

KMP Patient Newsletter



Welcome to our Summer Newsletter! ☀️

As we head into the warmer months, we're bringing you the latest updates from our practice, along with seasonal health tips and helpful information to keep you well over the summer.

We hope you find this edition informative and supportive. Thank you for being part of our community.

KMP Team

Practice News

In April, we were pleased to welcome a new GP registrar, Dr. Guler, to the practice. We look forward to supporting him during his training and having him as part of the team.

We would also like to wish Dr Onyekuru all the very best as she moves on to her next adventure. Dr Onyekuru previously trained with us a registrar and continued to support the practice as a locum GP. We are very grateful for her contribution and wish her every success for the future.

A Few Notes To Remember

- We're proud to be a Veteran Friendly Accredited GP practice. If you're a veteran patient, please do let us know that you have served so that we can make sure you receive the most appropriate and best care, if and when you ever need it. You can learn more about the accreditation and how it supports veteran patients, here: rcgp.org.uk/veterans
- We are proud to be a 'Safe Surgery' for everyone in our community. Everyone in the UK has the right to free care from a GP. If you don't have proof of ID or address, you can still register.

PPG News & Views

Join our Patient Participation Group - new members welcome!

The PPG is made up of a small group of patients. Our purpose is to represent the patients' view. We meet as a group at the Medical Practice every 2 to 3 months. The PPG has a committee consisting of a Chair, Secretary, Treasurer, Communications member, plus a member who monitors the comments and suggestions posted in our suggestion box on the reception desk. We also have non-committee members who wish to help the practice and act as a critical friend, they also attend our group meetings. We are currently seeking patients who have IT, organisational or secretarial skills to join, however, we always welcome new members so if you just want to help as a patient of KMP then please do consider joining our PPG. We would be very grateful for your help and suggestions to improve the patient experience.

Contact us: Ask at Reception, or email the PPG at bcieb.kmpppg@nhs.net or print a membership form from our page on the practice website https://kingswinfordmedicalpractice.nhs.uk/surgery_information/patient_group/.



Support with Low Mood Workshop

Feeling low, unmotivated or not quite yourself?

We can help!
Join us to explore simple and effective ways to boost your mood and take care of your wellbeing. Learn practical tools to help you boost your mood!

Ages 13-17

Friday 1st July 2026
CRANSTOUN ROUTES
Unit L14, The Boulevard
Merry Hill Shopping Centre
Dudley
DY5 1QX
12:00pm – 1:00pm

NHS
Black Country Healthcare
NHS Foundation Trust



MEN'S FOOTBALL FOR BETTER MENTAL HEALTH
The MIND Collective Programme

LOOKING TO GET ACTIVE, FEEL BETTER, AND CONNECT WITH OTHERS?

Join our friendly Men's Football Sessions designed to support positive mental wellbeing in a relaxed, judgement-free environment.

FREE TO ATTEND

- Access ongoing mental health support beyond the weekly sessions.
- Whether you're returning to football or trying it for the first time, everyone is welcome.
- Come along, switch off, and kickstart a healthier mind.

Ages: 18+ • Mondays 8-9pm: Elowes Hall School, DY3 2JH

WHATSAPP - 07472 322245

Strike Youth | COMMUNITY FUND

Community Events

Staying connected is an important part of wellness, and our community is full of opportunities to get involved! Throughout the year, there are many local events such as health fairs, wellness workshops, educational sessions, and family friendly activities.

We regularly share details about upcoming events on our [website](#) and [Facebook page](#), so be sure to check in often to see what's happening in our area.

Adult Routine and Seasonal Vaccinations

- **Shingles Vaccine:** It's available on the NHS for all adults turning 65, those aged 70 to 79 and those aged 18 and over with a severely weakened immune system.
- **Pneumococcal Vaccine:** Routinely offered to adults turning 65. As of early 2026, the preferred vaccine for this program and clinical risk groups has transitioned to Prevenar 20® (PCV20).
- **Pertussis (Whooping Cough):** Essential for pregnant women to protect their babies.
- **MMR (Measles, Mumps, and Rubella):** Catch-up vaccines are available for adults who have not received two doses.
- **MenACWY:** Available to individuals up to their 25th birthday.
- **Tetanus/Diphtheria/Polio:** Boosters recommended every 10 years.



NHS

I help people keep their bones, muscles and joints working as best they can.

Matt
Physiotherapist

Your health matters
Help us help you

Not every ache or pain needs a GP

Our Musculoskeletal (MSK) Practitioners are highly trained specialists in assessing and treating joint, muscle and bone conditions - from back pain and sport injuries to arthritis and strains. They can diagnose, advise, and start treatment quickly.

Choosing to see an MSK practitioner often means:

- ✓Faster access to care
- ✓Specialist expertise in musculoskeletal problems
- ✓More time focused on your specific condition

Q "The appointment with Callan was very useful and reassuring. He took the time to explain and ensure that I was able to do the exercises that he had recommended."

Q "Fantastic service. I was given an appointment quickly and saw James Johnson, the Physiotherapist. He put my problems in perspective by asking the right questions and listening to me, helping with a solution and making me feel confident that there is a solution with different exercises, and giving me the confidence to work through them. I thought I was going to harm myself more, but James was kind, professional and, boy, he knows his profession. I now feel more comfortable and feel that I will get through the new flare-up I've been going through, and I'm not going to damage myself further. I trust everything James said. I did the exercises when I got home and again this morning. I do feel a lot less tight and can certainly see a light at the end of the tunnel. I've been so worried, but James has helped so much. Thank you, James. Thank you, Kingswinford Medical Practice."

Q "I saw James regarding the physio side. He diagnosed my problem after giving me a thorough examination and gave me exercises to help my condition. Very impressed with the care!"

By seeing the right clinician first, you're not only getting the best care for your condition - you are also helping GPs stay available for patients who need them most.

Summer Health

By Dr Lloyd Baron - GP

Summer is finally here, and for many of us that means a trip away, either within the UK or abroad. While the holiday to-do list can be extensive, it is important to consider your health wherever you are travelling. Importantly, if you need a service from the practice relating to your travel plans, please provide as much notice as possible. Demand for appointments is always high, and last-minute requests for medications or appointments can be difficult to accommodate.

We have provided some useful timescales in each section below.

General Health

If you are travelling within the UK, NHS services may differ depending on where you are staying. It is always useful to check where the nearest walk-in centre or Emergency Department is located in relation to your accommodation, just in case. You can register as a temporary patient at many GP practices and should consider doing so if you have a health condition that may flare up.

Outside the UK, healthcare systems will vary. It is important to check what urgent medical services are available and to ensure you have adequate travel insurance.

[The essential travel checklist to keep you and your family healthy on holiday – UK Health Security Agency](#)

Travel Insurance

This is essential. While we cannot recommend a specific provider, ensure you and all members of your family are adequately covered. Be honest when completing application forms—if you need to make a claim, insurers often contact the practice to request medical information. Any discrepancies may affect your claim.

[Applying for healthcare cover abroad \(GHIC and EHIC\) - NHS](#)

Vaccinations

Guidance is available online to check which vaccinations you may need. Please remember to request travel vaccination appointments well in advance (ideally at least 3 months before travel). This allows the practice to offer suitable appointment times and ensures the vaccines have time to become effective.

[Travel vaccinations - NHS](#)

Medications

If you take regular medication, please submit your request at least 48 hours before you plan to collect it. If you are ordering early, add a note explaining why, so the GP understands the reason and your request is not declined.

If you are travelling with controlled drugs (such as morphine), check the specific requirements for taking these into another country. Some countries may consider it an offence to bring certain medications across their borders, even if they have been prescribed.

It is also helpful to pack over-the-counter medications such as:

- Paracetamol or ibuprofen
- Antihistamines
- Anti-diarrhoea tablets
- Antacids

[Prescriptions – Kingswinford Medical Practice](#)

Staying Well

Remember to stay hydrated, especially in warmer weather or hotter climates. Check whether local water is safe to drink and maintain good hand hygiene wherever you are.

If you become unwell before your trip, carefully consider whether it is appropriate to travel.

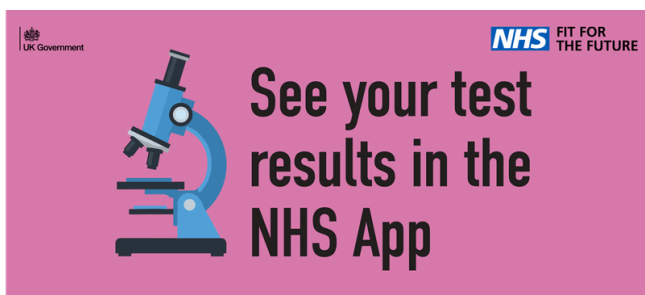
Holidays are a time to relax and unwind; however, be mindful of alcohol consumption and stay within recommended limits. Drinking water between alcoholic drinks is advised.

Holiday romances may occur, but please be aware that the risk of sexually transmitted infections varies between countries. Using condoms is one of the most effective ways to reduce this risk.

Whatever your summer plans, don't take your health for granted. A small amount of preparation can save a great deal of time and stress later. Have a wonderful summer!

NHS App Corner

View your test results in the NHS App



Tap the NHS App

Did you know you can view your test results in the NHS App?

If your results are normal, you will not usually be contacted. We will only contact you if a clinician has reviewed your results and would like to discuss them with you or arrange a follow-up.

We encourage all patients to use the NHS App to check their results and access other health services. If you do not have access to the app, you can call our results line for information about your test results, or request your results online by completing the "Test Results Request" form on our website.

Click here for a step by step video showing how to access your test results in the NHS App → [Walk through video](#)

Meet our Docflow Team

By Emma - Administration Manager

Our lovely team consists of:

- Emma - Administration Manager
- Katie - Docflow Team Leader
- Amy - Docflow Administrator
- Lisa - Medical Secretary
- Emily - Medical Secretary/Docflow Administrator

Docflow is short for document flow, as we manage many of the documents coming in and going out of the practice. We manage clinical correspondence, coordinate patient pathways, code and track medical records.

Our medical secretaries provide direct administrative support to our GPs and clinical staff and duties include: typing and sending referrals letters and forms using systems like the NHS e-Referral Service (e-RS), email and Accurx, processing medico-legal reports and acting as the first point of contact for patients, relatives and external agencies who have queries on any of the above.

Our Docflow team specialise in processing the massive volume of information and clinical correspondence that enters KMP daily and duties include: scanning incoming paper documentation into the clinical system (Emis), coding clinical letters using recognised read codes onto our patient's electronic health record, providing redacted copies of medical records to insurance companies, solicitors and patients under data protection guidelines and summarising new patient records.



Anyone affected by homelessness can visit any Specsavers store in the UK to receive free eye and ear health services through the 'Charity VIP' scheme.

Experiencing homelessness can bring many challenges, and health may not always feel like a priority. However, having eyes and ears checked can help improve confidence and overall wellbeing.

Read more here: [Specsavers UK](https://www.specsavers.co.uk/charity-vip)

Stronger for Longer – Supporting Healthy Ageing

Staying active is an important part of maintaining strength, balance, and independence, especially during perimenopause and menopause. The Stronger for Longer programme offers simple, practical ways to help build bone and muscle strength and support long-term wellbeing.

Around 1 in 2 women over 50 will experience a broken bone due to osteoporosis, but regular, targeted exercise can make a real difference. This free programme provides:

- Expert-designed exercise videos suitable for all abilities (ages 40–55)
- Friendly, women-only classes held locally every Saturday morning
- Short 30-minute sessions designed to fit easily into your routine

Taking small steps now can help protect bone health and improve overall confidence and wellbeing.

For more information and to get started, please visit: [Healthy Dudley – Stronger for Longer](https://www.healthydudley.co.uk/stronger-for-longer)

Your Voice Matters!

We truly value your feedback and are always striving to improve our service. Please share your thoughts through the Family and Friends Test.

We'd also be grateful if you could leave us a Google review (please scan the QR code).



Ask the team

Got a question for the practice team?
Email us at kingswinford.medical.practice@nhs.net for a chance to see it answered in the next newsletter.

Thank you for reading!

KMP Quarterly Statistics

- Received calls: 12,174
- Total number of appointments booked: 17,416
- DNAs: 303
- Number of forms submitted on our website: 10,258