticeboard.