

Dr Simon & Partners

A guide to our services

119 Sheldon Heath Road, Sheldon, Birmingham B26 2DP
Telephone: 0121 784 5465

www.drsimonandpartners.co.uk

Opening hours:	Monday to Friday	8.30am until 01.00pm & 3.00pm until 06.00pm
(except)	Thursday	8.30am-1.00pm only

Out of Hours Emergencies: 0121 766 2100 - Badger

This practice is within the Solihull Primary Care Trust area (www.solihull.nhs.uk)

Welcome

The practice has been in existence since mid 1980's, operating from two surgeries one in Sheldon Birmingham, the other Green Lane North Solihull.

SHELDON HEATH ROAD

The immediate area was developed in the 1950's, mainly social housing, some of which has been purchased recently under Right to Buy. The area is now fully developed with only limited in-fill opportunities remaining.

The surgery, originally the end unit of a block of houses, has been extended greatly and significantly refurbished.

Our team includes four GPs, three senior nurses and a health care assistant as well as our business manager, practice manager and reception staff.

We offer a full general practice service and run specialist clinics for children and pregnant women, diabetes and asthma sufferers and for patients needing minor surgery.

Contact Solihull Primary Care Trust on **(0121) 711 7171** for services we do not provide.

At Dr Simon & Partners, we aim to treat all our patients promptly, courteously and in complete confidence.

If you live in our practice area and would like to register with us, please bring in your medical card or complete a registration form - available from reception.

Clinics

We run a range of clinics. For an appointment or further details, please call contact us on **(0121) 784 5485**.

Antenatal Friday (fortnightly)

If you become pregnant, you will be given a 'booking appointment' with the doctor who will refer you to the hospital of your choice. Your GP will ask you a few questions and carry out some general health checks. You will be seen regularly throughout your pregnancy either at the practice by the midwife, doctor or at the local hospital, or both.

Child health and immunisation Various Clinics – contact reception

Childhood immunisations are undertaken by the practice nurse.

Minor surgery

Thursday 11am-1pm (Clinics held at our branch surgery 119 Sheldon Heath Road)

Minor operations can be done in our treatment room. Please discuss this with your doctor who will then arrange for you to be given an appointment.

Diabetes**Wednesday 9.30am-11.30pm**

Led by our nursing team, this clinic offers advice and general health check-ups to patients diagnosed with diabetes.

Asthma**By appointment**

Asthma sufferers can drop in to this clinic for advice and support from our nurses who specialise in asthma care.

Stopping smoking**By appointment**

Run by our nurses and healthcare assistant, this clinic gives advice and support to patients trying to give up smoking.

Other health care services

Primary care services not available at our practice are provided by Solihull PCT.

Telephone **(0121) 711 7171**.

Prescriptions

Repeat prescriptions

At least 2 working days is needed for repeat prescriptions. Please post or hand in your repeat slip at the surgery. A chemist collection service operates at both surgeries. Please ask at reception for details.

Specialist and hospital care

If a GP or another member of our health care team believes you need hospital treatment or specialist care elsewhere, they will refer to one of the local hospitals.

Appointments

You may book an appointment by ringing (0121) 784 5465 or in person at reception.

GP Appointment Times

	Monday	Tuesday	Wednesday	Thursday	Friday
Dr P Simon	Rota Basis	Rota Basis	Rota Basis	Rota Basis	Rota Basis
Dr S Saikia	-	04.00pm-06.00pm 06.30pm-08.00pm (Fortnightly)	04.00pm-06.00pm	Rota Basis	09.00am-11.30am (includes Anticoagulant Clinic)
Dr L Thomas	08.50am-10.50am	08.50am-10.50am	-	-	-
Dr S Seby	03.00pm-06.00pm	-	09.00am-12.00noon	Rota Basis	03.00pm-06.00pm

- **Urgent cases** are seen on the day.
- If your condition is **non-urgent**, you can expect to see a GP within two working days, though you may have to wait longer if you want to see a particular GP. Nurses based in our practice treat patients for a wide range of common conditions.
- Let us know if more than one person in the family needs to be seen. We can give you a longer appointment if necessary.
- Tell us if you want someone to accompany you during an examination or a private room to discuss any matters. Remember that the results of tests can only be given to the patient.
- You can book to have a **telephone consultation** with a doctor. The doctor will ring you after normal surgery sessions on the telephone number you have given.

You can help us by:

- Being on time for your appointment
- Letting us know if you need to cancel
- Calling for a home visit or urgent appointment before 10am
- Ringing for the results of tests after 4.00pm.

Home visits

Patients do **NOT** have an automatic right to a home visit from a GP. The doctor will decide if a visit is appropriate based on information regarding the condition of the patient. Our doctors typically see four patients in the practice in the time it takes to do a single home visit. For this reason, we ask our patients to come to the practice if at all possible. However, we can visit you at home if your condition means you are housebound or too ill to attend the practice. Please note – home visits are normally undertaken after morning or evening surgery and are for patients who cannot attend the surgery. This is **NOT** an emergency service. If you consider your condition to be urgent and cannot wait for a home visit after scheduled surgeries – it is advised that you attend the Accident and Emergency Department or contact the Emergency Services on 999.

Evening and weekends

In an emergency only. Ring the out of hours emergency number of **(0121) 766 2100**. Badger centres are located at Whittall Street, Birmingham and Birmingham Heartlands Hospital. You will either be given advice or asked to attend the treatment centre. If you are assessed to be too ill to travel, a home visit will be made.

Other local NHS services

As well as our practice, there are many other local NHS services you can contact for health advice, information or treatment. Before you do, remember that you can treat many minor ailments such as colds, coughs and indigestion by keeping a well-stocked medicine cabinet at home. We suggest you keep the following:

- Paracetamol and aspirin (children under 16 and people with asthma should not take aspirin)
- Mild laxatives
- Anti-diarrhoeal medicines
- Rehydration mixture
- Indigestion remedy (for example, antacids)
- Travel sickness tablets
- Sunscreen – SPF15 or higher
- Sunburn treatment (for example, calamine)
- Tweezers and sharp scissors
- A thermometer
- A selection of plasters, non-absorbent cotton wool, elastic bandages and dressings.

Remember

- Keep the medicine chest in a secure, locked place out of reach of small children.
- Always read the instructions and use the suggested dose
- Watch expiry dates – don't keep or use medicines past their sell-by date
- Take all unwanted and out-of-date medicines back to the pharmacy

Your local pharmacist

Your local pharmacist will be able to give you free health advice at any time – you don't need an appointment. Many pharmacies operate extended hours on a rota basis. Call NHS Direct for details.

NHS Direct

NHS Direct offers free expert health information and advice 24-hours a day on **0845 4647** or at their website, www.nhsdirect.nhs.uk which also offers an enquiry service. For deaf people and those hard of hearing, a telephone service is available on **0845 606 4647**. If English is not your preferred language, you can choose to use a confidential translation service.

Accident and emergency/999

Whatever the day or time, if you or someone else experiences severe chest pain, loss of blood or suspected broken bones, go to your nearest accident and emergency department or call **999**.

Accident and emergency departments are open 24 hours a day, 365 days a year and can assess serious injuries and provide emergency treatment.

Our team

Dr Patrick Simon (male)

MBBS FRCS Reg GMC (1976)

Dr Simon established the practice in the mid 1980's. He offers a full range of general practice care to his patients, he has a specialist interest in minor surgery.

Dr Shyam Saikia (male)

MBBS DRCOG DFFP Reg GMC (1975)

Dr Saikia has been with the practice since 2002. As well as a full general practice service, he has a particular interest in chronic disease management and mental health issues.

Dr Lekha Thomas (female)

M B B S M R C P (Paeds) D F F P

Dr Thomas has been with the practice since May 2005. As well as offering a full range of general practice care to her patients she has a particular interest in CHD management.

Dr Shyno Seby (female)

M B B S M R C G P M R C O G D R C O G D F F P D G O Reg GMS (2003)

Dr Seby joined the practice in April 2010. As well as offering a full range of general practice care to her patients, she has a particular interest in sexual health.

Our nursing team

Katie Browning, Catherine Thompson and Sally Humphries

Our highly qualified nurses deal with a range of conditions and health concerns. They examine patients, make a diagnosis and plan care. They are experts in many areas of disease management such as diabetes and asthma.

Health care assistants

Mrs Rosalyn MacDonald

Ros can take blood, check blood pressure, test urine, offer smoking cessation and general lifestyle advice.

Practice management

Mr David Heard and Miss Lisa Walsh will be able to help you with any administrative problems you may have with the way our practice is run.

Administration

Caroline Millward undertakes a variety of administrative duties.

Secretarial

Hannah Bonas and Sandra McCarthy are the practice secretaries. They deal with general correspondence, referral letters and report requests.

Reception staff

Hannah, Julie, Sandra and Caroline are here to help you. They answer the phone, deal with enquiries and take repeat prescriptions. Their job is very demanding so please be patient.

Your local Primary Care Trust (PCT)

The area served by Dr Simon and Partners is in the district covered by Solihull Primary Care Trust. Solihull Primary Care Trust is responsible for ensuring you get all the services you need. For details of all primary care services in the area, look at Your PCT Guide to Primary Care Services at www.solihull.nhs.uk or get the information you need at www.nhs.uk

The PCT also produces Your Guide to Local Health Services.

**Solihull Primary Care Trust
Trust Headquarters
Friars Gate, Stratford Road
Solihull
West Midlands B90 4BN**

Tel: (0121) 711 7171
www.solihull.nhs.uk

Other information

Complaints

Dr Simon & Partners aim to give a friendly and professional service to all our patients. However, if you have any concerns about any aspect of our service, please let us know. Speak to whomever you feel most comfortable – your GP, our practice manager or our reception staff will be happy to help. In the majority of cases, concerns can be resolved quite easily. However, if you feel we have not dealt with the issues you have raised as you would wish, you can write to the Complaints Manager at Solihull PCT (address above). The PCT also operates a Patient Advice and Liaison Service (PALS) which can often help resolve any problems before they become formal complaints. To speak to a PALS officer, ring **(0121) 711 7171**.

Patients with particular needs

Each of our surgeries is accessible to patients using a wheelchair. We also have a parking space outside each of our practices which are reserved for patients displaying a disabled sticker.

For patients with hearing problems, we have an induction loop system. We can arrange interpretation and translation services in person or by phone for patients who do not speak English. Please let us know if you need this service when booking an appointment.

Patient confidentiality

We respect your right to privacy and keep all your health information confidential and secure. It is important that the NHS keeps accurate and up-to-date records about your health and treatment so that those treating you can give you the best possible care.

This information may be used for management and audit purposes. However, it is usually only available to, and used by, those involved in your care. You have the right to know what information we hold about you. If you would like to see your records, please call our practice manager at our main surgery number.

We aim to treat our patients courteously at all times and expect our patients to treat our staff in a similarly respectful way. We take seriously any threatening, abusive or violent behaviour against any of our staff or patients. If a patient is violent or abusive, they will be warned to stop their behaviour. If they persist, we may exercise our right to take action to have them removed, immediately if necessary, from our list of patients.

Contacting us

119 Sheldon Heath Road, Sheldon, Birmingham B26 2DP

Tel: (0121) 784 5465

Website: www.drsimonandpartners.co.uk

Main surgery:

196 Green Lane, Castle Bromwich, Birmingham B36 0BU

Tel: (0121) 749 5115

Website: www.drsimonandpartners.co.uk

Evenings and weekends

For urgent advice and treatment when our practice is closed, call Badger on (0121) 766 2100.

Other local NHS services

- Call NHS Direct on **0845 4647** – for free expert NHS health advice and information 24 hours a day (calls charged at local rates). Or log onto www.nhsdirect.nhs.uk
- Your local pharmacist will be able to give you free health advice and you don't need an appointment. Many pharmacies operate extended hours on a rota basis. For details call NHS Direct on **0845 4647**.
- Solihull Healthcare & Walk in Centre located at the main entrance of Solihull Hospital, Lode Lane, Solihull B91 2EA. Tel: 0121 709 7711. No appointment necessary. Open 08.00am-08.00pm. Monday-Sunday.
- You+ Shop – 1 Coppice Way, Chelmsley Wood. Tel: 0800 015 3265. Offers many services including smoking cessation and lifestyle advice.
- Birmingham NHS Walk-in Centre can be located on the Lower Ground Floor, Boots The Chemist, 66 High Street, Birmingham (City Centre) B4 7TA. Tel: 0121 255 4500. The walk in centre offers a nurse led triage system and provided links to other health services.