



SAFE SURGERIES

Proud to be a Safe Surgery



**Armed Forces veteran
friendly accredited
GP practice**

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

Kirpal Medical Practice

In the month of June, we offered

Total Appointments offered

- # Booked Appointments ~ 2163
- # DNA's ~ 139
- # Face to Face ~ 1160
- # Telephone ~ 809
- # Online ~ 55

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

JULY NEWSLETTER

Information for Patients

Updated: 04/07/2024

Review: 05/08/2024

<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.

Dr Bhalla & Partners

In the month of June, we offered

Total Appointments offered

Booked Appointments ~ 2267

DNA's ~ 148

Face to Face ~ 1515

Telephone ~ 676

Online ~ 76

ALCOHOL AWARENESS WEEK

3 JULY – 9 JULY

- This #AlcoholAwarenessWeek (1-7 July) is a chance to get thinking about your drinking – better understand alcohol myths and make positive changes for your health.
- Alcohol is all around us. It's promoted as we watch our favourite sports, advertised as we travel to work, and placed in our favourite films and TV shows. It's there when we celebrate, commiserate and when we're just trying to cope.
- It isn't always easy to open about our alcohol use. But finding out more about alcohol harm and how it affects us, can help us take better control of our drinking and improve our health and wellbeing

The benefits for you

By taking control of your drinking, you can:

- Save money

- Gain back more time
- Improve your health
- Have more energy
- Sleep better
- Reduce anxiety
- Improve mood
- Have better relationships
- Also on the Alcohol Change website: helps you track and set goals

Understanding alcohol harm

- Alcohol harm affects far more of us in the UK than we realise. Daily it can affect the quality of the sleep we're getting, our relationships with those we love, our finances, mood and productivity.
- And each year, thousands of people experience long-term health problems because of the alcohol they drink.
- **Health Risks:** Alcohol consumption can lead to a variety of health issues, including liver disease, cardiovascular problems, and an increased risk of cancer, particularly in the liver, mouth, throat, and esophagus.
- **Addiction:** Regular alcohol use can lead to physical and psychological dependence, known as alcoholism. This addiction can severely impact a person's life and well-being.
- **Mental Health:** Alcohol can exacerbate mental health issues, such as depression and anxiety, and may lead to cognitive impairments over time.
- **Accidents and Injuries:** Alcohol impairs coordination and judgment, significantly

increasing the risk of accidents, including road accidents, falls, and injuries.

- **Impact on Relationships:** Alcohol abuse can strain relationships, leading to conflicts, domestic violence, and breakdowns in family and social connections.
- **Economic Costs:** The financial burden of alcohol-related harm includes healthcare costs, loss of productivity, and expenses related to accidents and legal issues.
- **Fetal Alcohol Spectrum Disorders (FASD):** Alcohol consumption during pregnancy can cause serious developmental issues in the fetus, leading to lifelong physical, cognitive, and behavioral problems.
- **Social and Legal Issues:** Excessive drinking is associated with criminal behavior, including violence, vandalism, and other forms of antisocial behavior, often leading to legal consequences.
- **Nutritional Deficiencies:** Chronic alcohol use can interfere with the absorption of nutrients, leading to deficiencies, particularly in vitamins like B1 (thiamine), which is crucial for neurological function.
- **Alcohol Poisoning:** Consuming large amounts of alcohol in a short period can lead to alcohol poisoning, a potentially fatal condition that requires immediate medical attention.

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

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