



# Pershire Medical Practice

## Patient Newsletter – April 2024

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### Partners:

Dr Paul Ferenc  
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Natasha Benyon-Brown

### Doctors:

Dr Emma Axon  
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Dr Anietie Bassey  
Dr Bruno Onyeagoro  
Dr Anita Patel  
Dr Disha Sinha  
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.

**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 March at the Practice?**

Reception answered 4457 calls  
Dispensary issued 10,703 medications  
We received, read, actioned & filed 2472 tests  
We offered 6766 appointments  
We received, read, actioned and filed 3369 letters for patients  
Sadly we had 172 appointments wasted due to DNA's

## Stress Awareness Month



### April is Stress Awareness month

Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental

health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues, immune system challenges, etc to more serious mental health disorders such as anxiety and depression.

Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals.

If you are feeling low, anxious or depressed, Pershire Wellbeing Hub runs a weekly mental health peer support group. The group meets in Pershire Wellbeing Hub and is facilitated by trained volunteers. Please call or text them on 07596 593837 for further details.

Or for more information go to [Stress - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/stress-every-mind-matters)



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Hay Fever. As the nights are getting lighter and the hedges, trees and flowers are bursting into life, we may all start to awaken from our winter slumber but for some of you, this will mean the arrival of hay fever. People start to notice symptoms when the weather is warm, humid, and windy and when the pollen count is at its highest. Symptoms can include sneezing, coughing, runny or blocked nose, itchy eyes, itchy throat, loss of smell, headache, earache and feeling tired. There are treatments you can purchase over the counter at

the pharmacy or supermarket to ease the symptoms of hay fever such as antihistamine tablets, eye drops and nasal sprays which can help with itchy and watery eyes, sneezing and a blocked nose. These symptoms will usually run their course through the Spring and Summer months.

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A campaign to encourage people to be alert to the dangers of high blood pressure been launched by the NHS. It aims to highlight the threat undiagnosed high blood pressure poses to people who may be at risk. Uncontrolled high blood pressure can be a silent killer as usually there are no symptoms before someone has a heart attack or stroke. As a general guide:

- High blood pressure is considered to be 140/90mmHg or higher (or 150/90mmHg or higher if you're over the age of 80)
- ideal blood pressure is usually considered to be between 90/60mmHg and 120/80mmHg
- Blood pressure readings between 120/80mmHg and 140/90mmHg could mean you're at risk of developing high blood pressure if you do not take steps to keep your blood pressure under control.

Everyone's blood pressure will be slightly different.

What's considered low or high for you may be normal for someone else.

Those most at risk of hypertension are:

- Men aged 50 and over
- People from Black, Asian and Minority Ethnic communities

Every adult in the UK should know their blood pressure numbers in the same way they know their height and weight. When you know your numbers you can take steps to look after your blood pressure and lead a long and healthy life.

PMP has a free to use health pod which is simple and easy to use. Just take your results print off to our receptionist and they will update your records for you.

This means that no appointment is necessary, you can pop in during opening hours at a time that suits you.

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Our next NHS App hub session will take place on Friday 12 April, 9 til 12 and 2 til 5.

We can help you set up the App, show you how to view your health record, see recent test results and order repeat prescriptions all from the comfort of your own home.

Please bring your selected smart phone or tablet and a form of identification to confirm your identity for setting up the App.

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**Do we have your email address?** Please visit Reception to update or give us your email address.

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

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

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**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.

Find out more here: [Patient Participation Group - Pershore Medical Practice](#)



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