

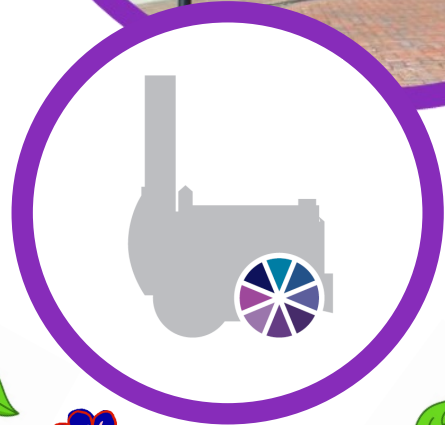
LION HEALTH

Spring 2024 Newsletter

Welcome

Please see inside for information about how to arrange tests, meet the wider team and also healthcare advice.

At the end of March we said goodbye to **Partner Dr Glenys Wilson** who retired after 27 years at the Surgery. We wish Dr Wilson a fantastic retirement full of adventures. A huge thank you from the team!



10 years of Lion Health

During this month the Practice celebrated 10 years of Lion Health!

In April 2014 the surgery first opened its doors to Stourbridge and its surrounding community. Many smaller local surgeries such as Worcester Street Surgery merged to form Lion Health medical practice. 10 years on in 2024, we have 28,000 patients registered with us.

Our current partners are: Dr Simon Carvell, Dr Stephen Mann, Dr Lisa Jones, Dr Heidi Kerr, Dr Victoria Hobbs, Dr Richard Evans and Dr Michael Wilcox.

We look forward to another 10 years of striving to adapt and develop to changes within healthcare as best we can, with the patients at the heart of what we do.

To view our 10 year anniversary video on YouTube please access via the link: <https://youtu.be/qljc6RM2k1M?feature=shared>



Appointments line -

01384 460 111 (open 8am to 6:30pm)

General Inquiries-

01384 460 999



www.lion-health.co.uk



www.facebook.com/LionHealthGP/

Meet the team

First Contact Mental Health Practitioners

First Contact Mental Health Practitioners (FC MHP) are experienced Registered Mental Health Nurses, and see patients directly without them having to see a GP. They bring a wealth of experience and specialism to general practice given their background and expertise helping patients with mental ill-health. Up to 40% of GP appointments are related to patients mental health, involving these nurses within the team means our patients have access to specialist support sooner and can be helped on the road to recovery quicker.

This service allows:

- faster access to appropriate mental health expertise.
- Early detection of mental health difficulties
- Active management to reduce number of patients who fall between primary and secondary care services.

During an initial appointment a mental health practitioner will ask some questions and may use some screening tools to help them understand the nature and extent of your concern. They will discuss support options available and together with you, decided on the next course of action. It may be agreed that they speak to you again to review how you are getting on or to give you time to consider what happens next. There may be cases where medication is needed and they are able to advise regarding this. If this is the case they will liaise with a prescriber to arrange a prescription, or may be a prescriber themselves. You can access these appointments directly by speaking to our reception team. No referral from a GP is required. These are usually face to face but can be arranged as telephone if required.

If you or someone you know is struggling with mental health issues, speak to someone at the surgery who can arrange the right support for you.

Mental Health Awareness Week 13th –19th May 2024



The Mental Health Foundation has set this years MHAW as ‘Movement: moving for our mental health’. The goal is for you to move your way by finding something that moves your body and mind.

Being physically active is great for our bodies and our minds. Exercise has been proven to reduce anxiety and depression and can also help prevent physical illness. To find out more about how you can move your body and mind this month please visit:

[Mental Health Awareness Week 2024 - Mental Health UK \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org)

Movement doesn't need to look like going to the gym, running a marathon or taking part in a team sport and it doesn't need to be a substantial cost. It can be dancing in your kitchen whilst you cook, stepping off the bus a few stops earlier, taking you child to the park.

For further support and advice please visit: [Mental health - NHS \(www.nhs.uk\)](https://www.nhs.uk)





Clinician's Corner



Asthma Awareness

Asthma is a chronic lung disease which causes difficulties in breathing and affects the sufferers to varying degrees. Asthma is caused by the swelling and inflammation of the bronchial tubes sometimes in reaction to allergens, exercise, stress or changes in temperature.

Asthma can be controlled through using prevention medication for chronic symptoms and relief medication for flare ups of Asthma symptoms. The key to controlling the symptoms is also through education and understanding.

Asthma is incredibly prevalent in those locations that suffer from low air quality . Around 8 million people in the UK have Asthma which is about 12 in every 100 people. Asthma can start at any age but it most often starts in childhood.

Common symptoms of Asthma can include coughing, wheezing, breathlessness and the feeling of tightness within the chest. Most people with Asthma are treated with inhalers. Inhalers deliver a small dose of medicine directly to the airways.

Asthma Action Plan

An **Asthma Action Plan** is a plan agreed by anyone with asthma and their doctor/ nurse. The plan enables changes to the dose of inhalers, depending on symptoms and/ or peak flow readings.

The plan is tailored to each individual. The plan includes... what to do when unwell, what to do if symptoms become worse with hay fever or exercise, a discussion on ways to reduce exposure to air pollution and what to do if you have a severe asthma attack. If you are concerned you may have any of these symptoms we would recommend you seek an appointment to discuss your concerns with a member of the health care team.

For more information please visit: [Asthma](#) | [Asthma + Lung UK \(asthmaandlung.org.uk\)](#)



Appointments line - 01384 460 111 (open 8am to 6:30pm)

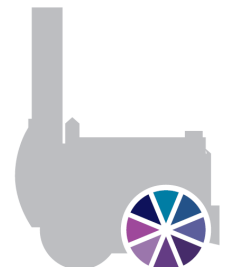


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February–April, Lion Health offered...

GP Face to face
appointments
5168

GP telephone
Appointments
2549

Home Visits
164

As well as this, there have been...

DNA (missed)
appointments
1165

Referrals made
1536

Medications issued
15220

Booking Blood Tests & X-rays

Please be aware that there is still a booking system in place for both blood tests and X-rays. There is no longer a walk-in service.

Blood tests

There are a number of locations where you can have your blood test done locally, including Corbett Hospital, Merry Hill Shopping Centre (on the ground floor, near the NatWest Bank) and Russells Hall Hospital. Please be aware children's blood tests (those under 16 years of age) can still only be carried out at Russells Hall Hospital. To have your blood test done, you will need to use the online booking system by visiting

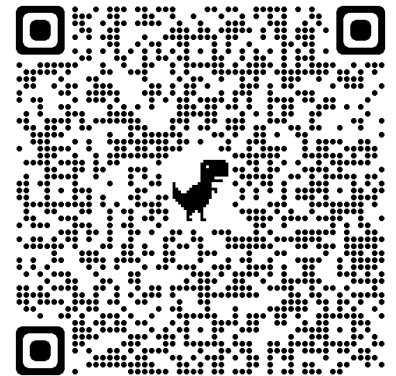
www.dgft.nhs.uk/patients-and-visitors/blood-tests/

Please remember to take your blood test stickers with you, as the team will be unable to take your blood if you do not have these which will lead to unnecessary delays in your care. Our reception team are able to print these out for you.

X-rays

X-rays can be carried out at Russells Hall, Corbett or Guest Hospitals. You can arrange your X-ray by calling 01384 244 722. Please call the day after your appointment with us, as it can take 24 hours for the hospital to receive our X-ray request. Phone lines are open between 9am – 4.30pm, Monday to Friday.

You do not need any paperwork for this appointment; the hospital will have it all on their system.



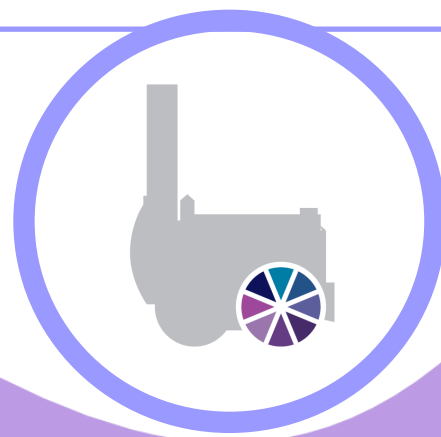
Your results will be sent to the requesting GP (or your named GP if it was a locum GP or other health care professional who requested them). We operate a 'no news is good news' policy so be reassured that a follow-up appointment will be arranged by the team if it is appropriate to do so, or if it has previously been agreed with you.

Support for Carers: Carers Week 2024

10th-16th June is National Carers Week. This is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much needed support.

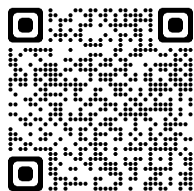


Carers UK help provide lots of vital information on how carers can access a range of support in **finance, health and wellbeing, career and work, technology and equipment as well as practical support.** To find out more about carer support please visit: [Help and advice | Carers UK](#).



Useful Telephone Numbers

Russells Hall Hospital	01384 456 111	Dudley Social Services	0300 555 0055
Russells Hall appointments line	01384 365 100	Community Midwives	01384 244 358
Blood test appointment booking line	01384 365 165	Health Visitors	01384 323 186
Corbett Hospital X-ray booking line	01384 244 722	Patient Transport	01384 679 047
Russells Hall X-ray booking line	01384 244 617	Imperial Wax (Ear Syringing)	01384 422 0156
Bushey Fields Hospital	01902 607 000	Macmillan Nurses	01384 321 523
Dudley Talking Therapies	01384 324 664	Atlantic House	01384 426 120
Mental Health Crisis Line	01384 324 578	Citizens Advice Bureau	03444 111 444
District Nursing Team	01384 323 179	Abdominal Aorta screening	01384 321 125
Stourbridge Health & Social Care Ctr	01384 323 766	Breast screening team	01384 244 177



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