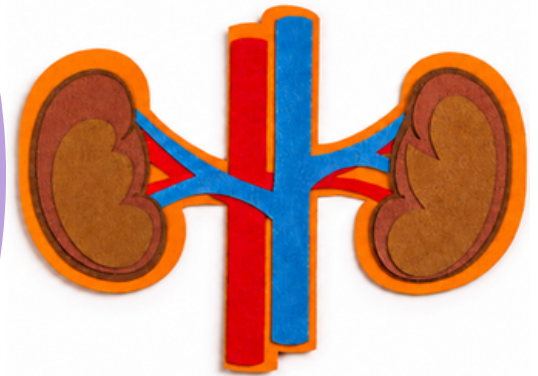




KIRBY ROAD SURGERY NEWSLETTER

September
is
**UROLOGY
AWARENESS
Month**



September: Urology Awareness Month

September is Urology Awareness Month, raising awareness of conditions affecting the urinary system in both men and women, as well as male reproductive health.

These include bladder, kidney, prostate, penile and testicular cancers, plus common conditions such as UTIs, urinary incontinence, kidney stones and erectile dysfunction. If you're experiencing symptoms such as blood in your urine, frequent or painful urination, or persistent pelvic or lower back pain, **book an appointment with your GP. Early diagnosis can make a significant difference.**

CHILDHOOD IMMUNISATIONS

Vaccinate to protect your child and others.

Immunisations are safe, effective, and protect against serious diseases. Side effects are usually mild—such as soreness, redness, or fever—and far less severe than the illnesses vaccines prevent. Immunising your child also helps protect vulnerable people around you, including babies and those with weakened immune systems. **Stay on schedule and keep your family safe.**





Kirby Road Surgery



7th–13th September: Know Your Numbers week

September is Know Your Numbers Week, a great reminder to check your blood pressure and take charge of your heart health. High blood pressure often has no symptoms, so a quick check can make a big difference. **Book your appointment today** with one of our clinicians, or take advantage of our convenient Saturday BP clinics to get your blood pressure checked.



Causes 60% of preventable **strokes** in the UK



Three times more likely to develop **heart disease**



Vascular **dementia** risk increases

Do you know the **risks** of **high blood pressure**?



Contributes to half of all **heart attacks** in the UK

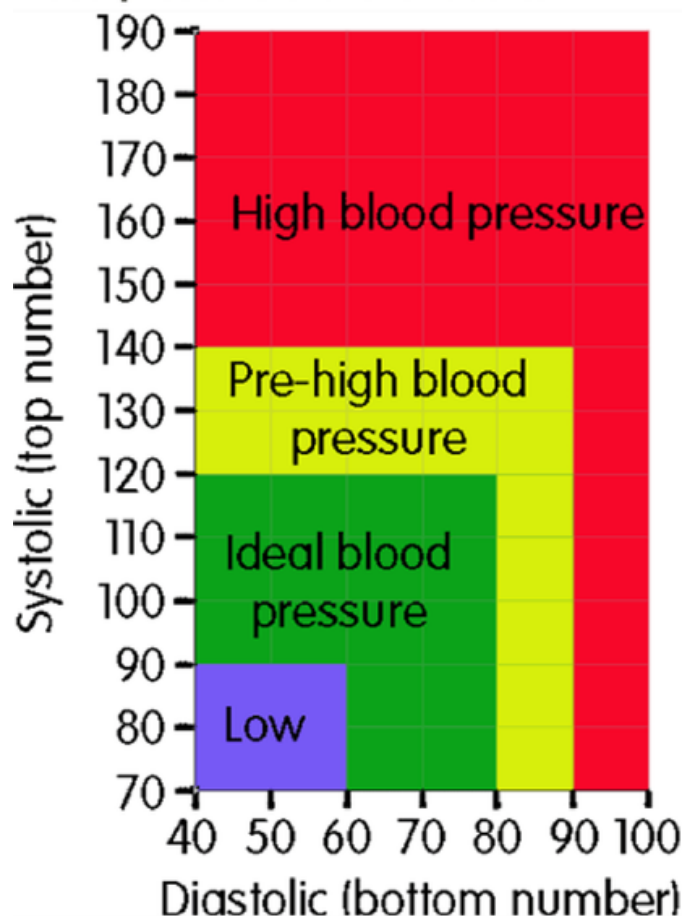


The biggest cause of chronic **kidney disease**



Possibility of an **enlarged heart**

Blood pressure chart for adults





Kirby Road Surgery



PATIENT PARTICIPATION GROUP

What is PG?

A Patient Group (PG) is made up of patients and practice staff who work together to improve services and the patient experience.

Members meet regularly to discuss ideas, share feedback and help ensure the views of the wider community are heard, especially those who may face barriers to accessing healthcare.

By joining the Kirby Road Surgery Patient Group, you'll have the opportunity to represent patients, share your ideas and help strengthen the partnership between the practice and the people it serves.

*HAVE
YOUR
Say*

All patients aged 16 and over who are registered with Kirby Road Surgery are welcome to join our Patient Group. We want members from all backgrounds, ages and communities to help ensure every patient voice is heard.

PG meetings are held every 3 months, totalling to 4 meetings a year. These can be a mixture of face to face or virtual.

The date and time of the meeting will be agreed upon two weeks prior, with all PPG members notified.

Interested in joining? Simply fill out the Patient Group registration form on our website and help shape the future of your local practice.



Appointments

We provide a variety of appointment with GP's as well as other clinicians throughout the week, Monday through Saturday

All consultations are by an appointment system. Appointments can be organised by Telephone or Online via SystemConnect – (no login details required) - Scan the QR Code to book your appointment.

