



GPS Healthcare

General Practice Solihull

PATIENT NEWSLETTER - AUTUMN 2021

We hope that you find the information useful and welcome any suggestions for future content

Welcome to the GPS Autumn Newsletter!

We hope you are keeping safe and well and you find this edition informative. Please let us know if there is anything else you would like to be included in the GPS Newsletters



COVID-19 VACCINE

We are currently offering boosters to those who received their 2nd jabs more than 6 months ago. We are contacting patients through text or phone call where this is not possible. Please do not contact us at this time. If you are needing a first or 2nd vaccine, you can find a walk in centre near you by heading to <https://www.birminghamandsolihullcovidvaccine.nhs.uk/>

FLU VACCINATIONS

We have now started our flu campaign and are contacting patients who are eligible to book in. We are vaccinating now at our Monkspath Centre. Find out more about our vaccination programme in this edition and why you should protect yourself this winter.

ANTIBIOTICS

Taking Antibiotics when they are not needed puts you and your family at risk. Please take the clinicians advice regarding the necessity to prescribe anti-biotics, they will know the best course of action to get you back to fighting fit!



stoptober

STOPTOBER

Wanting to give up smoking this October? The NHS has some amazing resources to help you breathe clean, for free support search ["Stoptober"](#)

KEEP WARM

Don't forget to help give yourself the best start to winter. Keeping warm can help fend off those pesky coughs and colds. Hats, Gloves, Scarves, a warm coat and a hot water bottle can work wonders to keep you fit and healthy this winter.



****It is still essential to wear a face covering to your appointment, unless you have proof of exemption****

Urgent!

If you have a new cough, temperature or loss of taste and smell, please self-isolate and book a Covid-19 test immediately

PLEASE do not come into the surgery or try to book an appointment. Please book in for testing at one of the centres or get a Lateral Flow test from your local pharmacy

PPG News

Minutes from PPG Meetings are available for review on the GPS Healthcare website on the Patient Participation Group & Feedback

Latest Highlights

Thank You PPG Volunteers!!

The members of the PPG have very kindly been helping out down at the Monkspath Vaccination Site. They have volunteered their time to ensure that our patient population can get vaccinated and protected for Winter. Thank you to those members who have volunteered their time and we look forward to seeing you there soon for your flu jab!

What are Social Prescribers?

This involves helping patients to improve their health, wellbeing and social welfare by connecting them to community services which may be run by the council or a local charity. It is a new service which has been ongoing with the Citizens Advice Bureau. Actually, it is anything to do with health problems which are not of a medical nature.

Wellbeing Bench at Knowle Surgery

GPS Healthcare have a plan to build a wellbeing bench at Knowle for patients and staff to utilise and help with their mental health. We would like to work with volunteers to help build the structure. This would enable discussions to take place away from the medical centre and help to identify patient issues.

Face to Face Appointments

There is currently a high level of telephone appointments being made and an increase in seeing patients face to face. All sites are dealing with a backlog of medical care and transmission of Covid infections, together with post Covid infected patients with existing breathing difficulty. GPS has a high level of clinicians and is still conducting face to face appointments where necessary.

The GPS Healthcare Patient Survey is now available for 2021

We have launched the patient survey for 2021! This will be available throughout the whole of September for all GPS patients to feedback on our services and level of care.

This is available as a digital platform by following this link:

<https://www.surveymonkey.co.uk/r/gpssurvey21>

Paper copies will also be provided at the surgery if you are having a face to face appointment, or you can print from the website and place in the letter box.



Would you like to join our Patient Group?



We would really appreciate new members within our Patient Group to support with improving and sustaining excellent patient care across GPS Healthcare. We have local PPG at our Branches and also a Group PPG.

We are especially keen to widen our PPG diversity. If you are 18-45 year old, a patient of colour or non-British descent or have a registered disability, we would like to hear from you about your experience and accessibility of our service. Come join us and help GPS Healthcare to improve our patient services.

Please visit our website for more information!

Booking Appointments

Our reception teams are working hard to make sure that we continue our patient care.

Please be aware that all appointments must be booked as a telephone consult as a first port of call. Due to this the team will need to ask for a brief description of the issue you need to be seen for. This gives them a better understanding who would be most appropriate to see you and gives the clinician and understanding of the appointment needs before speaking to you. If you are then in need of a face to face appointment, this will be determined and booked by the clinician after the first telephone appointment has been completed.

Reception staff are not able to book in face to face appointments at this time.



TEAM CHANGES



DOCTORS

A huge welcome to our new associate salaried GPs: Dr Victoria Smith to Meadowside Family Health Centre, Dr Anika Prashar to Park Surgery and our Fellowship GP Dr Emily Sherwood to Tanworth Lane Surgery. We are excited to have you as part of the team to keep delivering patient care.

NURSING TEAM

Welcome to Nurse Davies and our apprentice HCA Kieran Worswick, who will be joining the team at Meadowside Family Health Centre. We are thrilled to have you as part of the nursing team.

PHLEBOTOMIST

Kausar Khan has joined us over at Tanworth Lane Surgery. She will be assisting on blood appointments and we are excited to have you with us

ADMINISTRATION TEAM

Welcome to Zoe, Lucy, Uzma, Ellen, Hannah, Moya, Natalie, Helen and Josh. We are very proud to have you as part of the team and look forward to working with you all!

**APPLY TO JOIN US
NOW**

GPS Healthcare is looking for talented, enthusiastic employees. Please see our Jobs and Opportunities on our website or NHS jobs for current vacancies



Who's who?

Our brand new Website has more information about our site and management teams. Head there to find out more!



TEAM DEVELOPMENT



There have been some brilliant achievements within the team, find out more below!!



Huge congratulations to Sophie Kershaw and Hannah Turner who are now fully Qualified Health Care Assistants (HCA) we are delighted to see you grow within GPS Healthcare and look forward to seeing your hard work in action.

Well Done!!



Solihull Active

www.solihullactive.co.uk

Tel: 0121 704 8207

Email: solihullactive@solihull.gov.uk

Umbrella Sexual Health Service

Contact: 0121 237 5700

Website: umbrellahealth.co.uk





Mental Health Awareness

(Source: NHS.UK)

We all have mental health, and life is full of ups and downs for us all. It is important to recognise when your mental health has changed and might be affecting your life. Having good mental health helps us relax more, achieve more and enjoy our lives.

ANXIETY

Anxiety is something everyone experiences at times, and feeling anxious is a perfectly natural reaction to some situations. But sometimes feelings of anxiety can be constant, overwhelming or out of proportion to the situation and this can affect your daily life. The good news is there are plenty of things you can try to help cope with anxiety.

STRESS

Stress is something everyone feels at times, and there are all kinds of stressful situations that can be a part of daily life. Low-level stress can even be helpful or motivational. There are plenty of things you can do to help cope with stressful events, and simple steps you can take to deal with feelings of stress or burnout.

LOW MOOD AND DEPRESSION

Feeling low is a part of all of our lives at some stage. Everyone feels upset, sad or disheartened from time to time, but for some of us it can be a real problem. The good news is that there are things you can do to improve your mood.

NHS Better Health, Every Mind Matters, have plenty of advice and guidance to help improve your physical and mental health: <https://www.nhs.uk/every-mind-matters/>

Samaritans

116 123

SHOUT Text Service

85258

Find your local mental health service here:

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Mens Health Awareness

(Source: uk.movember.com)



Globally, men die on average six years earlier than women, and for reasons that are largely preventable. Which means that it doesn't have to be that way: we can all take action to live healthier, happier and longer lives.

How can we take action?

1. Spend time with people who make you feel good

Stay connected. Your mates are important and spending time with them is good for both of you. Catch up regularly and make time to check in

2. Talk More

Being there for someone can do more than you could ever know. You don't need to be an expert but giving your time can be life saving!

3. Know the numbers

If you're **50**, you should be talking to your doctor about PSA testing. If you're black, you need to start that conversation at **45**. And if you have a brother or father with prostate cancer in their history, do it at **45**.

4. Know thy nuts

Get to know your testicles. Notice any changes and if something doesn't feel right get them checked by your doctor

5. Move more!

Add more activity to your day, take a walk, cycle instead of drive, take the stairs, get off the bus a few stops earlier. All of this can add up to improving your physical and mental health

Find out more about mental health, Prostate and Testicular cancer on the Movember website: <https://uk.movember.com/>

Want to support the Movember Cause?

Grow

Grow your moustache to help raise funds

Move

Run or walk 60km over the month of November for the 60 men who lose their life to suicide every hour

Host

Bake sale, pub quiz, get creative with a fundraising event

Mo-Your own way

Makeup your own challenge and test your limits for men's health



Self Referral by contacting the service
0800 599 9880
info@gatewayfs.org



<https://www.sias-solihull.org.uk/>

Tel: 0121 301 414
Email: enquiries@sias-solihull.org.uk



www.victimsupport.org.uk
Tel: 0300 303 1977
Live chat available: Available 9am-5pm, Monday to Friday

Flu & The Vaccine

(Source: NHS.UK)



What is Flu?

Flu is very infectious and easily spread to other people. You're more likely to give it to others in the first 5 days. Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours. Symptoms include: A Fever, aching body, sore throat, dry cough, feeling exhausted and feeling or being sick.

Ingredients of the Vaccine

There are several types of injected flu vaccine. None of them contain live viruses so they cannot give you flu. If you're eligible for the flu vaccine on the NHS, you'll be offered one that's most effective for you, depending on your age:

- Adults aged 18 to 64 – there are different types, including low-egg and egg-free ones
- Adults aged 65 and over – the most common one contains an extra ingredient to help your immune system make a stronger response to the vaccine
- Children aged between 6 months and 2 years who have a long-term health condition are offered an approved injected flu vaccine instead of the nasal spray vaccine.

Who can have the flu vaccine?

- Those 50 and over (including those who'll be 50 by 31 March 2022)
- Anyone with certain health conditions
- If you are pregnant
- Anyone in long-stay residential care
- You receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- You live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)
- Any frontline health or social care workers

Which health conditions are covered?

- Respiratory conditions, such as asthma, COPD, including emphysema and bronchitis
- Diabetes
- Heart conditions, such as coronary heart disease or heart failure
- Overweight - BMI of 40 or above
- Chronic Kidney Disease
- Liver disease
- Neurological conditions, such as Parkinson's, motor neurone disease, MS, or cerebral palsy
- a Learning Disability
- Problems with your spleen (Sickle Cell Disease, spleen removed)
- A weakened immune system (HIV/AIDS, taking steroid tablets or chemotherapy)

FAQ's

When Should I get the Vaccine?

The best time to have the flu vaccine is in the autumn or early winter before flu starts spreading. But you can get the vaccine later.

Is the Vaccine effective?

The flu vaccine gives the best protection against flu. Flu vaccines help protect against the main types of flu viruses, although there's still a chance you might get flu. If you do get flu after vaccination, it's likely to be milder and not last as long. Having the flu vaccine will also stop you spreading flu to other people who may be more at risk of serious problems from flu. It can take 10 to 14 days for the flu vaccine to work.

Can I have my Vaccine if I've had Covid-19?

If you've had COVID-19, it's safe to have the flu vaccine. It will still be effective at helping to prevent flu.

Where Can I get the Vaccine?

GPS Healthcare are vaccinating at our Monkspath site, in conjunction with Solihull Healthcare Partnership. There are limited slots available at your home surgery, or you can book in for free with your local Pharmacy. If you are pregnant the Midwifery service can also provide you with your vaccine.

Do I have to pay for my Flu Jab?

Not if you are eligible for a free jab as above. If you are not in the above categories but wish to get a jab you can book in for a jab at the pharmacy for a fee.

Services at GPS Healthcare

There have been a number of changes in the services we are able to provide at GPS Healthcare. This is partly due to a change within our practises but also within the Birmingham and Solihull CCG.

Below are a list of services we are able to offer at each of our sites

Essential Services	Additional Services
◆ Asthma	◆ Cervical smears
◆ COPD	◆ Contraceptive services
◆ Coronary heart disease	◆ Child health surveillance
◆ Diabetes	◆ Maternity Services
◆ Phlebotomy - Blood Tests	◆ Minor surgery
◆ Cancer Care	◆ Vaccinations and immunisations

Patient Accessibility

We aim to meet and support all patient communication needs. After receiving feedback from our dyslexic readers we have changed our newsletter backgrounds to blue in order to better assist them. If you require any assistance with communication please make the practice aware.

Have your say!

We are always open to hearing about the patient experience and how we can do better. Please provide suggestions on how to improve our services, via your surgery email or the patient survey

[Make Suggestions](#)

Our Friends and Family Test

Available on our webpage!

The Friends and Family Test asks our patients whether they would recommend the care received to someone in of need similar treatment or care.

The Friends and Family Test

Unfortunately due to the spread of Coronavirus we are not able to offer our patient stands at this time. The trusts and organisations, however, are still able to offer support during this time.



Solihull Carers:

Tel: 0121 788 1143

Email: centre@solihullcarers.org



Alzheimer's Society:

Tel: 0333 150 3456

Website: www.alzheimers.org.uk/



Diabetes UK:

Tel: 01902 916444

Email: midlands@diabetes.org.uk



Citizens Advice Solihull:

Tel: 0300 330 9019

Website: www.casb.org.uk/

For more GPSH Information, please visit:

Our Website



Facebook Page



Twitter Feed



Instagram

