



SAFE SURGERIES

Proud to be a Safe Surgery

29th JUNE 2024

ARMED FORCES DAY



Armed Forces veteran friendly accredited GP practice

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



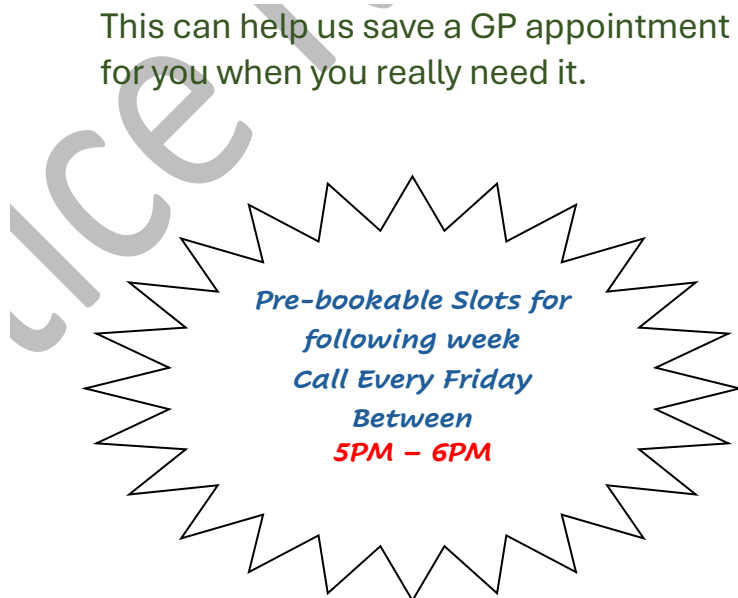
Online Appointments

Our practice has been enabling online bookings for GP telephone appointments (Please **DO NOT BOOK** if you have Abdominal Pains, Rashes and conditions which require you to be seen face2face.

PLEASE NOTE: The practice has the right to cancel this appointment if they feel this has been inappropriately booked (SICKNOTES, REPEAT PRESCRIPTIONS, REQUESTING LETTERS) and any conditions which can be dealt with PHARMACY FIRST).

You can also book telephone consultations online if you feel your problem can be dealt with over the phone. To utilize this facility, it's necessary to be enrolled as a patient within our practice. Once you've completed your registration with our practice, you can then proceed to register for this service. In future we endeavour to provide face to face appointments.

This can help us save a GP appointment for you when you really need it.



Pre-bookable Slots for following week
Call Every Friday
Between
5PM - 6PM

KIRPAL MEDICAL PRACTICE

&

DR BHALLA AND PARTNERS

JUNE NEWSLETTER

Information for Patients

Updated: 04/06/2024

Review: 05/07/2024

<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.

WORLD BLOOD DONOR DAY

14th JUNE 2024

Be a Lifesaver: Donate Blood

Donate Blood to Save Lives We will come together globally on June 14 to commemorate World Blood Donor Day, a significant occasion to highlight the value of blood donation and express our gratitude to donors everywhere. The theme for this year is "Donate Blood, Save Lives," which emphasises the vital role blood donors play in giving individuals in urgent medical need a second chance at life.

Giving blood is an easy, unselfish gesture with a big impact. A single contribution has the potential to rescue three lives, benefiting individuals recovering from accidents, undergoing surgery, and facing fatal conditions including blood diseases and cancer. Nothing can replace human blood, no matter how far medical technology has come. Therefore, regular blood donation is essential to keeping the circulation constant. Whether you are an experienced contributor or a first-time giver, your support is priceless.

Who can donate?

Most healthy individuals between 17-65 (age limits may vary) can donate blood. There's a quick screening process to ensure your eligibility and safety.

Why donate?

The reasons to donate are plentiful. You could be helping someone in an emergency, undergoing surgery, or battling a serious illness. It's a chance to make a real difference in your community.

CERVICAL SCREENING AWARENESS WEEK

17 JUNE – 23 JUNE

During Cervical Screening Awareness Week 2024 is about raising awareness of cervical screening (smear tests). Cervical screening is a free health test available on the NHS as part of the national cervical screening programme. It helps prevent cervical cancer by checking for a virus called high-risk HPV and cervical cell changes.

Cervical screening is not a test for cancer, it's a test to help prevent cancer. At a cervical screening (smear test) appointment, a nurse takes a sample of cells from the cervix using a small, soft brush. The test only takes a few minutes. The nurse will explain what will happen during the test and answer any questions.

More information regarding screening and screening awareness week can be found at: <https://www.nhs.uk/conditions/cervical-screening/> Cervical Screening Awareness Week | Jo's Cervical Cancer Trust (jostrust.org.uk).

Contact the Practice to arrange an appointment.



LEARNING DISABILITY WEEK

19 JUNE – 25 JUNE

The goal of this week is to raise awareness and acceptance of those who have learning difficulties. "Embrace Inclusion," this year's theme, emphasises the significance of building an inclusive society in which each person is respected and given authority.

Individuals with learning disabilities have difficulties processing information, which makes things like math, reading, and writing difficult. On the other hand, people with learning difficulties can flourish and realise their full potential if they have the correct assistance and tools.

We encourage you to take part in events and activities that support inclusivity and awareness during this week. Raise awareness of learning impairments among others and yourself, support legislation that will help them, and recognise the special abilities and qualities that people with learning disabilities possess.

By working together, we can create a community that values variety and makes sure that everyone has the chance to thrive. Come along with us this Learning Disability Awareness Week as we make a difference.

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

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