

# Dr. N U Haque & Partners

## SUMMER NEWSLETTER

July  
2025

QUARTER 2

### 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 – 8.30 pm Wednesday



 <b>Self Care</b> Care for yourself at home  Minor cuts & grazes Minor bruises Minor sprains Coughs and colds	 <b>Pharmacy</b> Local expert advice  Minor illnesses Headaches Stomach upsets Bites & stings	 <b>NHS 111</b> Non-emergency help  Feeling unwell? Unsure? Anxious? Need help?	 <b>GP Advice</b> Out of hours: Call 111  Persistent symptoms Chronic pain Long term conditions New prescriptions	 <b>UTCs</b> Urgent Treatment Centres  Breaks & sprains X-rays Cuts & grazes Fever & rashes	 <b>A&amp;E or 999</b> For emergencies only  Choking Chest pain Blacking out Serious blood loss
---	---	---	---	---	---

**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.

### Staffing Update

Additional session with experienced Nurse prescriber Rebecca Cobane. Tuesday and Thursday every week.

New admin/reception team member joined in June. Jaspinder Singh, experienced and speaks Hindi, Urdu, Punjabi.

New clinical Pharmacist, Mariyyah Ahmed.

Experienced diabetes nurse starting weekly clinics in July

Healthcare services are here to help



### MY LOCAL PRACTICE SOCIAL PRESCRIBER is....



- able to help me with my emotional and mental wellbeing
- knowledgeable in complex social needs which can affect my well-being
- linked in with a network of people or organisations which could help me
- here to help me and others

### 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.

## Is your asthma under control?

### Your asthma may not be well controlled if:

- You are using your **blue** reliever inhaler **more than twice a week**
- You are using **two** or more **blue** reliever inhalers a year
- You are experiencing asthma attacks

Scan the QR code to register with the practise:



1. Take your inhalers as prescribed - use your preventer inhaler regularly and use your blue inhaler only if needed.
2. Good asthma control means living a normal life without asthma significantly affecting your daily activities. **If you are using your blue inhaler more than twice a week book an asthma review now.** There are newer treatment options, like AIR and MART than can improve your asthma control. Scan the QR codes for more information.
3. Always check your inhaler stock before you order more. Only request the inhalers you are running low on - it's okay to order at different intervals.



AIR



MART



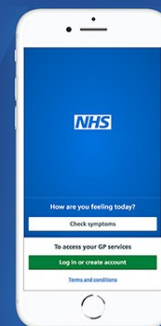
## Prostate Cancer Awareness



Men aged 50 or over can ask their GP for a PSA test, even if they do not have symptoms. Anyone aged 50 or over with a prostate can ask for a PSA test. A PSA test is a blood test to help check for prostate conditions

If you have any concerns please book an appointment with the GP

Scan the QR code to complete our patient survey:



## NHS APP

The NHS App that lets you book appointments, order repeat prescriptions and access a range of other healthcare services.

Scan the QR code to find a local pharmacy that offers the contraceptive pill without a prescription.



## 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**



## Repeat Prescriptions

Requesting repeat prescription these are the ways you can request it. Please allow 48 working hours for it to be processed and sent to your nominated pharmacy.

### Via Your Chemist

**In Person, by filling in a form**

**By Email**

**In Your NHS App**

DNA for Dr N U Haque & Partners in the last month

**33**

If you cannot attend your appointment please let us know so it can be offered to someone else!

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.

Most pharmacies can help you with **seven common conditions** without needing a GP appointment

Providing NHS services

Speak to your pharmacist if you suspect you have:

- Sinusitis (adults and children aged 12 years and over)
- Sore throat (adults and children aged 5 years and over)
- Earache (children aged 1 year to 17 years)
- Infected insect bite (adults and children aged 1 year and over)
- Impetigo (adults and children aged 1 year and over)
- Shingles (adults aged 18 years and over)
- Urinary tract infection (women, aged 16 to 64 years)

**Visit your Pharmacy First!**



## Friends & Family Test Last Quarter Responses

"all staff on reception, doctors and nurses are all polite,"

"I have asked for an appointment and got it on time, was very pleased."

"Dr are very experienced and always listen to you carefully and give your right advice"

"Staff are very friendly, helpful and keep you up to date, they put you at ease"

Thank you to all patients who completed a feedback survey



## 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