

Dr Khuroo's Practice

Volume 2, Issue 3 May/ June

Do you want to get involved
at your local GP practice?



Become a voluntary
member of our Patient
Participation Group (PPG)

Patient Participation Group

Do you want to improve the health services in your local community?

Would you like the opportunity to voice and get involved in the way your health service is run?

Can you help shape and improve your practice's services and get involved in delivering new and exciting services?

If you answered yes to the above questions, you may be the perfect person to join our PPG.

We host meetings for you to tell us about your experiences, views and ideas for the practice and you get the opportunity to meet other people from the practice with the same goal to improve our services.

The practice is looking for people from all ages and backgrounds who are enthusiastic about influencing and improving the way health care is delivered.

To get involved please email: bilal.ahmadmir@nhs.net



Social Prescriber Support

We Offer Support in:

- Finances
- Housing
- Social Isolation and Loneliness
- Mental Health
- Domestic abuse
- Long term Health issues or Disabilities
- Employment Support
- OT and carers Support

- ✓ Aiming to improve individuals overall wellbeing and quality of life
- ✓ Helping individuals feel heard and supported
- ✓ Connecting individuals to community groups and statutory services for practical and emotional support



Our team members:

roberta.carro@compass-support.org.uk

charlotte.rowlev@compass-support.org.uk

May Bank Holiday



We will be closing for the
following bank holidays

Monday 5th May

Monday 26th May



**Have your RSV vaccine
to help protect you**
RSV can cause pneumonia
which can be serious



Your GP will invite you for your free RSV vaccination if:

- You have 75 years of age on or after 1 September 2024

- You are already aged 75 to 79 years old on 1 September 2024

For more information on the RSV vaccine you can read this leaflet here:
www.gov.uk/government/publications/rsv-vaccine-leaflet

or speak to your practice nurse, GP or health team.



SCAN ME

Useful Numbers

Family Planning 0121
773 3737

Birmingham Healthy Minds
0121 301 2525

Out of hours GP
NHS111

University Hospitals
Birmingham 0121 424 2000

Mental Health
Birmingham and Solihull
Urgent helpline 0121 262
3555

DID YOU ATTEND?

Missed appointment cost the NHS millions of pounds a year!!

Dr Khuroo'S Practice have had 118 missed appointment in JUST March!!!

If you do not need the appointment you have booked PLEASE let us know to enable us to offer this to another patient who may be in need of this.

CANCEL

GP APPOINTMENT?
CAN'T MAKE IT?
DON'T NEED IT?

CANCEL IT!

Most pharmacies can help you with **seven common conditions** without needing a GP appointment

Speak to your pharmacist if you suspect you have:

- **Sinusitis**
(adults and children aged 12 years and over)
- **Sore throat**
(adults and children aged 5 years and over)
- **Earache**
(children aged 1 year to 17 years)
- **Infected insect bite**
(adults and children aged 1 year and over)
- **Impetigo**
(adults and children aged 1 year and over)
- **Shingles**
(adults aged 18 years and over)
- **Urinary tract infection**
(women, aged 16 to 64 years)



NHS
Providing NHS services



Some Local Pharmacies we can refer you to:

- ❖ Stockland Green pharmacy – 192 reservoir road, B23 6DJ
- ❖ Lodge Pharmacy – 60 Dovedale Road, B23 5DD
- ❖ Superdrug Pharmacy- 94-100 High Street, B23 6RS
- ❖ M W Phillips Chemist – 434 Kingstanding Road, B44 9SA
- ❖ Wood End Pharmacy 103 Wood End Road, B24 8NT

Visit your Pharmacy First!

Measles

IT ISN'T JUST A LITTLE RASH



Measles can be dangerous, especially for babies and young children.

MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



NHS

For hay fever and allergies, can you buy what you need?

For hay fever and allergies have you thought about talking to your pharmacist and buying what you need?

Prescribing readily available medication like antihistamines costs the NHS millions every year, adding unnecessary strain to local GPs and the NHS. Processing these prescriptions can cost 20 times the price of buying identical medication at your local pharmacy or supermarket.

Before you call a GP, talk to your pharmacist. You don't need an appointment and for most minor illnesses it's faster and easier.

If you take care of the little things, your NHS can keep taking care of you.

