



EVE HILL MEDICAL PRACTICE NEWSLETTER

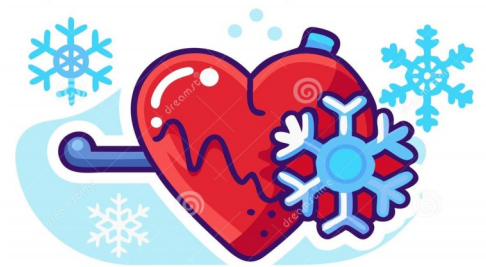


Have you visited our website? www.evehillmedicalpractice.com Join the Eve Hill Medical Practice Facebook and X Page - Eve Hill Medical Practice



Winter Health

As the colder months set in, it's important to take extra care of your health and wellbeing. Winter can bring challenges for everyone, especially for older adults, young children, and those with long-term health conditions. Here are some key tips and services to help you stay well this winter.



Staying Warm and Well

Keeping warm is essential to prevent colds, flu, and more serious health issues such as hypothermia. Try to:

- Keep your home heated to at least 18°C (65°F), especially in rooms you use often.
- Layer clothing and use blankets to stay warm indoors.
- Use draught excluders and close curtains at night to keep heat in.

Coughs, Colds and Winter Bugs

Most winter illnesses such as colds and sore throats can be treated at home with rest, fluids, and over-the-counter remedies. Speak to your pharmacist for advice before booking a GP appointment.

When to seek help:

- Symptoms last longer than 3 weeks
- High fever, chest pain, or difficulty breathing
- Concerns about a child's or elderly person's health

Hand hygiene is your best defence against winter bugs. Wash your hands regularly with soap and water, especially:

- After using public transport
- After coughing, sneezing, or blowing your nose
- Before eating or preparing food



Inside this issue:

Jeans for Genes Day	P2
PPG	P2
Christmas Opening Hours	P2
Cancer Awareness	P3
Flu vaccine	P3



Jeans for Genes day

We Wore Denim for a Difference! Jeans for Genes Day 2025

On **Thursday 18th September 2025**, we proudly took part in **Jeans for Genes Day**, joining thousands of people across the UK to help raise awareness and vital funds for children affected by genetic disorders.

By simply swapping uniforms or usual attire for denim, and making a small donation, our team came together in a fun and meaningful way and we're thrilled to announce that we raised a fantastic **£78!**

Every penny raised will go towards supporting children living with life-altering genetic conditions, helping to fund projects that provide practical and emotional support to them and their families.

A huge **thank you** to everyone who took part, donated, and rocked their jeans for a great cause!



Staff updates

We are pleased to welcome Jess to the team, who has recently joined us on Reception. Jess will be one of the friendly faces greeting and assisting patients, and we're delighted to have her on board.

We would like to inform patients that Dr Artan left the practice at the start of December. We thank him for his contribution to the practice and wish him every success in his new role in Qatar.

We would also like to welcome Dr Hubble and Dr Ajakaiye, who have both joined the practice as GPs. They bring a wealth of experience and we are very pleased to have them supporting our patients and team.

Finally, we would like to wish Dr Chun all the very best as she begins her maternity leave in January. We wish her a happy and healthy time and look forward to welcoming her back in the future.



Surgery Bank Holiday Hours

We will be closed on the following bank holidays:

Thursday 25th December – Christmas Day

Friday 26th December – Boxing Day

Thursday 1st January – New Year's Day

If you need medical advice when we are closed, please call **NHS 111**. In an emergency, always dial **999**.



Patient Participation Group

Our next PPG meeting is yet to be decided, if you wish to become a member please speak to a member of reception or complete an online form found on our website. We will be in touch with current PPG members to confirm attendance in due course.

Minutes of our previous meetings are held on our website:

[Patient Participation Group – Eve Hill Medical Practice](#)





Cancer Awareness

We are pleased to invite members of the community to attend our **Cancer Awareness and Health Drop-In Sessions** at **Provision House**, Dudley. These free sessions are designed to provide information, advice, and support in a relaxed and welcoming environment.

Venue:

Provision House
80–81 High Street
Dudley, DY1 1PY

What you can find out about:

- **Healthy lifestyle choices**, including diet, exercise, and smoking cessation
- **Cancer awareness** and national screening programmes
- **Signs and symptoms of cancer** and when to seek advice
- **Local support services**, advice, and help available in the community

Venue	Date	Time	Session
Provision House, 80-81 High Street, Dudley, DY1 1PY	6 th January 2026	12.00 – 3.00pm	Cancer awareness/information stands, on women's health conditions, Cervical cancer and HPV, with additional information
	3 rd February 2026	12.00 – 3.00pm	Cancer awareness and information stands, on men's health conditions, Prostate, Bowel, Lung and Skin cancer.
	3 rd March 2026	10.00am – 1.00pm	Cancer awareness and information stands, on women's health conditions, Cervical cancer, Breast, Bowel, and Breast cancer. Menopause and bleeding.
	24 th March 2026	10.00am – 2.00pm	General marketplace event, with other health providers present and health checks available on the day.

Cervical screening (smear tests) and bowel cancer screening are important ways to help detect cancer early, often before symptoms develop. Screening can save lives by finding changes at an early stage, when treatment is most effective.

- **Cervical screening** is offered to eligible women and people with a cervix to help prevent cervical cancer.
- **Bowel cancer screening** is offered to eligible adults and helps detect early signs of bowel cancer.

If you think you may be due a **cervical smear**, or if you have questions about **bowel cancer screening**, please contact your GP surgery to book an appointment or discuss your screening options.

To book a smear appointment, contact the surgery on: 01384 254423

If you're unsure whether you're eligible, the practice team will be happy to help.





Opening Times

Monday to Friday
8:00am - 6:30pm
Closed Saturday and Sunday

Extended Hours

Monday and Thursday
6:30pm - 8:00pm

Contact Details

Phone: 01384 254423
Email: bcicb.evehill@nhs.net
Website: www.evehillmedicalpractice.com
OUR LINES OPEN AT 8:00AM

Making an appointment

We offer same access. To make an appointment with a clinician call the surgery on 01384 254423 after 8.00am. You will be offered an appointment for the same working day. Pre-bookable appointments open up throughout the week, these are at a limited number. There will be a choice of doctors according to whom is on duty that day. If you prefer to be seen by a particular doctor, you may be asked to call back on another day. You can pre-book appointments with the practice nurse more than 48 hours in advance.

Prescriptions

Please allow 48 hours or two working days for prescriptions.

Please be aware that we no longer take orders for prescriptions over the phone. You can now order your prescriptions through the post, our online ordering system service, the drop box located in the surgery or through your pharmacy. If you are unsure of any of these methods please ask our patient service advisors for help.

Our doctors are Dr Martin (Female), Dr Shukla (Male) and Dr Davies (Female) who are our partner GP's. Dr Hubble (Male), Dr Hayles (Female) Dr Chun (Female) and Dr Ajakaiye (female) are our salaried GP's. Dr Ashraf (Female), Dr Baghania (male), Dr Mahmood (Male) and Dr Jha (Female) are our current GP Registrar (GP's in training). Asim is our Physicians Associate.

We also have 2 nurses working in the practice, Jackie Jones and Vanessa Bond as well as Donna George our Healthcare Assistant. Kira is our Nurse Associate and our Research Nurse is Andrea.

Kelly Houseman is our Practice Manager. Karen Webb is our Deputy Practice Manager and Kimberley is our Administration/IT Manager.

The GP's secretary is Kim and Falak. The LTC administrator is Ella. The Patient services team is Sam N, Rebecca, Cally, Jessica and Vikesh is our apprentice for this team

The Clinical Admin Team Leader is Sam M, and the Clinical Admin team is Becky and Sophia is our apprentice for this team

How To Order Your Repeat Prescriptions?

A new system has been created so that you can order your repeat prescription. Below are the instructions on how to start using the online system:

1. Collect a form from the surgery at reception. Along with this form you will need two forms of identification, one of the forms of identification must be a photo ID such as Pass-port, Driving License or College ID badge. In some cases you may not be able to provide us with two forms of identification and in this case you will need to see one of our reception staff.
2. Once the form and two forms of identification has been submitted back to the surgery then there will be a 48 hour process.
3. After the 48 hours you will receive an email with your Pin and ID number which allows you to set-up your account, you will be able to come and collect a letter with your Pin number and ID number which will allow you to set up the account. You will need to bring a form of identification again when collecting the information. Alternatively you can ask for the Pin number to be emailed to your personal email account. when completing the registration form.

Don't forget you can only order what is on your repeat prescription!



A Few Helpful Contacts

Here are a few numbers that you may find helpful.

Out of hours or advice:	111
Russell Hall Hospital:	01384 456 111
Mary Stevens Hospice:	01384 443 010
Citizens Advice Bureau:	03444 111 444
Adult Social Services:	0300 555 0055
Dudley Carers Network:	01384 818 723

Here is some websites that you may find helpful.

NHS:	www.nhs.uk
Asthma UK:	http://www.asthma.org.uk/
Diabetes UK:	http://www.diabetes.org.uk/
Dudley ICB	https://blackcountry.icb.nhs.uk

In House Pharmacy Team

We are able to offer assistance with any medication related queries through our pharmacy team. You are able to discuss any problems, changes or confusions with your medication. With the help of our pharmacy team we are able to maintain safe prescribing and ensuring all prescribing is within local and national guidelines.

If you wish to speak to a pharmacist, call through to reception as normal and we can transfer you across.

