

# The Wand Medical Centre Newsletter

## April 2024

### BLOOD PRESSURE

Around 30% of people in England have high blood pressure but do not know about it. It is recommended that adults should measure their blood pressure every 5 years.

If your blood pressure is too high, it puts extra strain on your blood vessels, heart and other organs, such as the brain, kidneys and eyes.

You can use our patient self management room in the surgery just ask at reception or you can book an appointment with one of our nurses.

### APPOINTMENTS

Telephone appointments are released daily both online and through reception. If the doctor needs to see you face to face, he or she will arrange for this to happen. Please do not come to the practice unless you have an appointment.

The doctors can be seen weekdays Monday to Friday from 08:30 until midday and from 14:30 until 19:00.

The appointment telephone number is 0121 440 1561 and is open Monday, Tuesday and Friday 08:30 to 18:30 and on Wednesday and Thursday between 08:30 and 13:00

### Cervical Screening

- When you'll be invited for cervical screening :
- Under 25-up to 6 months before you turn 25
- 25 to 29- every 3 years
- 50to 64- every 5 years

Book an appointment with us today.

#### Surgery screening information

Cervical screening looks for the human papillomavirus (HPV) which can cause abnormal cells on the cervix. If HPV is found a cytology test is used to triage , to check for any abnormal cells . If no abnormal cells are found , a follow up screen is arranged for 12 months time.

**Don't ignore your cervical screening invite.**

**A simple test that could save your life**



### Order a Repeat Prescription

Please note that you should not wait until you have run out of medication before you request your repeat medication as the practice requires administrative time to process all orders.

Please allow up to 48 hours from your request being submitted for the practice to process your repeat request.

You have these options:

- Calling our new **Prescription Ordering Department (POD)** on **0121 726 1019** to place your request over the telephone.
  - Ordering it electronically via the [NHS App](#), you can sign in or register [here](#).
  - Handing in your repeat prescription request at the practice in person
- Posting your repeat request to the practice with a stamped self addressed envelope

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### Carer support

Birmingham carers hub offers a wide range of support and services to unpaid carers in Birmingham.

If you are new to Birmingham carers hub, and need any help or support you can email:

**info@birminghamcarershub.org.uk**

Or call

**0333 006 9711**



### Are you a Carer?

A carer is someone of any age who provides paid/unpaid support to family or friends who **could not** manage without this help. This **could** be caring for a friend or elderly family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

If this sounds familiar, please let reception know by filling out the tear off slip at the bottom and we can add this information to your record.

This does not apply for looking after your children.

Your Name: \_\_\_\_\_  
Your Address: \_\_\_\_\_  
Your Date of Birth: \_\_\_\_\_  
Name of the person you care for: \_\_\_\_\_  
Relationship to person you care for: \_\_\_\_\_

I hereby give my consent for my information to be forwarded to Carers UK who will contact me with further help and support.

Please tick the box if you wish for us to forward your information

### Get help and advice

Get expert benefits advice, plus help filling in claim forms, from:

[Carers UK](#) helpline on 0808 808 7777

- Carers Direct helpline on 0300 123 1053

[Age UK](#) on 0800 678 1602

[Citizens Advice](#) on 0800 144 8848

[Gingerbread](#) (for single parents) on 0808 802 0925

A carer is anyone who helps somebody (usually a relative or friend) who needs support in their day to day life due to illness, frailty, disabilities or mental health or substance misuse problems. This is an unpaid role, and is not the same as someone who is paid, provides care professionally, or through a voluntary organisation. Carers may frequently provide support including assistance with personal care, household tasks, finances, emotional support and leisure.

Any one of us, including children and young adults, at any time could become a carer either on a short-term basis or for a longer period. It is also important to recognise that some carers will experience more complex situations such as caring for more than one person, for example a parent and a child ("sandwich caring") or an older couple caring for each other ("mutual caring").

If you're caring for someone, it is important you get the advice, information and support you need to help in your caring role.

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## STRESS AWARENESS MONTH 2024

"TO KEEP THE BODY IN GOOD HEALTH IS A DUTY... OTHERWISE WE SHALL NOT BE ABLE TO KEEP OUR MIND STRONG AND CLEAR."












-Buddha

### Affirmation

Here is your monthly affirmation from your health and well being coach Sharon Small.

### STRESS

Stress awareness day highlights the ways that stress can affect people and what you can do to manage your stress before it becomes a problem. Millions around the UK experience stress and it is damaging to our health and Wellbeing.

<b>TOP TIPS FOR DEALING WITH ANXIETY</b>   <b>TIP 01</b> Try a short breathing exercise <b>TIP 02</b> Learn how to manage anxious thoughts <b>TIP 03</b> Keep a mood diary <small>WHEN THINGS AREN'T SO GOOD OUT THERE... MAKE INSIDE FEEL BETTER. Visit Every Mind Matters for more tips and advice. </small>	<b>TOP TIPS FOR DEALING WITH STRESS</b>   <b>TIP 01</b> Divide big tasks into small ones <b>TIP 02</b> Create to-do lists <b>TIP 03</b> Stay active <small>WHEN THINGS AREN'T SO GOOD OUT THERE... MAKE INSIDE FEEL BETTER. Visit Every Mind Matters for more tips and advice. </small>
<b>SIMPLE TIPS FOR IMPROVING YOUR MOOD</b>   <b>TIP 01</b> Learn how to manage unhelpful thoughts <b>TIP 02</b> Stay active <b>TIP 03</b> Talk to someone <small>WHEN THINGS AREN'T SO GOOD OUT THERE... MAKE INSIDE FEEL BETTER. Visit Every Mind Matters for more tips and advice. </small>	<b>SOME SIMPLE TIPS FOR IMPROVING YOUR SLEEP</b>   <b>TIP 01</b> Keep regular sleep hours <b>TIP 02</b> Attempt not to check your phone for an hour before bed <b>TIP 03</b> Consider turning your clock away so you can't see it <small>WHEN THINGS AREN'T SO GOOD OUT THERE... MAKE INSIDE FEEL BETTER. Visit Every Mind Matters for more tips and advice. </small>

**Stress Awareness Month** has been held every April since 1992 to increase public awareness about the modern stress epidemic.

