

New Road Surgery

Patient Participation Group

Newsletter – Autumn 2024

Welcome to our second newsletter of 2024. In this issue we review our last talk, Stroke Awareness, and provide news regarding your Surgery and healthcare in the wider Bromsgrove area.

We hope that you will find it informative and interesting to read, if you have any questions, you can email us at:

newrdppg@gmail.com

Dr Hollier

Dr Hollier is sadly leaving the surgery at the end of October after 23 years at New Road. He will be retiring from medicine, hanging up his stethoscope. He will be greatly missed by patients and colleagues.

Current New Road Surgery GPs

The full list of current doctors is as follows:

Partners:

Dr Groves (M)

Dr Hyde (F)

Dr Laugharne (F)

Dr Raithatha (F)

Salaried GPs:

Dr Hollier (M)

Dr Murray (M)

Dr Durosimi (M)

Dr Wallington (M)

Winter Vaccination Schedule

Eligible patients are now being called for Winter Vaccinations.

Shingles, RSV and/or Pneumococcal vaccinations have already commenced, however the priority during October and November will be Flu and Covid.

During December, any remaining Shingles, RSV, Pneumococcal, Flu and Covid vaccinations will take place.

Stroke Awareness Talk – March 2024

A talk on Stroke Awareness was given by 2 presenters from the Stroke Association. Statistically, there are over 100,000 victims of stroke annually, more than 1.3 million survivors nationally; it's the 4th biggest killer in England & Wales and 3rd biggest killer in Scotland and NI. Almost two thirds of stroke survivors leave hospital with a disability. Strokes impact everyday living: limb weakness; loss of bladder/bowel control; numbness in hands, fingers and/or feet; muscle or joint pain; difficulty with balance; loss of memory/concentration; difficulty with cognition, emotions, behaviour; vision impairment; difficulty swallowing; fatigue. So risk-reduction is worthwhile.

Strokes are of two types: 85% are a vascular blockage in the brain (**ischaemic** stroke); 15% are a bleed in the brain (**haemorrhagic** stroke). Factors causing strokes are: age, family history, ethnicity; having heart disease, high blood pressure, diabetes or high cholesterol, and lifestyle (smoking, being overweight, excessive alcohol intake, inactivity). Varying degrees of recovery are possible for many stroke survivors.

The **F-A-S-T test** was outlined (**F**ace, **A**rms, **S**peech, **T**ime). A lopsided **face**, inability to raise one or both **arms** or **speech** that is slurred require an immediate 999 call. **Time** is critical because delay reduces healing ability. Other stroke indications are: weakness or numbness in one side of the body, (legs, hands and/or feet); blurred vision or loss of sight (one or both eyes); memory loss, confusion, dizziness or a sudden fall; a sudden, severe headache.

A fuller synopsis of this talk with links to NHS and private stroke support agencies is available upon request.

Surgery Building Work

You may have noticed that building works started at the surgery early in September. This work is to enable existing rooms to be converted into new clinical rooms.

Room 9 on the lower ground floor is being split into 2 new rooms, and admin offices on the top floor are being converted into 2 additional clinical rooms.

The work is expected to last around 5-6 weeks and hopefully there will be little disruption, but there may be a little noise and dust, with workmen coming and going.

Why not join the NRSPPG Committee

Have you thought about getting further involved with your PPG? Why not join our committee? We meet monthly to plan events and discuss matters relating to your surgery. Just email us and we'll invite you along to meet the team.

Have You Seen The New Surgery Web Site?

New Road Surgery launched their new web site earlier in the Summer which many of you will have already seen. Your committee think it's a big improvement on the old site but what do you think? You'll also see we have our own presence on the site to which we will be adding a library of previous Newsletters and Talk Synopses. You'll find the new web site at:

<https://www.newroadsurgery.com>

Bromsgrove Primary Care Network

The Bromsgrove and District Primary Care Network (PCN) was set up by 9 local practices, to ensure that good standards of healthcare are available for our local community. Information regarding the services available can be found at their new web site:

<https://www.bromsgrovedistrictpcn.co.uk/>

NHS App

Many of you will already be aware of the NHS App which New Road Surgery are encouraging its patients to use. The NHS App replaces 'Patient Access', the previous method of accessing on-line patient information.

The NHS App isn't that hard to set up, and once you have it, it can be very useful. The NHS App can be used either on a computer via the webpage or as an app on a mobile phone. It allows you to see your records, order repeat medications, cancel appointments, check results, and book certain appointments. It is so much quicker and more convenient than waiting in a telephone queue, and is safe, secure and easy to use.

How do I get the NHS App?

You can download the phone app via Google Play or the App Store or to access it on your computer desktop, via the NHS website 'Access your NHS Services'. If you go to the new practice website <https://www.newroadsurgery.com> there are full details on how to access it there too.

Can I get any help setting up the App or just ordering repeat medications online?

Yes. The surgery will shortly be having an 'App' trained receptionist on hand in reception to show patients how to add this to their phones, or to have a demonstration on a computer whilst in the waiting room.

Please spread the word!

Every patient at New Road Surgery is automatically a member of the Patient Participation Group but only those who give us explicit permission can receive emails or other communication from us.

It would really help us if you would ensure that relatives, friends and neighbours are aware of this and encourage them to fill in the form at reception or email us at newrdppg@gmail.com