Please take a copy

**LOWER GORNAL MEDICAL PRACTICE**

**NEWSLETTER – AUGUST 2024**

**Open – Monday – Friday 8.00a.m.-6.30 p.m.**

**New phone number 01384 889410**

**Surgery website –** [**www.lowergornalmedicalpractice.nhs.uk**](http://www.lowergornalmedicalpractice.nhs.uk)



**Practice GP’s**

Dr Stewart (female) does 6 sessions a week Tuesday, Wednesday & Friday

Dr Stanley (female) 4 sessions per week Monday & Wednesday

Dr Bharmal (female) 4 sessions per week Thursday & Friday

Dr Tatiana (female) 4 sessions per week Thursday & Friday

Dr Hirani (female) 4 sessions Monday and Tuesday

Dr Mohammed Zaman (male) 6 sessions a week Monday, Tuesday and Wednesday commencing 12th August.

There are various clinicians available throughout the week that can deal with minor ailments and long-term conditions.

**Staffing:-** As above Dr Malik is due to retire on 31st August 2024. Dr Mohammed Zaman will be working Monday – Wednesday. He commences at surgery from Monday 12th August.

We also have a prescribing Paramedic starting the beginning of September as Zara the Physicians Assistant leaves end of August.

The trainee doctors will leave at the end of August to be replaced by two more trainees: Dr Singh and Dr Malik. Dr Onoh has returned to us to complete his last year GP training.

Nurse Mihaela is leaving and will be replaced by Sarah Hodgetts who is currently working at the Ridgeway Practice.

**Home visit requests –** Bed bound patients only. Requests for visits **must be made before 11.00 a.m. on the day.**

**Test results –** Patients should call **after 11.00 a.m please allow 5 working days for results to show on our system.**

**For a medical emergency ring 999 or go to your nearest A&E. If you need an urgent GP appointment when the surgery is closed, please ring 111 or visit 111.nhs.uk. Your local pharmacy can provide confidential, expert advice and treatment for a variety of minor illnesses. Check with your local pharmacy for their opening hours.**

Friends and Family Survey - the responses from patients following their various appointments are as follows: 179 very good, 37 good, 2 poor, 0 very poor. This serves as a good indicator of patients’ view of their care by the Practice.

Vaccination Programme: Covid is still around so we anticipate further vaccinations for targeted groups in September. Flu vaccinations are due to begin week commencing 9th September. A new vaccination **respiratory syncytial virus** (RSV) is to be made available for people aged 75 -79 years old and expectant mothers. It targets those with respiratory problems and can be given with other vaccines. Leaflets are available at the practice and a link is here for more information [National RSV vaccination programme announced - GOV.UK (www.gov.uk)](https://www.gov.uk/government/news/national-rsv-vaccination-programme-announced)

**Chronic Disease Self-Management Programme.**

Do you have a long term physical or mental health condition? Are you a Carer?

The above programme can support you (free of charge) through evidence based programmes. The courses will help you to stay well and improve your quality of life by learning skills to address your symptoms/caring situations. The courses run for 2.5 hours per week for 6 weeks all year round. They are delivered through group sessions in community venues around Dudley Borough. Courses are also delivered online.

Sessions are run by trained and accredited volunteers, who also manage their own health conditions/caring situations on a daily basis.

The 3 programmes available are – Chronic Disease Self-Management, Diabetes Self-Management for type 2 diabetes and Caring for Me and You, adults who are carers for friends and relatives with health conditions or disabilities.

For information or to book a course contact [smp@dudleycabx.org](mailto:smp@dudleycabx.org)

This newsletter was compiled by the Patients Panel in conjunction with surgery management. A copy of this newsletter will be available on the surgery website and in reception.

**PATIENT PANEL -**  We are hoping to recruit new members onto the panel from different age groups. It is a voluntary role that represents all patients at the surgery. We meet approximately every 3 months in the early evening, at the surgery. If you would like to join us, please call into the surgery for a form.