

Bredon Hill Surgery



Practice Team Doctors

Dr Jeremy Pawley
Dr Simon Hill
Dr Samantha Cooke
Dr Katy Gines

Nurses – Alison, Hollie, Liz

HCA – Keriann and Georgie

Phlebotomist – Natalie

Clinical Pharmacist – Sofia, Germaine

Advanced Nurse Practitioner - Tracy

Advanced Clinical Practitioner – Suzi

Care Co-ordinator – Maddie Lawson

Practice Manager – Angela Maile

Assistant Practice Manager – Clare McDuff

Dispensary - Janice, Lesley, Debbie Caroline
Diane, Alison, Yvonne, and Wendy

Reception – Alison, Anne, Beth, Emma
Jayne, Jane, Jo, Lesley, Natasha, Jo, Louise
Dawn and Julia

Normal Opening Hours

Surgery Monday to Friday 8:30am – 6:30pm

Dispensary Monday to Friday 8:30am – 6:30pm (closed for lunch between 1pm – 2pm)

If you need a doctor when the surgery is closed, please contact 111, or in an emergency contact 999.

Telephone lines are open from 8am but are always busy so please call later if you can.

For test results please call between 1pm – 2pm or after 5pm

Dispensary phone lines are open from 12pm – 1pm and 4:30pm – 5:30pm.

Dispensary Email Address if you need to order medication; hwicb.dispensary.bredon.hill.surgery@nhs.net

Surgery Email Address; hwicb.bredonhillsurgery@nhs.net

[Click on the link](#) - About the NHS App - NHS (www.nhs.uk)

Surgery Staff News

Unfortunately, Dr Katy Gines is currently on prolonged sick leave, Dr Taiwo Tanimowo will be joining us from April to provide cover for Dr Gines patients. She will be working Wednesday, Thursday, and Friday's.

We say goodbye to Ruth Gibney (Receptionist) who retires on the 13th of March 2024. We wish her all the very best for the future. We will be welcoming a new receptionist to the team Julia Witt, who will join us on the 3rd April.

MARCH - PROSTATE CANCER AWARENESS MONTH

You may not experience any symptoms in the early stage of prostate cancer.

It is only when the cancer is large enough to press on the tube that carries the urine from the bladder (urethra) that symptoms can occur.

These can include:

- needing to pee more often than usual, especially at night.
- difficulty peeing – for example, a weak flow or having to strain to start peeing.
- feeling like you have not completely emptied your bladder.

Sometimes the symptoms of benign (non-cancerous) prostate conditions and prostate cancer is similar. If you have any prostate cancer symptoms, it is important to have them checked by your doctor.

Your GP can do tests to find out if you need a referral to a specialist doctor.

[Click on the link](#) - Prostate cancer awareness month | Macmillan Cancer Support



The independent regulator of health
and social care in England

Report Score

Good



Armed Forces veteran
friendly accredited
GP practice



MARCH 2024 - NEWSLETTER

Use the right
NHS service
at the right
time



Self-care

Hangovers. Coughs. Colds.
Bruises and grazes. Small cuts.



NHS 111

Feeling unwell? Need medical
advice? No GP to call?



GP advice

Persistent symptoms. Chronic
pain. Long-term conditions.



Pharmacy

Minor ailments. Bites and stings.
Upset stomach. Medication advice.



Minor Injury Unit

Breaks and sprains. Minor burns and
wound infections. Cuts and grazes.



A&E or 999

Choking. Severe chest pain. Breathing
difficulties. Blood loss. Stroke. Sepsis.

Better
Health

Let's
do this

NHS

QUIT SMOKING.

1. Pick a quit date and add it to your calendar.
2. List your reasons to quit.
3. Use stop smoking aids to help manage cravings.
4. You'll have more money for other things.

<https://www.nhs.uk/better-health/>

NHS 'Help Us, Help You'- Pharmacy Campaign

Think pharmacy first – Treating.

- Earache, Insect bite/stings, Colds - congestion
- Eye – conjunctivitis, dry/sore tired eyes, red eye
- Gastric – diarrhea, constipation, infant colic
- Gynae – cystitis, thrush. UTI's
- Pain – acute pain, ankle or foot, hip or pain swelling, knee, or leg pain
- Skin – athletes' foot, blisters, dermatitis, dry skin, and hair loss
- Mouth/Throat – Cold sores, flu like symptoms, hoarseness. Swelling – lower limb, foot, ankle



Patient Participation Group Meeting – the date of the next meeting to be confirmed.

This is an open meeting, but due to limited spaces we appreciate knowing who is planning to attend in advance.

The PPG is a group of volunteer patients, carers, the practice manager and one or more of the GPs from the practice. A PPG is open to every patient on the GP practice list. All communities, groups, genders, ages, ethnicities, and disabilities representing the patient list are encouraged to join. There are no other membership requirements except that patients must be registered at the practice.

Why should I join: -

- You have been to the surgery as a patient, parent, or carer.
- You would like to support the surgery in offering the best patient care.
- You will also gain a better understanding of the NHS and gather feedback from other patients.

If you would be interested in learning more, do please contact our Chair jschroder@btinternet.com or Deputy Chair faith.hallett1@gmail.com. We will be delighted to hear from you.

DEFIBRILLATOR LOCATIONS

Bredon Hill	Westmancote	Eckington
Outside the Village Hall	Outside the Cricket Club	Eckington Parish Hall
Outside Drapers Shop	In the old telephone kiosk by the junction	Eckington Recreation Ground
In the old telephone kiosk at Queensmead		
Kinsham	Bredons Norton	Bredons Hardwick
In the old telephone kiosk on the main road	Outside the Village Hall	Outside the Cross Keys Pub

Useful Links on our Surgery Website:

<https://www.bredonsurgery.nhs.uk/health-information/prescription-dispensary-information/>

<https://www.bredonsurgery.nhs.uk/health-information/carers/>