

Dr. N U Haque & Partners

SPRING NEWSLETTER

April

2025

QUARTER 1

Our Partners:

Dr N Haque, Dr S Ahmed, Dr M Sajid, & Dr G Baidwan

Practice Hours:

8.00 am – 6.30 pm Monday, Tuesday, Thursday & Friday

8.00 am – 8.00 pm Wednesday



Self Care

Care for
yourself at
home

Minor cuts & grazes
Minor bruises
Minor sprains
Coughs and colds



Pharmacy

Local expert
advice

Minor illnesses
Headaches
Stomach upsets
Bites & stings



NHS 111

Non-emergency
help

Feeling unwell?
Unsure?
Anxious?
Need help?



GP Advice

Out of hours:
Call 111

Persistent symptoms
Chronic pain
Long term conditions
New prescriptions



UTCs

Urgent
Treatment
Centres

Breaks & sprains
X-rays
Cuts & grazes
Fever & rashes



A&E or 999

For
emergencies
only

Choking
Chest pain
Blacking out
Serious blood loss

About NHS app

You can view and cancel appointments. View and manage hospital appointments. You can order repeat prescriptions. View GP health Record. View test results. Find NHS services near you. View and manage hospital appointments. You can nominate your chosen pharmacy so that you expect to know where your prescriptions will be.

Download the NHS App on your smartphone or tablet via the Google play or App store. You can also access the same services in a web browser by logging in through the NHS website.

Notices:

A big welcome to our new Nurse: Suzanna, she is an experienced nurse practitioner and a specialist in diabetes.

Are you pregnant? Why not apply for a medical exemption.

Its Hay fever season you can now buy tablets at your local pharmacy and most stores.

Did you know we can prebook appointments in advance.

Wanting a sick note and this is your first one, why not fill in a seven-day self cert, just ask one of our receptionists and they can provide you with the appropriate form.

Changed your address please let the practise know.

Requesting repeat prescription these are the ways you can request It. Please allow 48 working hours for it to be processed

Via Your Chemist

In Person, by filling in a form

By Email

In Your NHS App

Travel Vaccines

If you're planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world.

Fill in one of our Travel Vaccines Forms and we can check if you require any vaccines. See the nurse or a private travel clinic at least 4 weeks before you're due to travel this is to ensure effective protection.

Call Back now live - No more waiting on hold - you can now keep your place in the queue, and we'll call you back when it's your turn. Please be aware that all telephone contacts with the practice are recorded for training and monitoring purposes.

Blood tests + Investigations - It is vital that patients have blood tests and investigations when instructed by a clinician. Blood monitoring is vitally important for certain medications and for long term conditions. Non-compliance may result in us altering your medication.

Cervical Screening

All women aged 25 to 64 are invited to cervical screening to check the health of their cervix

Cervical screening is one of the best ways to protect yourself from cervical cancer



Pharmacy first will enable community pharmacists to supply prescription-only medicines, including antibiotics and antivirals where clinically appropriate, to treat these seven common health conditions without the need to visit a GP.

Do you have any of these conditions? Why not see your pharmacist or book in with pharmacy first?

Sinusitis

Sore throat

Earache

Infected insect bite

Impetigo (a bacterial skin infection)

Shingles

Uncomplicated urinary tract infections in women.

As well as talk about contraception



INFORMATION SHARING APRIL 2025

Activities/sessions coming up in April/May for Children, Young People and Families

Sandwell Family Life

...plus much more!

Close to **750** activities listed for children, young people and families!

let's go...

What will you do to get involved?

Helping out in Sandwell is different for everyone.

Have a browse of **over 300** volunteering opportunities in Sandwell

ROUTE 2 WELLBEING

Over 700 health and wellbeing activities listed for adults in Sandwell

Care Navigation

Did you know that we now have on site a clinical pharmacist, a physiotherapist, and a GP assistant. If you do need to make an appointment our reception team are trained in care navigation. They will ask you some questions to see who the right person is to deal with your concern to help give you the right care at the right time



Our Address:
6 High Street
West Bromwich
West Midlands
B70 6JX

Our Number: 0121 612 2525

Email: enquiries.drhaque@nhs.net

Website: www.haquemedicalpractice.nhs.uk

If your child is between these ages, did you know its time to book them in for their vaccines

8 weeks

12 weeks

16 weeks

12 months

40 months

13-18 y

Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide every year.

Did you Know: The World Health Organization (WHO) has listed vaccine hesitancy as one of the biggest threats to global health.

Upcoming Closures of the GP

Friday 18th April

Monday 21st April

Monday 5th May

Monday 26th May

You can always contact 111 for urgent health care advice or 999 in life threatening situations



WE ARE HERE TO HELP YOU

Staff have the right to be treated with dignity and respect at all times without the risk of threatening behaviour or violence

This behaviour will not be tolerated towards our staff and may result in offenders being asked to leave