Please take a copy

**LOWER GORNAL MEDICAL PRACTICE**

**NEWSLETTER – DECEMBER 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.

Dr Uppal & Dr Raza trainee GP’s.

Dr Onoh completing his last year GP training.

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

We have a prescribing Paramedic ,William, who started in September.

**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.**

**Abdominal aortic aneurysm screening**

The above screening test is for men over 65 who have not previously been screened.

The aortia is the main artery of the body. It runs from the heart to the abdomen. Men over 65 are 6 times more likely to have an aneurysm than women, An aneurysm is a swelling in the aortia that can continue to enlarge and eventually burst. Lower Gornal surgery will inform you when you are invited to a screening. If you wish to find out more, you can read on-line information at [www.gov.uk/phe/aaa-screening-leaflet](http://www.gov.uk/phe/aaa-screening-leaflet)

**Digital Engagement Project**

This project is for patients who do not have any technical knowledge, do not have a smart phone, computer, IPad, or Wifi. Tuition will be given for those patients who can benefit from using the NHS app. This app enables you to order repeat prescriptions; choose the pharmacy you wish to use, check the app to see if you need emergency help, upcoming & past appointments and your health record. Workshops are provided, or visits for those who are house-bound. On occasions devices may be loaned to patients.

If you would like to receive further information, please contact the surgery.

**Chronic Disease Self-Management Programmme**

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.