

Blood Pressure & Stroke Awareness

Did you know that **high blood pressure** is one of the main risk factors for both **stroke** and **heart disease**? The good news is that it's manageable — and May is the perfect time to get your blood pressure checked.

A normal blood pressure reading is usually around **120/80 mmHg**. If your numbers are higher, making small lifestyle changes can have a big impact. Try cutting down on salt, staying active, managing stress, and maintaining a healthy diet.

💡 Key Risk Factors for Stroke:

- High blood pressure
- Diabetes
- Atrial fibrillation (irregular heartbeat)
- High cholesterol
- Lifestyle factors (e.g., smoking, poor diet, lack of exercise)

👂 A simple check could save your life. Don't wait — know your numbers!

Mental Health Awareness

🧠 Mental Health Awareness Week 2025

📅 12th – 18th May

Theme: "Movement – Moving More for Our Mental Health"

- This year, Mental Health Awareness Week is all about encouraging movement — not just for physical health, but for our **mental wellbeing** too.
- Many of us struggle to get enough exercise, but even small moments of movement

throughout the day can make a big difference. Whether it's a short walk, dancing in your living room, or simple chair exercises while watching TV — it all counts!

- 🧑🏻💪 **Why it matters:**
Movement helps reduce stress, boost mood, improve sleep, and increase energy levels. It's one of the simplest ways to care for your mind and body.

Let's use this week to explore easy, enjoyable ways to move more — and feel better for it.



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: 29/04/2025

Review: 29/05/2025

<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.

DIGITAL CORNOR

The NHS App is a simple, secure way to manage your healthcare from your phone, tablet or computer – anytime, anywhere.

With the NHS App, You can:

- Order repeat prescription and choose your pharmacy
- Manage your appointments
- View your health record and test results
- Manage your vaccinations and organ donation preferences

To get started, download the NHS App from the APP store or Google Play Store.

You can also access the same services in a web browser by logging in through the NHS website.

You will need to prove your identity to unlock the features, and you must be aged 13+ and registered with a GP in England.



Patients Participation Group (PPG)

The **Patient Participation Group (PPG)** plays a vital role in the ongoing development and improvement of services at **Kirpal Medical Practice – Dr. Bhalla & Partners**. Comprised of both patients and members of the practice team, the group meets four times a year and serves as a valued “critical friend” to the Surgery. It acts as a bridge between patients and the practice, providing a platform for constructive dialogue and shared ideas to enhance patient care.

The PPG is actively involved in several key initiatives:

- Assisting in the production, administration, and analysis of the **annual patient survey**, ensuring that patient feedback directly informs service improvements.
- Creating and distributing helpful **patient information leaflets** to support patients in making the most of GP services.
- Designing and maintaining the **‘missed appointments’ boards**, which are clearly visible in the Surgery’s Reception and clinical areas, promoting awareness and reducing appointment wastage.
- Supporting the Surgery in **raising awareness of national health campaigns**, helping to improve community health outcomes.
- Providing **patient feedback on new services or changes**, ensuring transparency and accountability.

- The most recent PPG meeting was held on **29th May 2025**, from **12:00 PM to 1:00 PM**, and proved to be a valuable opportunity for patients and staff to come together and discuss ongoing concerns, suggest improvements, and receive updates on new services and developments. These meetings are a crucial part of maintaining a patient-centred approach and fostering mutual understanding.
- Patients are encouraged to get involved in the PPG, as their insights and experiences are essential to shaping a Surgery that truly meets the needs of its community.



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

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