



## SAFE SURGERIES

Proud to be a Safe Surgery



**Armed Forces veteran friendly accredited GP practice**

**Kirpal Medical Practice and Dr. Bhalla & Partners Surgery's are now a Veteran Friendly Accredited Practice.**



**Social Prescribers are running Menopause Awareness Clinic at Soho Health Centre.**

Do you want to understand and manage peri/menopausal transition better?  
Free Training for adults who are employed/volunteer/seeking employment or volunteering opportunities.

### Topics Covered

- What is Menopause?
- What are symptoms of menopause?
- Understanding and management of symptoms.
- Advice on lifestyle changes.

Providing assistance to women struggling with emotional and psychological challenges brought on by peri/menopause.

### Following Dates and Location

Date: 23<sup>rd</sup> May 2024 Time: 11:00Am to 01:00Pm

Date: 20<sup>th</sup> June 2024 Time: 11:00Am to 01:00Pm

Date: 18<sup>th</sup> July 2024 Time: 11:00Am to 01:00Pm

Location: **SOHO ROAD HEALTH CENTRE, HANDSWORTH, BIRMINGHAM, B21 9RY.**

Please Contact the Front Reception For more information.

*Pre-bookable Slots  
for following week  
Call Every Friday  
Between*

*5:00PM & 6:00PM*

**KIRPAL MEDICAL PRACTICE**

**&**

**DR BHALLA AND PARTNERS**

**MAY NEWSLETTER**

Information for Patients

Updated: 25/04/2024

Review: 25/05/2024

<https://kirpalmedicalpractice.co.uk/>

<https://www.drballaspractice.nhs.uk/>

Phone Number: 0121 203 5100 Bhalla

Phone Number: 0121 203 5040 Kirpal

**Address: 247-251 Soho Road Health Centre Handsworth, Birmingham B21 9RY.**

### OPENING TIMES

**Monday:** 8.00 - 6.30

**Tuesday:** 8.00 - 6.30

*(Extended Access 06:30 Pm – 08:00 Pm)*

**Wednesday:** 8.00 - 8.00

**Thursday:** 8.00 - 6.30

**Friday:** 8.00 - 6.30

**Saturday:** **Closed**

*(Extended Access 09:00 Am – 05:00 Pm at Holyhead Primary Healthcare Centre)*

**Sunday:** **Closed**

**Disclaimer:** Appointment times are 9am till 11.30am for the morning and 3pm till 5.30pm for the afternoon.

## SUN AWARENESS WEEK

06 MAY – 12 MAY

### May is Sun Awareness Month

Four ways to cut your skin cancer risk.

- **Know your skin.** You know you are the best person to know how your skin reacts to sun. The more easily you get sunburnt, the more careful you need to be. Remember, sunburn is not just peeling skin, if your skin is red or pink, in the sun that's sunburn. For people with darker skin, it just might feel irritated, tender, or itchy.
- **Check UV index before leaving the house.** This tells you how strong the sun rays are. The higher the number the less times it will take to damage your skin. If it is 3 or higher take care and protect your skin especially if you get sunburnt easily.
- **Use shade, clothing, and sunscreen.** Take a break under umbrellas, trees, canopies or just head indoors. UV rays can go through some fabrics and shade structures. Ensure you cover your skin with clothing and sunscreen on areas that you cannot cover. Remember Clothes, Hat, and sunglasses. On parts you can't cover use SPF15 and a rating of four or five stars.
- **Try the shadow rule.** When your shadow is shorter than you. The sun's UV rays are at their strongest. This is when you are more likely to burn and need to protect your skin.

### Vitamin D- Strike a balance.

Vitamin D- Strike a balance Vitamin D helps build and maintain strong bones – and we all need some sunshine to make it. So, there is no need to avoid the sun altogether. People with darker skin might need longer in the sun to get vitamin D, but they also have a lower risk of sunburn. Short breaks in the sun should be enough for most people, minutes not hours.

## BREAST CANCER DOESN'T CARE, BUT WE DO

Our mobile screening unit will be located at:  
**City Hospital, beside the treatment centre,  
Dudley Road, Birmingham, B18 7QH.**

All ladies aged 50 to 71 are automatically invited to attend breast screening once every 3 years.

### Symptoms of Breast Cancer.

- A lump or swelling in the breast, upper chest, or armpit.
- A change to the skin, such as puckering or dimpling.
- A change in the colour of the breast – the breast may look red or inflamed.
- A nipple change, for example it has become pulled in (inverted).
- Rash or crusting around the Nipple.
- Unusual Liquid (Discharge) from either nipple.
- Changes in Size or Shape of the Breast.

### Services

We usually provide free, routine screening once every three years to all women aged 50 up to their 71<sup>st</sup> birthday, we send invitations through telephone, Letter, and appointment reminder once if the patient is booked for the screening.

If you have any mobility problems, please let us know before your appointment as we may need to arrange a different location for you to attend that is more easily accessible.



## MENTAL HEALTH WEEK

13 MAY - 19 MAY

## #NoMindLeftBehind

Focusing on our mental health is incredibly important, and the fact that mental health is increasingly in the spotlight is a very good thing. Sometimes, though, it's easy to become unbalanced in our focus. In wanting to boost mental health, we can end up neglecting other aspects of ourselves and our lives.

Create a balanced approach to mental health by intentionally nurturing your whole self:

- Engage in self-reflection to better understand what isn't going right (or wasn't right in your past).
- Also reflect on what is right and what good things you want more of in your life.
- Attend to your thoughts and emotions.
- Nourish your brain and body with wholesome foods that are good for your mental health.
- Exercise in a way that is right for you.
- Nurture your relationships.
- Manage stress.

The key to mental health and wellbeing is to actively care for your entire self and life experience. Start small, with one action step every day toward balanced wellbeing.

**No mind left behind**



13-19 May

**In an emergency, Visit A&E immediately  
or call 999.**

**FOR ANY FURTHER DETAILS OR  
QUESTIONS, PLEASE FEEL FREE TO  
SPEAK TO A RECEPTIONIST.**