



PATIENT PARTICIPATION GROUP

SPRING 2025

QUARTERLY NEWSLETTER

You can also find a copy of this newsletter on our practice website. Have you used the practice website to find information? The search facility at the top of the page is very useful: - www.lapalmedicalpractice.co.uk

Next newsletter will be issued in June.

MISSED APPOINTMENTS UPDATE

In January there were 29 GP appointments that patients did not attend and 73 Nurses/Phlebotomists appointments missed. Please cancel if you cannot attend to give someone else the opportunity to have the appointment.

DO MORE WITH THE NHS APP

Most people use it to view their GP health record, nominate a pharmacy and order repeat prescriptions. It's also useful for getting health advice through 111 online, finding NHS services near you, checking symptoms and treatments, registering your organ donation decision and taking part in health research.

To create an NHS login account you must be aged 13 or over and have an email address and mobile phone. If you want to set this up on your mobile phone just open the App store or Google Play, search for NHS APP then select to install the app and then follow the instructions to set up a password and work through the verification process using a photo of your uk passport or uk drivers licence.

RETAINING HEALTH RECORDS FOR FUTURE USE

Currently hospital records are not recorded on the NHS app only GP appointments and results from GP tests, nor are private medical treatments so it is worthwhile keeping your own record of surgery dates, physio sessions, scans etc in case you need a follow up with your GP at a later date as it will help them understand your medical history and support your treatment or referral to specialists.

NHS HEALTH CHECK FOR OVER 40'S

It's often referred to as the mid-life MOT. If you are not on any regular medication a general health check is offered to over 40's. If you missed yours you can still request an appointment and a nurse will check your blood pressure, weight, cholesterol and diabetes risk.

These measurements can give a good indication of whether someone is at risk of developing life threatening conditions and provide support to help you reduce that risk.

CHANGE NHS 10 year plan: Help build a health service fit for the future

Here is a summary of the story so far. For more information go online to change.nhs.uk and register for further updates.

When the Prime Minister and the Secretary of State for Health and Social Care launched Change NHS, they said they wanted this to be the biggest ever conversation about the NHS. And that's just what we've done.

Since we launched Change NHS in October 2024:

- more than 1 million visits to the Change NHS website
- over 60,000 of you have responded online to tell us what matters to you
- another 800 Integrated Care System leaders - from the NHS and local government - have attended regional events to talk about the plan
- we've continued to have conversations on the future of healthcare in England with partner organisations and local health and care systems

In November 2024:

- we began a series of initial in-person discussions with the public that we're holding in every region of England with 120 members of the public at each event
- we held a set of workshops with health and care staff across England to get their views on how we can deliver the "three shifts"
- we launched a community engagement page where organisations and local health systems could find a workshop to host their own conversations with their communities

In December 2024:

- concluded our initial in-person events with the public across England
- analysed the responses we received from organisations to inform the next phase of the Plan's development

In January 2025:

- we updated the website and contacted everyone who registered with more activities so they could have their say on priorities

In February 2025:

- launched more workshops with staff, taking place in person across England
- organisations and local health systems running workshops had to submit final insights by 5pm on the 14th of February

In Spring 2025:

- we will hold a National Summit to bring together a selection of the public and workforce who attended the regional deliberative events to help us finalise the plan

"Remember its your NHS, so have your say about the 10 year plans for our precious NHS."

A PLACE OF WELCOME

Offers your neighbourhood a place where everyone can go for a friendly conversation and free refreshments, if and when they need it, all year round.

Monday

Springs Community Café, Zoar Chapel, Abbey Road, Gornal Wood,,DY3 2ND- 9:30 -14:30
Woodside Internet Centre, Hallchurch Road, Holly Hall, Dudley,DY2 OT0-10:00 - 15:30
CfED's Community Hub, Holloway Chambers, 28 PrioryStreet,Dudley,DY1 1HA -
Mondays-Thursdays 9:30-15:30

Tuesday

St Peter's Church, Hiplands Road, Lapal, Halesowen. B62 0BH - 14:00 - 16:00
Food Cycle, St Francis Church, Laurel Road, Dudley,DY1 3EZ- 13:00-14:00
Darkhouse Baptist Church, DarkhouseLane, Coseley,WV14 SXH- 14:00- 16:00

Wednesday

The Hub, Primrose Hill Community Church, Chapel Street, Netherton, DY2 9PN- 9:30-12:30
ABC Group, St Augustine's Church, Hallchurch Road, Holly Hall, DY2 OTG- 10:00-12:00
St Chad's Church, Oak Street, Coseley,WV149TA- 10:15-12:00
St Mary the Virgin Parish Church, Gorge Road, Hurst Hill, Sedgley, WV149RH 13:00-15:00
Top Church, St Thomas and St Luke's, High Street, Dudley, DY1 10D- 13:15 - 15:00

Thursday

Pom-poms for Loneliness,Jack Newell Court,Jevon Street, Coseley,WV14 9LD- 10:00 - 12:00

Friday

Hasbury Community Church, 26 Albert Road, Halesowen, B63 4SW - 10:00- 15:30
Carters Lane Baptist Church, Carters Lane, Halesowen,B62 0BX- 10:30- 12:00
Open Door Cafe, ChristChurch, HighStreet, Lye, DY9 SLF- 11:00 - 13:00

Saturday

St John's Church, Leys Road, Brockmoor, DYS 3UR- 10:00-12:00

Sunday

Black Country Mental Health, The Hub, Bushy Fields Hospital Site, Bushey Fields Road, Dudley, DY1 2LZ- 15:00 - 17:00

'If arriving by car, please call 07951580792 for site barrier code

"A place where everyone can feel safe to connect, belong and contribute"