



PARCHMORE MEDICAL CENTRE

The Parchmore Team would like to wish all patients a good summer break.

As you may be aware, GP practices are under a lot of pressure, due to reductions in funding and staffing but we remain committed to providing the best service we can.

We have some changes to our GP Team, we are pleased to announce three new GPs joining the team:

Dr Sehar Shami

Dr Kowthem Dharmaraj

Dr Ali Naqvi

Updates within the practice

We've Launched Our New Website!

We're excited to announce the launch of our brand-new website: www.parchmoremedicalcentre.co.uk! The site has been redesigned with you in mind – it's now easier to navigate, mobile-friendly, and packed with useful information about our services, appointments, and health resources. Visit us online to stay connected and manage your care more conveniently than ever.



Millions of people are using the NHS App to manage their health the easy way, from ordering a prescription, checking their records to booking appointments.

Have you downloaded it yet?

Need help? Speak to one of our Patient Coordinators who will be happy to assist you

Summer: How to cope in hot weather

Most of us welcome hot weather, but when it's too hot, there are health risks. During heatwaves, more people than usual get seriously ill or die. If hot weather hits this summer, make sure it does not harm you or anyone you know.

- Keep out of the heat if you can. If you have to go outside, stay in the shade between 11am and 3pm, wear sunscreen, a hat and light clothing.
- Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower.
- Keep your living space cool. Close windows and curtains during the day and open them at night when the temperature outside has gone down.

Watch out for signs of heat-related illness

If you or someone else feels unwell with a high temperature during hot weather, it may be heat exhaustion or heatstroke.

Reminder

Drink plenty of water and stay hydrated.



Friends and Family Test (FFT)

Since FFT was launched in 2013, millions of patients have submitted feedback via text message after their appointment.

We continue to encourage our patients to give us feedback on their experience with the surgery. This information helps us to see where we need to improve and better serve your needs.

Below are the summary scores from our patients who have completed the FFT.

	Very Good/ Good	Neither good nor poor	Poor/ Very Poor	Don't Know
JANUARY	94%	1%	4%	1%
FEBRUARY	94%	3%	3%	0%
MARCH	94%	2%	3%	2%
APRIL	92%	5%	2%	1%
MAY	100%	0%	0%	0%
JUNE	92%	3%	4%	2%

Don't forget to add your positive reviews about the practice onto Google.

Patient Participation Group - PPG

The PPG was established in 2001 to provide an independent overview of services and facilities at the surgery.

Being a member of the PPG brings a sense of ownership and inclusion, with little effort it brings mutual understanding and respect on all sides.

If you are interested in helping, joining the committee or have any suggestions please register your interest by completing our [PPG registration form](#).

Keep us updated!

Please let us know as soon as possible if your change your address, telephone number, email address or name.

It is important that we have up to date contact details in case we need to contact you or for any referrals we do for you.

SCREENING REMINDER

Cervical Screening - Females aged 25-64

Cervical screening (a smear test) is a test to check the health of the cervix and help prevent cervical cancer. It's offered to women and people with a cervix aged 25 to 64.

Important: Try not to put off cervical screening. It's one of the best ways to protect yourself from cervical cancer.

Bowel Screening - Everyone aged 54-74

Our practice is proud to support the NHS Bowel Screening Programme. If you've received a bowel screening kit in the post, please use it.

Bowel cancer is the fourth most common cancer in the UK, but catching it early before symptoms have a chance to develop means it's easier to treat, and treatment is more likely to be 9 out of 10 times more successful.

If you've not received your screening pack or need another sent out to you, please call the bowel screening helpline on 0800 707 6060 or email: LNWH-tr.BCSP@nhs.net.

Breast Screening - Females ages from 50 - 71

Breast cancer is the most common type of cancer in women in England, the chance of getting breast cancer increases as you get older.

Regular breast screening is one of the best ways to spot a cancer that is too small to feel or see yourself – it saves around 1,300 lives each year in the UK.

Anyone registered with a GP as female aged from 50 up to their 71st birthday will be invited for NHS breast screening every 3 years. You'll automatically get your first invite for breast screening between the ages of 50 and 53. You'll get a letter in the post inviting you.

Finding cancer early can make it more likely that treatment will be successful.

Breast screening can detect cancer long before you can even feel it. Or more likely, put your mind at rest.

So, when you're invited, save the date, it could save your life. If you previously declined but wish to be screened please call 0203 758 2024.

Thank you for choosing Parchmore Medical Centre for your healthcare needs.

Just a reminder, that we will be closed Monday 25th August 2025 due to the bank holiday. Don't forget to order your repeat prescriptions in time.