



PATIENT PARTICIPATION GROUP

SUMMER 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 September.

MISSED APPOINTMENTS UPDATE

In April there were 27 GP appointments that patients did not attend and 83 Nurses/Phlebotomists appointments missed. Please cancel if you cannot attend to give someone else the opportunity to have the appointment.

PRACTICE NEWS

Dr Bhavsar left on 17th April to take up a new position so recruitment is underway to replace him.

TRAVEL JABS

Most vaccines are given at least 2 weeks before travel, and some more complicated regimes take longer. Please try to give us prior notice (preferably 6 weeks).

Using the link below please fill in the online questionnaire for the surgery to review and book your appointment.

<https://www.lapalmedicalpractice.co.uk/clinics-and-services/holiday-vaccinations/>



SUN SAFETY

Advice for adults and children on sunscreen and sun safety in the UK and abroad.

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen
- make sure the sunscreen is not past its expiry date.
- do not spend any longer in the sun than you would without sunscreen.

BABY SAFER SLEEPING TIPS

As the weather heats up, now is an excellent time to consider safer sleeping tips for babies.

- Avoid your baby overheating - try to keep the room temperature between 16 to 20 degrees centigrade
- Lie your baby on their back for every sleep - day and night. Use a firm, flat, waterproof mattress
- The risk of sudden infant death syndrome is 50 times higher for babies when they sleep on a sofa or armchair with an adult

For more tips and information, go to the [Healthy Dudley website](#).

OVER 50's FORUM

Would you like to join a friendly forum to improve later life for yourself, your family, and neighbours. We discuss topics that help us age well and make a difference for older people in the borough. Share your views over tea, biscuits, and conversation.

We meet at 1:30 pm on the third Monday of each month at Castle Mill, Burnt Tree, Dudley, DY4 7UF. Free parking and toilet facilities are available.

Our 2025 meeting dates are:

- 16 June, 21 July, 18 August, 15 September, 20 October, and 17 November.

For more info, contact Kerry Davies at 07794 618943 or kerry59@btinternet.com

MENTAL HEALTH CONTACTS

There are many ways to access the support you need quickly and in the right place for your circumstances.

Help in a crisis

- **Call NHS 111 and press option 2:** Mental health professionals are available 24/7 to listen to your concerns, assess your needs, and guide you to appropriate care
- **Text 07860 025 281**
- **Visit a Sanctuary Hub:** Access face-to-face emotional support. Find locations on Dudley Council website : dudleyci.co.uk
- **Visit the local suicide prevention website:** The [reach out website](#) is useful for those thinking about suicide, worried about someone, or if you've been affected by suicide.

Other support available

If you're experiencing domestic abuse:

- Call the National Domestic Abuse Helpline on 0808 2000 247 or contact Black Country Women's Aid at 0121 552 6448 for confidential help and advice

For children and young people:

- **Black Country services:** visit [urgent mental help for my child](#)
- **Young people** from the Black Country can download the Wysa Wellbeing AI app and use our QR codes for free premium access. Visit: [Useful Apps](#)
- **Children and family care** support information is available on the [Dudley Council website](#)
- **Childline:** Call 0800 1111 or visit [Childline](#)
- **YoungMinds Parent Helpline:** Parents concerned about their child's mental health can call 0808 802 5544 or visit [YoungMinds](#)
- **Kooth:** Free online counselling and self-help resources for ages 11-25. Visit [Kooth](#)

Additional self-help options:

- **Samaritans:** Call 116 123 (24/7) or visit [Samaritans](#)
- **Anxiety UK:** Call 03444 775 774 (Mon-Fri, 9:30am-5:30pm) or visit [Anxiety UK](#)
- **Rethink Mental Illness:** Call 0300 5000 927 (Mon-Fri, 9:30am-4pm) or visit [Rethink](#)