



# Pershore Medical Practice

## Patient Newsletter – March 2024

[www.pershoremedicalpractice.co.uk](http://www.pershoremedicalpractice.co.uk)

Tel: 01386 553346

### Doctors:

Dr Paul Ferenc  
 Dr Kate Moore  
 Dr Jade Elliott  
 Dr Catherine Mann  
 Dr Anita Patel  
 Dr Ella Bosmith  
 Dr Bruno Onyeagoro  
 Dr Anietie Bassey  
 Dr Disha Sinha  
 Dr Emma Axon  
 Dr Hana Esack (GP Registrar)  
 Dr Salman Ali (GP Registrar)

### Surgery Opening Hours:

Monday to Friday 8am – 6.30pm

### Dispensary opening Hours:

Monday to Friday 8am – 1pm and 2.30 pm – 5.30pm.

**Please note we are CLOSED on Good Friday and Easter Monday.**

**Please allow extra time when ordering prescriptions.**

If you find yourself unable to attend an appointment, please notify the surgery as soon as possible. This will enable us to use this time for other patients. Thank you.

### What were staff doing in February at the Practice?

Reception answered 7118 calls

Dispensary issued 11851 medications

We received, read, actioned & filed 2648 tests

We received, read, actioned and filed 3516 letters for patients

Sadly, we had 181 appointments wasted due to DNA's

### March is Ovarian Cancer Awareness month



The symptoms include Persistent bloating, feeling full quickly and/or loss of appetite, pelvic or abdominal pain and urinary symptoms. Occasionally

there can be changes in bowel habits, extreme fatigue, unplanned weight loss and unusual bleeding from the vagina before or after menopause. These symptoms will be – New to you, frequent (happening more than 12 times a month) and persistent.

If you regularly experience any one or more of these symptoms which aren't normal for you, it's important you to contact your GP and get checked out – even if the symptoms are mild.

For more information go to: [www.targetovariancancer.org.uk](http://www.targetovariancancer.org.uk)

### 13 March 2024 is National No Smoking Day

We understand quitting smoking is a challenge but it's the best thing you can do for your health. It's never too late to quit, and you might notice the benefits sooner than you think!

[www.bhf.org.uk/information-support/publications/smoking/understanding-smoking](http://www.bhf.org.uk/information-support/publications/smoking/understanding-smoking)

Connect with us

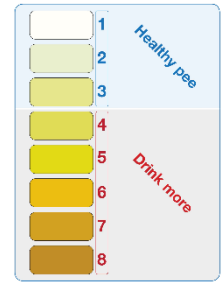




11-17 March 2024 is National Nutrition & Hydration Week

Water makes up two thirds of our body. It is vital we drink enough fluid to maintain a healthy balance. Many people get dehydrated by not drinking enough fluid or by losing fluids and not replacing them. You should drink 6-8 mugs of fluids such as water or diluted squash throughout the day to stay hydrated.

As food costs continue to rise, eating healthy on a budget can be a challenge. Any fresh fruit or veg can be included in your 5-a-day – try to have as much variety as you can. Frozen fruit and veg also count towards your 5-a-day and can be cheaper (especially when it comes to items like berries). Tinned fruit and veg also count towards your 5-a-day if they're tinned in water or juice, without added sugar or salt. Plant proteins such as lentils and beans are a great choice for your body and cheaper too. Skin on chicken pieces with bones are generally cheaper than boneless pieces. Tinned or frozen fish is also much cheaper than fresh and doesn't need cooking. Wholegrain versions of bread, pasta or rice no longer cost more than the white versions. They are better for us and can be more filling too!



There are many websites offering healthy meal ideas on a budget but if you need extra help, pop to the Pershore Wellbeing Hub. They're open Tuesday – Saturday 10am – 1pm and can offer person-centred support. [Persore Wellbeing Hub](#)



14 March 2024 is World Kidney Day - [www.worldkidneyday.co.uk](http://www.worldkidneyday.co.uk)

Most of the time kidneys work normally removing toxins and excess water and waste products. They play a vital role in regulating your blood pressure and they activate Vitamin D to help keep your bones and muscles in good shape. Sometimes they can become damaged or stop working as well – this is known as chronic kidney disease. Early diagnosis and treatment, along with changes to your lifestyle and diet can help slow down or prevent further damage.



15 March 2024 is World Sleep Day

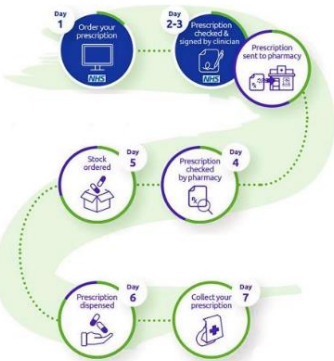
World Sleep Day is an opportunity to promote sleep health and the benefits of good sleep including boosting our mood, reducing stress and helping with anxiety. If you're having difficulty sleeping, knowing how to sleep better can make a big difference. For a limited time only, try the free NHS 'Sleepstation' programme – [www.sleepstation.org.uk](http://www.sleepstation.org.uk)

Fall asleep faster and sleep better - Every Mind Matters - NHS ([www.nhs.uk](http://www.nhs.uk))



**Your prescription 7 days from order to collection**

It takes a minimum of 7 days for your pharmacy and GP surgery to prepare repeat prescriptions from order to collection.



Order repeat prescriptions on the NHS App



**You no longer need a Nurse Appointment for a Blood Pressure check.**

We have a wonderful machine in our waiting room which is simple and easy to use. Just take your results print off to our receptionist and they will update your records for you.

**Do you have a new mobile phone or moved house recently?**

**Do we have your email address?**

Please update us with your new contact information as soon as possible.

**Have your say...** Do you as a patient have ideas

on how we can improve the surgery?

Join our Patient Participation Group to get involved.



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[www.pershoremedicalpractice.co.uk](http://www.pershoremedicalpractice.co.uk)

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