

August 2023

# Bournbrook Varsity

## Practice Newsletter

Welcome to our Practice newsletter!



*This Edition:*

- NHS App
- PPG
- Flu Season
- Contraception
- Social Media
- Management Team
- Change of opening hours

Do more  
with the  
NHS App!



### What does the NHS App do?

- Book, view and cancel **appointments** with your GP Surgery
- Order repeat **prescriptions**
- View your GP health **record**
- Nominate a **pharmacy**
- Register your **organ donation** decision
- Search **symptoms**, condition and treatments using the health A-Z
- Get health **advice** through 111 online
- Check your **NHS Number**  
And much more!

The NHS App is owned and run by the NHS. It can be accessed by anyone aged 13 and over registered with an NHS GP surgery in England or Isle of Man. Once you have verified your identity in the app, you will have easy, 24/7 access to a growing range of health services and information. It doesn't replace existing services. You can still contact your GP surgery in the usual ways.

### Your PPG Needs YOU!

The PPG (Patient Participation Group) hold quarterly meetings and aims to act as the 'voice of patients', reflecting local views and opinions and thereby having a say in changes and decisions taken within the Practice.

If you would like to join, please leave your details with reception and we will be in touch.



### Flu Vaccinations 2023

Flu season is nearly upon us! Watch out for your invitation which will come through as a text message with a self-book link when there are clinics available to book into, or you will receive a letter in the post!



## Contraception

Did you know that we offer a range of FREE Contraceptive Services

- ❖ Pills
- ❖ Injections
- ❖ Implants
- ❖ Intrauterine Devices
- ❖ STI screening

Ask at Reception for more information and to book an appointment for any of these services. If you're aged 16 or over and living in Birmingham or Solihull, you can request a free sexually transmitted infection (STI) self-sampling kit. We have these in Reception, so you can come and ask for a '*Brown Box*' anytime during our opening hours. You can use the kit to take your own samples at home and send them back to Umbrella. They'll then test your samples and let you know the results by phone or text message.

See what other services they offer at [umbrellahealth.co.uk](http://umbrellahealth.co.uk)



## Meet the Management Team

Dr Christina Allen – GP Partner

Dr Matthew Swallow – GP Partner

Miss Emma Brelsforth – Acting Practice Manager

Miss Emma Vanderstam – Operations Manager

Miss Amy Green – Operations Manager

## Social Media

Did you know as well as our Website, we are on Facebook, Instagram and Twitter?

Follow us to find regular updates about the Practice along with current NHS campaigns!



Facebook @BournbrookMC

Instagram @bournbrook\_varcity\_mc

Twitter @BournbrookMC

## Opening Hours

Please note that from September our opening hours are slightly changing!  
From **Monday 4<sup>th</sup> September 2023**, instead of being closed every Monday between 12:30pm-2:00pm, **we are going to be closed every Wednesday between 12:30pm-2:00pm.**

Here are our opening hours from 04.09.23

Day	Phone Lines	Premises
Monday	8.00am – 6.30pm	8.00am – 6.15pm
Tuesday	8.00am – 6.30pm	8.00am – 6.15pm
Wednesday	8.00am – 12.30pm 2.00pm – 6.30pm	8.00am – 12.30pm 2.00pm – 6.15pm
Thursday	8.00am – 6.30pm	8.00am – 6.15pm
Friday	8.00am – 6.30pm	8.00am – 6.15pm
Saturday	Closed	8.30am – 10.45am



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