Please take a copy

**LOWER GORNAL MEDICAL PRACTICE**

**NEWSLETTER – JUNE 2025**

**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 Uppal & Dr Naseem trainee GP’s.

Dr Onoh completing his last year GP training.

Dr Mihirini Amarapathy joined the practice on 2nd June on a part-time basis.

There are various clinicians available throughout the week that can deal with minor ailments and long-term conditions. Two new additions to the team are;

Prescribing Paramedic William

Garrick – Advanced Nurse Practitioner

**Patients are reminded to use Pharmacy First for minor ailments, and the local optician for any eye issues.**

**Pharmacies can prescribe antibiotics for the following;**

Women 16-64 uncomplicated UTI

Shingles- 18 years plus

Impetigo – 1 year plus

Infected insect bites- 12years plus

Sore throat/Tonsillitis – 5years plus

Acute ear pain – 1-7 years

Eye issues – over 2years

Sinusitis – 12year plus

**Gornal Wood Pharmacy now Accept walk in’s** for initiating oral contraception. In addition they can do contraception reviews and issue the next prescription.

**New Services Introduced at the Surgery**

We now have a phlebotomy clinic where patients who have long term conditions and who struggle to go elsewhere due to mobility issues can have their blood taken at the surgery. Currently this clinic is every other Thursday morning, and must be booked in advance.

Ear syringing is now available at the surgery for patients over 18years. Ears will be checked by the nurse during the appointment to ensure that the wax is soft enough to extract. These clinics are currently being run fortnightly on a Tuesday morning.

ECG’s are also being done at the Surgery for patients aged 18years and over. These appointments are booked by reception at the request of a clinician only.

**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.**

**If you are experiencing chest pain, shortness of breath then you need to attend your nearest A&E. Parents who have a child with a high temperature that won’t come down also need to take them to A&E.**

**FREE HEALTH AND WELLBEING EVENT**

Sedgley Community Centre are inviting members of the community to go along on Saturday 7th June at 11am – 1pm for a friendly and informative session to find out more about services available to local people. Whether you’d like to chat about living independently, sexual health or get a simple health check. They have a number of partners who will be sharing information on a range of issues. Why not pop in and have a chat and grab a cuppa.

**SUMMERHILL COMMUNITY CENTRE, COSELEY, WV14 8RD**

To celebrate the Start of Men’s Health Week, the above centre is inviting you to join them on Monday 9th June at 1pm-4pm to raise awareness and encourage open conversations around men’s health and wellbeing. They will be focusing on promoting awareness and sharing vital information about a range of cancers that affect men, including testicular, skin, bladder, prostate and bowel cancers. Also discussing Abdominal Aortic Aneurysm, a critical health topic for men over 65.

In addition to physical health, they will also be spotlighting men’s mental health and hear from healthcare experts.

On 2nd April a talk was given at Gornal Library about Dementia. The talk was well attended and had very good reviews. The Patient Panel are hoping to organise a date in October for a professional to give a talk on Strokes. Details should be available for the next newsletter.

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.