

## 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.



**REMEMBRANCE  
SUNDAY 09.11.2024**

Remembering the services and sacrifice of all those that have defended our freedoms

## 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. \*\*\***

**Thank you for your understanding.**



**KIRPAL MEDICAL PRACTICE**

**&**

**DR BHALLA AND PARTNERS**

**NOVEMBER NEWSLETTER**  
Information for Patients

Updated: 01/11/2024      Review: 02/12/2024

<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.

## MOVEMBER 2024

A particularly startling statistic is that “3 out of 4 suicides in the UK are by men.”

Movember takes a look at men’s mental health to intervene and prevent. The charity is working towards a world where men will look to take action to improve their mental health, before reaching breaking point.

Although complex, they understand that improving the overall mental health of males will help them speak up and create social connections that can reduce suicide.

### Spotting the signs

One of the first steps to prevent is to intervene. If you have a friend, a colleague or a loved one who appears to be struggling then the following signs are what to look out for:

- Sleeping less, or more than usual
- Eating less, or more than they usually do
- Issues with personal hygiene, such as a lack of clean clothes, showering and not brushing their teeth
- They might avoid social situations
- They may miss social or sports events that they would usually attend
- They have gone quiet on social media and stopped messaging
- They are more irritable than usual
- Talk of death and dying and increased hopelessness

If you notice any of the above behaviours, always check in – it could save their life.

### Movember 2024 conversation starters

Another huge issue with male mental health is that men tend to struggle to voice their issues more than women.

It’s believed that the pressure put on men to be the breadwinners and to be strong can make it more difficult for them to reach out when they are struggling.

A big part of the Movember movement is to provide conversation starters for the loved ones of men going through a hard time. This website was created to help train people to be able to start conversations with men struggling with their mental health. It has a function for practicing conversations, alongside useful resources to help you be there for the men in your life.

Alongside this, Movember also provides ALEC – this is ASK, LISTEN, ENCOURAGE ACTION and CHECK IN. This is a four-step approach that tackles the important conversation of mental health with the men in our lives.

### Reaching out

There are many organisations dedicated to mental health and suicide prevention that offer information, advice, and resources, such as the following:

- Movember – Movember is a movement dedicated to men’s health. Since starting in 2003, it has funded more than 1,250 men’s health projects around the world. The aim is to challenge the status quo, shake up men’s health research and transform the

way health services reach and support men.

- ManHealth – this charity offers lifestyle tips for men, as well as a range of courses for workplaces aimed at staff to increase awareness of the influences on men’s mental health.
- ManUp? – dedicated to changing people’s thoughts, opinions, and minds about men and mental health.
- CALM – also known as Campaign Against Living Miserably, provides life-saving services, information and advice to help anyone struggling with life navigate the issues causing them misery.

*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.***