

## Extended Access Service – Information for Patients

- ❖ This practice is part of the extended access service which provides GP and Health care assistant appointments.
- ❖ **Weekday Extended Access**  
On every Tuesday Evening appointments (6.30pm – 8.00pm)
- ❖ **Weekend Extended Access**  
Weekend appointments are available with a GP from 10.00am - 5.00pm on Saturdays from the Holyhead Primary Healthcare Centre, 1 St James Rd, Handsworth, Birmingham, B21 0HL.  
**Disclaimer:** Weekend appointments are based on the GP rotas, please enquire in reception for the availability of appointments.

## Open Day at Soho Health Centre

- Online access
- Quires regarding online access
- How to request prescription on NHS application (mobile Phone APP)
- Sick Note Request
- Query request through Text Message
- How to access links sent through Text Message

## Meet Your Pillars of Health: Pharmacists!

Pharmacists play a vital role in our well-being, ensuring safe and effective medication use. From dispensing prescriptions to offering expert advice on your health journey, they are the unsung heroes fostering a healthier community. Their commitment to patient care goes beyond the counter, contributing to the backbone of our well-being. Next time you pick up your prescription, remember to give a nod to these essential healthcare professionals – our trusted pharmacists!

## Unlocking Well-Being: Meet Our Social Prescribers!

Introducing the heart of our community wellness—social prescribers! More than just healthcare navigators, these professionals connect you to a world of non-medical support. Whether it's finding local clubs, wellness programs, or community resources, social prescribers are here to enhance your overall well-being. They focus on the holistic picture of health, prescribing connections and activities that enrich your life. Discover a personalized path to wellness with the guidance of our dedicated social prescribers!

*Pre-bookable Slots for  
upcoming week  
Every Friday  
Between*

**5:00PM & 6:00PM**

KIRPAL MEDICAL PRACTICE

&

DR BHALLA AND PARTNERS

OCTOBER NEWSLETTER  
Information for Patients

Updated: 02/10/2024

Review: 01/11/2024

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

0121 203 5100 Bhalla

0121 203 5040 Kirpal

**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.

## Breast Cancer Awareness Month

### Early Detection Saves Lives

- October marks Breast Cancer Awareness Month in the UK, a vital time to focus on raising awareness, promoting early detection, and supporting ongoing research. Breast cancer is the most common cancer in the UK, with over 55,000 women and 370 men diagnosed annually. Early detection remains key to improving survival rates, with nearly 100% of those diagnosed at the earliest stage surviving for at least five years.
- GPs play a pivotal role in encouraging patients to stay vigilant about their breast health. We can help raise awareness of common signs and symptoms, such as:
  - A lump or thickened tissue in the breast or armpit.
  - Changes in the size, shape, or feel of the breast.
  - Unexplained pain in the breast or armpit.
  - Changes in skin texture, such as dimpling or puckering.
  - Nipple discharge, bleeding, or inversion.
- During this month, it's essential to encourage patients to be proactive in checking their breasts regularly and to report any unusual changes promptly. Early intervention can significantly improve prognosis.
- The NHS Breast Screening Programme invites women aged 50-71 for mammograms every

three years, which can reduce mortality by around 20%.

- In addition to screening, lifestyle changes such as regular exercise, maintaining a healthy weight, and reducing alcohol and smoking can help lower the risk of breast cancer.
- As GPs, we are in a unique position to promote early detection, offer support, and encourage healthier lifestyles. Together, we can make a significant impact in the fight against breast cancer during this Breast Cancer Awareness Month 2024.

## Sober October 2024

### A Month to Prioritise Health

- Sober October is a national campaign encouraging people to take a break from alcohol for 31 days. It offers a chance to reset habits, improve mental and physical health, and raise awareness of the effects of alcohol. For GPs, it's an excellent time to support patients in reducing alcohol intake, highlighting benefits such as improved sleep, better mood, and reduced risk of liver disease.
- By taking part in Sober October, patients can experience a healthier lifestyle while supporting vital charities like Macmillan Cancer Support. Let's encourage participation and promote healthier choices this October.

## Stoptober 2024

### Quit Smoking for a Healthier Future

- Stoptober is back for 2024, encouraging smokers across the UK to quit for 28 days in October. Research shows that stopping for 28 days makes smokers five times more likely to quit for good. Quitting smoking is one of the best things a person can do for their health, significantly reducing the risk of heart disease, stroke, and lung cancer.
- GPs play a vital role in supporting patients during Stoptober by offering guidance on stop-smoking services, nicotine replacement therapies, and medications. This campaign is an opportunity to remind patients of the immediate and long-term health benefits of quitting, such as improved lung function, better circulation, and increased energy levels.
- By participating in Stoptober, patients can improve their health and well-being, and with the right support, they can successfully quit smoking for life. Let's encourage patients to take that first step towards a smoke-free future this October.

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

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