



### Check-in Services

The GP surgery check-in service allows patients to quickly and easily register their arrival for appointments, reducing wait times and streamlining the process.

**Location:** Reception Area

### NHS Online Appointment Services

Online appointments will be available on the NHS app daily at 6 p.m. for the following day's bookings. Patients can access the app and begin scheduling their appointments at that time. This provides a convenient way to book appointments online, ensuring easy access to healthcare services.

### Repeat prescriptions.

A GP must authorise every repeat prescription. This takes 48 hours/2 full working days. Please Note, at busy times, it may take little longer.

Day Request Received	Day your [Prescription/ Medication] is ready to collect after 2.00 Pm
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Monday
Friday	Tuesday

\*\*\*Please note, you can request a repeat prescription online, ask a member of our staff for the details. We do not accept repeat prescription over the phone. \*\*\*

*This can help us save a GP appointment for you when you really need it.*

**Thank you for your understanding.**

Pre-bookable Slots for following week  
Call Every Friday  
Between  
5:00PM & 6:00PM

**KIRPAL MEDICAL PRACTICE  
&  
DR. BHALLA & PARTNER'S**

APRIL NEWSLETTER  
Information for Patients

Updated: 29/03/2025
Review: 28/04/2025

<https://kirpalmedicalpractice.co.uk/>  
<https://www.drballaspractice.nhs.uk/>

Phone Number: 0121 203 5100 Bhalla  
 Phone Number: 0121 203 5040 Kirpal  
**Address:** 247-251 Soho Road Health Centre, Handsworth, Birmingham B21 9RY

OPENING TIMES	
Monday	8:00Am – 06:30Pm
Tuesday	8:00Am – 08:00Pm (Extended Access 06:30 Pm – 08:00 Pm)
Wednesday	8:00Am – 06:30Pm
Thursday	8:00Am – 06:30Pm
Friday	8:00Am – 06:30Pm
Saturday	<b>Closed</b>
Sunday	<b>Closed</b>

**Disclaimer:** Appointment times are 9am till 11.30am for the morning and 3pm till 5.30pm for the afternoon.

## Stress-Free Awareness Month Prioritizing Mental Well-Being

April is recognized as Stress-Free Awareness Month, a time to focus on reducing stress and improving mental well-being. Stress is an unavoidable part of daily life, but chronic stress can lead to serious health problems such as heart disease, high blood pressure, anxiety, and sleep disorders. This month aims to raise awareness about the importance of managing stress and the positive impact it has on overall health.

During Stress-Free Awareness Month, individuals are encouraged to explore strategies for coping with stress, including mindfulness, deep breathing, and physical exercise. Additionally, adopting healthier lifestyles—such as maintaining a balanced diet and getting enough sleep—can play a vital role in reducing stress levels.

Creating a calm, organized environment both at home and work is also key to managing stress. Simple practices like decluttering your space, setting boundaries, and taking regular breaks can significantly reduce daily pressures.

By promoting awareness of the benefits of stress management, this month serves as a reminder that mental health is essential to a happy and productive life. Take this opportunity to prioritize your well-being and explore ways to reduce stress for a healthier, more balanced lifestyle.

## Join Us for the PPG Meeting in Surgery – April 17, 2025

We are excited to invite you to the upcoming Patient Participation Group (PPG) Meeting in Surgery, scheduled for April 17, 2025. This important event will provide an opportunity for patients, healthcare professionals, and community members to come together, discuss issues related to healthcare delivery, and explore ways to improve patient experiences in the surgery department.

The meeting will focus on key topics such as patient care, new initiatives in surgery, and how we can further enhance communication and support for patients. It's an excellent opportunity to share your thoughts, ask questions, and contribute to the ongoing efforts to improve healthcare services.

Whether you are a patient, a caregiver, or someone interested in better understanding the surgical process, your participation will be invaluable. The PPG plays a crucial role in shaping healthcare decisions and ensuring the voice of the patient is heard.

**Date: April 17, 2025**

**Time: 01:00Pm – 02:00Pm**

**Location: KIRPAL MEDICAL PRACTICE**

We look forward to seeing you there and working together to continue improving the care we provide. Your input is essential to making a positive difference in our healthcare community!

## Support & Talk: Making Sense of ADHD

Join our free webinar by ThinkADHD.

Upcoming Webinar Dates:

1st April | 8th April | 15th April | 24th April



### Free ADHD Webinars for Parents & Carers

- Looking for support and guidance on ADHD? Think ADHD is offering free 60-minute webinars covering key topics like Making Sense of ADHD and Navigating the Diagnostic Process. Each session includes expert advice and an open discussion space.
- Book your free place or explore more dates here: <https://www.eventbrite.co.uk/o/relate-birmingham-and-black-country-105693011121>

In an emergency, Visit A&E  
immediately or call 999.

**FOR ANY FURTHER DETAILS OR  
QUESTIONS, PLEASE FEEL FREE TO  
SPEAK TO A RECEPTIONIST.**