

 **Stay in touch**

You can find us online.

- Website: www.evehillmedicalpractice.com
 - Facebook: Eve Hill Medical Practice
 - X (Twitter): Eve Hill Medical Practice
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 **Winter Health**

Staying Well in Cold Weather

Winter can affect your health.

It can be harder for:

- Older people
 - Young children
 - People with long-term health problems
-

 **Keep Warm**

Staying warm helps prevent illness.

You can:

- Keep your home warm

- Heat rooms you use the most
- Wear layers of clothing
- Use blankets
- Close curtains at night
- Use draught blockers

Try to keep rooms warm, especially where you sit or sleep.

Coughs, Colds and Bugs

Many winter illnesses can be treated at home.

You can:

- Rest
- Drink plenty of fluids
- Use pharmacy medicines

 Speak to your pharmacist first

They can often help.

When to Get Help

Contact us if:

- Symptoms last more than 3 weeks
- You have a high temperature
- You have chest pain
- Breathing is hard

- You are worried about a child or older person
-

Wash Your Hands

Washing hands helps stop germs spreading.

Wash your hands:

- After using buses or trains
 - After coughing or sneezing
 - Before eating or cooking
-

Jeans for Genes Day

We Wore Jeans to Help Children

On 18 September 2025, our staff took part in Jeans for Genes Day.

We:

- Wore denim
- Raised money
- Helped children with genetic conditions

We raised £78.

Thank you to everyone who took part.

Staff News

Welcome

We welcome Jess to the reception team.

Jess will help patients at the desk and on the phone.

Saying Goodbye

Dr Artan left the practice in December.

We thank him for his work and wish him well.

New Doctors

We welcome:

- **Dr Hubble**
- **Dr Ajakaiye**

They have joined the practice as GPs.

Patient Participation Group

Have Your Say


We have a Patient Participation Group.

This group:

- **Shares patient ideas**
- **Helps improve services**
- **Works with the practice**

You do not need experience.

Everyone is welcome.

 Please speak to reception
They can tell you more.

Surgery Closed



Bank Holidays

The surgery will be closed on:

-  25th December
-  26th December
-  1st January

These are Bank Holidays.

If You Need Help When We Are Closed

-  Call NHS 111
 -  In an emergency, call 999
-

Cancer Awareness

Free Drop-In Sessions

You are invited to our Cancer Awareness and Health Drop-In Sessions.

The sessions are:

- Free
- Friendly
- Relaxed

 **Where**

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

i What You Can Learn About

At the sessions you can get information about:

- **Healthy eating**
 - **Exercise**
 - **Stopping smoking**
 - **Cancer awareness**
 - **National screening**
 - **Signs of cancer**
 - **When to ask for help**
 - **Local support services**
-

 **Session Dates and Times**

 **6th January 2026**

 **12.00pm – 3.00pm**

- **Women's health**
- **Cervical cancer**

- HPV
 - Information stands
-

 **3rd February 2026**

 **12.00pm – 3.00pm**

- Men's health
 - Prostate cancer
 - Bowel cancer
 - Lung cancer
 - Skin cancer
-

 **3rd March 2026**

 **10.00am – 1.00pm**

- Women's health
 - Cervical cancer
 - Breast cancer
 - Bowel cancer
 - Menopause
 - Bleeding problems
-

 **24th March 2026**

 10.00am – 2.00pm

- General health event
 - Other health services
 - Health checks available
-

Cancer Screening

This Can Save Lives

Screening helps find cancer early.

Early treatment works best.

Cervical Screening

- For women and people with a cervix
 - Helps prevent cervical cancer
-

Bowel Cancer Screening

- For eligible adults
 - Looks for early signs of bowel cancer
-

Booking and Advice

If you think you are due:

- A smear test

- **Bowel screening**

 **Please contact the surgery.**

 **01384 254423**

If you are unsure:

- **The practice team can help you.**
-

 **We are here to help**

Thank you for reading.

Your health is important to us.