

Newsletter - 13 For Patients

By the Patient Participation Group
September - October 2016

Meet Our Doctors and staff - 2. Dr Kalia

I am a local lad and was brought up in Birmingham. I eventually left the Midlands to attend university: first at the University of Leicester where I completed my BSc, followed by a year-long Masters at Imperial College in London. I then entered medical school as a 'mature student' when I was 23 at Hull York Medical School. After completing my training I returned to the Midlands to be close to my family.



I have been working all over Birmingham as part of my training to become a GP. Being from the local area I have always had strong ties to the local community and a sense of belonging here compared to my nomadic lifestyle all over the country attending different universities.

I was a patient at the practice before I became a member of staff, which gave me an excellent insight of how friendly the staff all were and patients were. I began my career at Bath Row in November of 2014 as a salaried doctor to replace the work of Dr Morgan. I thoroughly enjoyed my time as a salaried member of staff and towards the end of last year was fortunate to be offered a chance to become a partner.

I am married with one toddler. Being a new dad has been an amazing experience. In my spare time I am a big football fan (I support Liverpool) and have often fancied myself a bit of Steven Gerrard as I play 5 a side. I hope to be at the practice for a long time and have thus far enjoyed getting to know the patients and building relationships. I think we have an excellent team here at the practice with a mixed skills set who are all very keen and willing to help our patients in every way they can.

Dr. S. Kalia MB. ChB. MRCPGP Partner

Birmingham Cycle Revolution is on!

Birmingham City Council with stakeholders such as Push Bikes (www.pushbikes.org.uk) Sustrans and 20's Plenty are committed to increase cycling in the city using our wonderful canal network and dedicated cycle routes. Paths have been upgraded along the canals and new routes are available around the city -so you can cycle to work, shopping or for pleasure without being splattered by muddy puddles! At the same time the exercise keeps your heart, lungs and body fit.

It's a win,win policy!

Speed limits are changing on most roads in the centre of the city to 20mph, making walking and cycling safer and more pleasant. It's a great opportunity to get out on foot or bike and feel good. Go to :-

www.birmingham.gov.uk/birminghamcyclerevolution and you can follow on Twitter or Facebook too.

'Birmingham Big Bikes' and the Wellbeing team at the Council have given hundreds of bikes to citizens in the city. The scheme includes instruction on cycling and how to be safe. New owners attend courses on how to maintain their new orange bikes too. Folks who found it difficult and expensive to get out and about are enjoying their new freedom and keeping fit at the same time. Spring 2017 will see a further 1,000 orange bikes given to Individuals and community groups, plus a new family - focused bike library scheme - providing refurbished bikes **To encourage families to cycle together.**

Go to: www.birmingham.gov.uk/bbb

There are 22 cycle centres now in Birmingham offering free cycling activities, including led rides, learn to ride sessions and cycle maintenance courses. There are two centres close by in Ladywood at the Indoor Arena and Edgbaston Reservoir.

For as little as as £2.50 a day you can rent a foldable bike from locations at NewStreet, Moor Street, Snow Hill, Aston University and Brindley Place. Go to:- www.bromptonbikehire.com

So no excuses - lets get on our bikes! Article by PPG member - Fran



Our CCG (Clinical Commissioning Group)

Held their Annual General Meeting on 6th July 2016

It was **open to the public** and held in the refurbished Stirchley Baths. There were many activities, and many stalls all connected with Health and well-being. Here is PPG member Fran quizzing Dr Ewan Hamnett - who is Birmingham's Champion for tackling Physical Inactivity in Birmingham.

This event is held every year, look out for news of it next year - in adverts everywhere and in this Newsletter.

It is a great 'fun day for the family and a chance to talk to health professionals and to learn about people who might help you. For instance - there was a stall demonstrating different sorts of aids for those with failing sight. We were impressed too with the cafe serving **Healthy foods**. (Here is a photo of some of the people enjoying a free lunch on that day.)



Stirchley Baths Centre (near Bournville Station)

Is now open and a good place to go for many activities - leisure, arts, food, heritage, film and well-being. GO and SEE



Birmingham Walking Tours - FREE

Meet at Birmingham's big new Library in the city Centre at 1.30 pm
Saturdays, Sundays and Wednesdays - For guided tours round the city.
www.positivelybirmingham.co.uk/walkingtour

Come and join the Patient Participation Group (give your name to a receptionist)

Our next meetings are at 6.15pm
Here at the Surgery on these dates:-

Wed 21st - September 2016

Wed 19th October 2016

Editor's Note

Wed 16th November 2016

You can see the Minutes of PRG meetings and all editions of The PRG Newsletter on the Practice website.

www.bathrowmedicalpractice.co.uk

Childrens Page Colour the Picture

Ask at Reception for coloured pencils



PARK LIVES RETURNS TO BIRMINGHAM

Brand new activities were aimed to make ParkLives bigger & better as it returned to the city for a third year. Parklives is a programme offering free and fun activities in parks and green spaces in the city.

It is run by Coca-Cola Gt.Britain in partnership with Active Parks, part of the Birmingham Wellbeing Service. This year Parklives offered more than 30 fun and informal activities with brand new sessions including laughter yoga, alongside returning favourites such as Zumba, Tai Chi & Nordic Walking.

Daily sessions are now available to join in 44 parks across the city, and an extended programme was run through the school summer holidays in 60 parks.

A new timetable will be available over the winter months when many sessions will continue.

The timetabled sessions are an hour long & led by Supportive & friendly trained instructors from the local area.

A full timetable – including a postcode-led local park finder can be found at www.parklives.com

Article by Marie PPG member

NATIONAL EYE HEALTH WEEK 19-25 Sept 2016

The seventh annual National Eye Health Week will take place during the above dates. Once again, eye care charities, organisations and health care professionals from across the UK are joining together to promote the importance of eye health and the need for regular sight tests. Vision really matters. Sight is the sense people fear losing the most, yet many of us don't know the best way to look after our eyes. National Eye Health Week aims to change all that. We are also trying to 'do our bit' with some top tips for good eye health (with help from www.visionmatters.org.uk

Regular check ups. Get your eyes tested every two years even if you think your vision is fine. 1.8 million people in the UK are living with sight loss. For 53% of these, a simple eye test and new spectacles could really help. Some eye conditions, for example glaucoma, may not show any noticeable symptoms, so check ups are vital. Also other health conditions such as high blood pressure and diabetes may be detected during a sight test.

Quit the habit. Current smokers are up to four times more likely to develop macular degeneration (the UK's leading cause of blindness) compared to past smokers or non-smokers.

It's all relative. Talk to your relatives about their eye health as some conditions such as glaucoma have genetic links.

Be cool in the sun. Protect your eyes when it is sunny or in high glare areas such as near snow or water. Cumulative UV exposure can increase your risk of developing cataracts or macular degeneration. When choosing sunglasses make sure they are safe as well as stylish. Look for the CE,UV 400 or British Standard marks.

Protect your eyes. If you work with hazardous or airborne materials at work or at home wear safety glasses or protective goggles to avoid injury.

Keep fit and healthy. Your overall health will benefit from a healthy lifestyle with regular exercise and a good varied diet. Factors which can help maintain good eye health.

Be screen smart. Staring at a computer for long periods can cause 'screen fatigue' – sore, itchy or tired eyes, headaches and temporary blurring. So, it is important to take regular breaks from the screen.

Researched from 'Vision Matters' and 'NHS Choices'
Marie – PPG Member

Members of our Patient Participation Group



-were talking to patients in our waiting room
June 6th - June 10th 2016

Marking National - PPG Awareness week

Once again members of the BRMP Patient Participation Group (PPG) marked the above by ensuring that 2 members of the group were in the surgery most days during the week – an increase on last year's presence. The idea being that we tried to find out something of the patient experience (and pass this onto the Practice) and also to encourage patients to join our recently formed 'virtual group'. In addition we gave out our latest newsletter, Friends and Family test forms, and on one day GP survey forms. On the whole, the patient experience of the Practice was very positive, GP's and other staff being given much praise. The main complaint being the difficulty in getting an appointment, also the absence of the water machine (it was a very hot week)

Most patients were happy to talk to us, although for a few, language differences precluded this, reflecting the wide diversity of the patient group. PPG members felt that this was a worthwhile event and the general impression gained from the patients was that most appreciated the contact with us. We aim to repeat this during next year's awareness week and possibly sooner.

Article by PRG member Marie

Just a thought for this month:-

Life isn't measured by the breaths you take but by the moments that take your breath away. (These thoughts have been sent in by PPG member - Ann)