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Dr Natalie Burns	MBChB MRCGP DRCOG
Dr Marcus Hawkesford	BM MRCS MRCGP
Dr Ramnik Hanspaul	MBChB MRCGP DRCOG DFSRH
Dr Kunal Chawathey	MRCGP DRCOG MBBS
Linda Guest	Practice Manager



Surgery Opening Hours: Monday to Friday 8.00am. – 6.30p.m.

Telephone: 0121 628 2345 Fax: 0121 628 8282

Out of Hours: Dial 999 for life threatening problems and Dial 111 for non-urgent advice.

Website: www.wychalllanesurgery.co.uk

**Wychall Lane Surgery –
Patient Participation Group Newsletter
Issue 7 – Summer 2019**

Please remember we are here to represent you. Any comments, concerns or worries will be shared with the Practice to see what can be done - positive comments are also very welcome! If you have had a good 😊 or bad 😞 experience with the Practice please let us know. Our contact details are at the end of the newsletter.

Practice News

Dr Parretti left us in June - we send her our sincere thanks and best wishes for the future. Dr. Kunal Chawathey joins us on 1st. July as a Partner and following Denise joining the admin team, we have employed a new full-time Reception Manager, Joanne – a very warm welcome to you both!

Social Prescribing

We can all feel a bit down now and again or just under the weather - but we know a prescription isn't the answer. Sometimes we need company, a change of scene, exercise or simply to meet new people or try new things. Our health and wellbeing begins with taking care of ourselves as best we can - and this includes feeling well and happy. If you would like help to take those first steps towards feeling more included, involved and happier in yourself - then this is where Social Prescribing comes in. The free Social Prescribing Service can provide you with a personal Health and Wellbeing Partner who will help and support you - you simply have to get in touch with them (self referral) or we can do it for you. Our Social Prescriber, whose name is Chitra, has allocated slots for Friday mornings here at the Practice, following referral.

For further information please call 0121 663 0904 (quote Social Prescribing), ask at our Reception or email info@healthexchange.org.uk There is a wealth of information and exciting opportunities just waiting to be explored on their website , please take a look! <https://socialprescribing.healthexchange.org.uk/>

Online Access

Have you registered for Online Access yet? It's very quick and easy and you will be able to book appointments, request repeat prescriptions and view your medical records on your iphone, ipad or computer. You will also be able to view allergies, medication, test results, immunisations, and consultations – with more to come in the future! To register just ask one of the Reception Team for an Online Registration Form, complete and return it to Reception with two forms of ID and they will enable access for you.

Bowel Cancer Information

More than 90% of people with bowel cancer have one of the following combinations of symptoms: a persistent change in bowel habit – going more often, with looser stools and sometimes tummy (abdominal) pain. blood in the stools without other piles (haemorrhoids) symptoms – this makes it unlikely the cause is haemorrhoids. For further information take a look at the NHS Website: www.nhs.uk/conditions/bowel-cancer/symptoms/

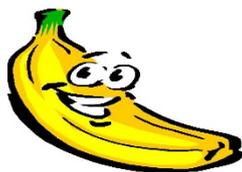
NHS bowel cancer screening is only offered to people aged 55 or over, as this is when you're more likely to get bowel cancer: if you're 55, you'll automatically be invited for a one-off bowel scope screening test. If you're aged 60 to 74, you'll automatically be invited to do a home testing kit every 2 years. If you're 75 or over, you can ask for a home testing kit every 2 years by calling the free bowel cancer screening helpline on 0800 707 60 60. If you're too young for screening but are worried about a family history of bowel cancer, please make an appointment to speak to your GP for advice

Always see a GP if you have symptoms of bowel cancer at any age – don't wait to have a screening test.

KEEP IT OR CANCEL IT – BUT PLEASE DON'T WASTE IT!!!

We are still finding that 7 hours a week on average is lost due to patients failing to turn up to their appointments. This is a terrible waste as someone might be in need of an appointment and we haven't been able to offer it to them. Please remember to always let us know if you no longer need your appointment by calling the surgery or cancelling online - even on the same day – it's never too late! It won't take long and will be very much appreciated.

CAN'T MAKE IT?
DON'T NEED IT?
CANCEL IT!



Finally: Did you know that eating bananas can make you happy? Bananas contain a natural chemical that can make people happy – it's the same chemical found in Prozac! (Always eat in moderation!).

How to Contact the Patient Participation Group: Write to us at Wychall Lane Surgery, Kings Norton, Birmingham B38 8TE or pop a note in the Patient Group post-box at the Surgery.