



The Limes Medical Centre

Newsletter

Winter 2019

Are you a carer?

If you are a carer for someone - whether for family or a friend - please let the practice know. You may be entitled to assistance from the NHS or the Local Authority. You may also be entitled to a free flu vaccination each year.

Have a look at our Carers' Corner in the practice, to see what kinds of support are available, and why it's important that you speak up, to make sure both you and the person you are caring for can receive the help that you may require.



Keeping your lungs healthy this winter

We can all develop coughs and colds in the winter months – and thankfully our body is usually able to fight these minor infections without any prescription medicines. For those of you with asthma or COPD, it can be an especially difficult time. Here are a few tips to keep well this winter:

- Use your 'preventer' inhaler regularly – these come in all sorts of colours except blue.
- Use your 'reliever' inhaler when you need it – these are usually blue
- If you have asthma and are using a blue inhaler more than 3 times a week, this can be a sign that your asthma is not as controlled as it could be. It's worth booking in with a GP or nurse so we can discuss your options together



Stay Warm – and well – this winter

Although winter weather and snow can be fun for some, the cold is also associated with an increase in illness and injuries. Here are 5 helpful pieces of information for you and your family.

- Heat the home: Heat your home to at least 18°C (65°F) if you can.
- Fit draught proofing around windows and doors, consider loft insulation, make sure cavity walls are insulated. Draw curtains at dusk and to make sure your radiators are not obstructed by furniture.
- Dress warm: Wear lots of thin layers instead of one bulky layer.
- Move a little or a lot: Not only will moving more keep you healthy, it can keep you warm too.
- Pharmacy first: If you feel unwell, even if it's just a cough or a cold, your pharmacist can advise you. Pharmacists are fully qualified to advise you on the best course of action.



Important Dates – December, January, February

PPG Meeting: Tuesday 3rd December 2019 – The Limes Medical Centre, Main practice, 1pm

PPG Meeting: Wednesday 4th December 2019 – The Limes Medical Centre, Branch Practice, 1pm



The Limes Medical Centre

Useful Information

Main Practice

The Limes Medical Centre
Cooksey Road
Small Heath
Birmingham
B10 0BS
0121 772 0067

Reception	
Monday	0830 – 1830
Tuesday	0830 – 1830
Wednesday	0830 – 1830
Thursday	0830 – 1830
Friday	0830 – 1830
Weekend	CLOSED – but pre-booked appointments at SDSmyhealthcare hub are available

Branch Practice

Finch Road Primary Care Centre
Finch Road
Lozells
Birmingham
B19 1HS
0121 255 0280

Reception	
Monday	0930 – 1300, 1630 – 1830
Tuesday	0930 – 1300, 1630 – 1830
Wednesday	0930 – 1300, 1630 – 1830
Thursday	0930 – 1300
Friday	0930 – 1300, 1630 – 1830
Weekend	CLOSED – but pre-booked appointments at SDSmyhealthcare hub are available

Online

www.thelimesmedicalbirmingham.nhs.uk

Small Heath NHS site: <https://www.nhs.uk/Services/gp/Overview/DefaultView.aspx?id=41559>

Finch Road NHS site: <https://www.nhs.uk/Services/gp/Overview/DefaultView.aspx?id=39184>

Practice Manager

Noman Ahmed

GP Patient Survey

If you receive a letter looking like this, please complete it and send it back in the envelope provided, it gives you the chance to say how our service is doing.



Patient Participation Group

Please talk to the receptionist if you are interested in joining our patient participation group (PPG) - this group can tell us what is going well and where we can consider doing things differently.

Don't Forget

We're a Parkrun Practice – all patients that wish to can join many others at Cannon Hill Park every Saturday at 0930 for a run, jog, or stroll to help keep you active, for free!

