

## 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.

## Why Does the Receptionist need to ask what is wrong with me?

- A Receptionist connects the patient with the most appropriate services for their Needs.
- It may be more appropriate to see a different Clinician.
- The GPs have asked reception staff to ask certain questions when booking to help the smooth running of our clinics.
- It is important to ensure you see the most appropriate Clinician.

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

## Repeat prescriptions.

A GP must authorise every repeat prescription. This takes 48hours/2 full working days. Please Note, at busy times, it may take little longer.

Day Request Received	Day your [Prescription/ Medication] is ready to collect after 2.00 Pm
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Monday
Friday	Tuesday

\*\*\*Please note, you can request a repeat prescription online, ask a member of our staff for the details. We do not accept repeat prescription over the phone. \*\*\*



KIRPAL MEDICAL PRACTICE

&

DR BHALLA AND PARTNERS

MARCH NEWSLETTER  
Information for Patients

Updated: 28/02/2025

Review: 28/03/2024

<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 - 6.30

**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.

**Thank you for your understanding.**

# Zero Discrimination Day

**01 March 2025**

- **March 1st** marks **Zero Discrimination Day**, a global initiative advocating for equality, inclusion, and respect for all individuals, regardless of gender, ethnicity, disability, or socioeconomic background. In healthcare, discrimination can impact patient outcomes, access to treatment, and overall well-being.
- As a surgical team, we are committed to fostering a culture of compassion and fairness. Every patient deserves dignity, respect, and high-quality care without bias. Whether in the operating room or patient interactions, we must challenge stigma, support diversity, and advocate for equal healthcare access.
- Discrimination can also affect our colleagues, creating barriers to teamwork and professional growth. By promoting inclusivity, we strengthen our team and improve patient care. Small actions—listening, educating ourselves, and speaking up against bias—can create meaningful change.
- This Zero Discrimination Day, let's reflect on our role in ensuring a safe, inclusive environment for both patients and colleagues.

*Together, we make a difference!*

# HAPPY WOMENS DAY 8<sup>th</sup> March.

- On **March 8th**, we celebrate **International Women's Day**, recognizing the achievements of women worldwide and advocating for gender equality. In healthcare, women play a crucial role in shaping patient care, driving innovation, and leading change. Yet, challenges like gender bias and underrepresentation in leadership persist.
- As a surgical team, we honor the contributions of women in medicine, from pioneering surgeons to dedicated nurses, anesthetists, and support staff. Their resilience, expertise, and compassion inspire us daily. This year's theme encourages us to break barriers, support mentorship, and foster an environment where all women in healthcare can thrive.
- Let's take a moment to appreciate our colleagues, mentors, and future female leaders. By promoting inclusivity and equal opportunities, we strengthen not only our workplace but also the quality of care we provide.

*Happy International Women's Day!  
Together, we uplift, inspire, and empower.*

# National No Smoking Day 12<sup>th</sup> March

- Observed on **March 12th**, **No Smoking Day** is a reminder of the dangers of smoking and the benefits of a smoke-free life. Smoking increases the risk of cancer, heart disease, and

respiratory illnesses, affecting both smokers and those exposed to secondhand smoke.

- As healthcare professionals, we play a vital role in supporting patients who want to quit. Encouraging smoking cessation improves surgical outcomes, speeds up recovery, and enhances overall health.
- This **No Smoking Day**, let's promote awareness, offer support, and inspire a healthier future.

*Every step towards quitting is a step towards a longer, healthier life!*

## Get advice if you feel unwell.

If you are 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell.

You can get help and advice from:

- A pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor.
- Your GP – you may be able to speak to a GP online or over the phone or go in for an appointment if they think you need to.
- NHS 111 – go to [111.nhs.uk](https://www.nhs.uk) or call 111 if you have an urgent medical problem and you are not sure what to do.

The sooner you get advice, the sooner you are likely to get better.

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

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