

Links Medical Practice Newsletter



*Welcome to December and the fourth edition of our newsletter.
We are Links Medical Practice. We are located within Netherton Health Centre.*

Useful information:

Opening times:
Monday – 8-7pm
Tuesday – 8-7pm
Wednesday – 8-7pm
Thursday – 8-6:30pm
Friday – 8-7pm

Our contact number: 01384 239 657
Website: [Links Medical Practice – NHS GP
Surgery in Dudley](#)

What will you find in this edition? (Pages)

1. Appointments/useful information
2. Urinary tract infections,
 - Staff updates
3. Flu season
 - Health awareness
4. Special dates Dec/Jan/Feb
 - LTC reviews
 - DNA's
 - Dudley Talking Therapy
5. Minor ailment scheme
 - PSA blood test for men
6. Shingles vaccine
 - Pneumococcal vaccine
 - Useful information
 - Christmas opening times
 - PPG meeting for January

When and how do our appointments get released?

We release appointments every morning at 8am with our GP's, GP registrars, physician assistant and paramedic. These appointments are for the same day. They can be offered in the morning or afternoon, depending on availability.

We release pre-bookable appointments when possible within a 2 week period.

We have our online forms available for non-urgent concerns between 8-6:30pm, Monday-Friday. You can call through to reception and ask them to send you a link to the form OR you can visit our website.

Urinary tract infections (UTI's)

There are many pharmacies in the community that offer antibiotics based on symptoms for a possible urine infection. Please find below a list of the pharmacies (please note that this list is not exhaustive, these are the pharmacies that we are aware of:

Boots, 25-26 Market Place, Dudley, DY1 1PJ
Dixon's Green Pharmacy, 75A Dixon's Green Road, Dudley, DY2 7DJ
Jhoots Pharmacy, Venture Way, Brierley Hill, DY5 1RG
Priory Community Pharmacy, 95-97 Priory Road, Dudley, DY1 4EH
Wren's Nest Pharmacy, 100 Maple Green, Dudley, DY1 3QZ
Milan Chemist, 137 Halesowen Road, Dudley, DY2 9PY

Please note that the criteria for eligibility is:

- To be aged between 16-64 years
- To have **NO** underlying health conditions
 - To be a female



****If you do not meet the pharmacy criteria, please bring a urine sample in a clean container to reception before 12pm, Monday-Friday. If you bring it in your own container, you will be asked to transfer the sample in to one of our pots.**

Pharmacy 365, 246 Halesowen Road, Old Hill, Cradley Heath, B64 6JD will dip your urine sample and then prescribe antibiotics based on the results.

Staff Updates

Kiya

Kiya, who is part of our reception team returned from maternity leave on the 1st December 2025.

Welcome back Kiya!

Louise T

You may have seen or spoken with our receptionist Louise, she is a temporary member of the team and will be leaving us again on the 12th December 2025. Good Luck with everything Louise 😊 You may see her again in the future...

★ Staff Updates ★

Dr Salem Jamhour

You may have had an appointment with Dr Salem Jamhour in the past. He was previously a registrar with us and now he is returning on the 3.12.25 as an ST2 registrar and he will be with us for 18 months to complete his training.

Welcome back Dr Jamhour!

Flu season

We have been administering flu vaccinations since September 2025.

If you are eligible for the flu vaccine, please contact reception on 01384 239 657 and arrange an appointment with our nursing team. If you are unsure whether you are eligible, please ask reception and they will be able to confirm this for you.

If you are not eligible for the flu vaccine here at the surgery but you still wish to have it, please visit your local pharmacy. Please be aware that the pharmacy do charge for the vaccine.



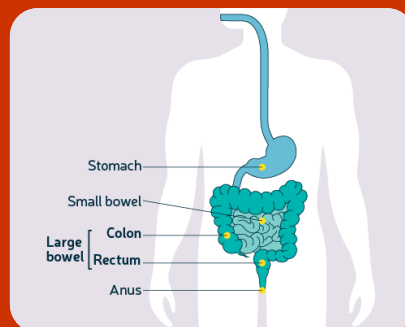
Health awareness

December raises awareness for bowel cancer. Bowel cancer is found anywhere in the large bowel, which includes the colon and the rectum. It is one of the most common forms of cancer in the UK.

Please visit the NHS website to check the signs and symptoms for bowel cancer. If you have any of the symptoms for more than 3 weeks, please contact us to make an appointment.

The NHS website can offer advice and guidance on causes for bowel cancer and ways to lower your risk of developing the illness.

The NHS offers an at-home screening test for bowel cancer for patients aged between 50-74 years and it is offered every 2 years. This is because the risk of bowel cancer increases as you get older. Please note that you can get a kit if you are aged over 75 but you need to call 0800 707 6060.



Events and dates of celebration over December, January, February 25/26

- We will be taking part in Christmas jumper day on the 11.12.25
- 24th December 2025 – Christmas Eve
- 25th December 2025 – Christmas Day
- 31st December 2025 – New Year's Eve
- 1st January 2025 – New Year's Day
- 14th February 2025 – Valentine's Day



Long-term condition reviews

Long-term conditions are chronic diseases or conditions for which there is currently no cure, however they are managed with medication and other treatment options. These conditions can generally last for a year or longer and may impact the daily lives of our patient's.

If you are due for a long-term condition review, you will receive a text message or phone call from the surgery. Please call us on 01384 239 657 to arrange an appointment with our nursing team.

DNA's

DNA's stand for "did not attend".

Unfortunately, we receive a high volume of DNA's on a daily/weekly basis. Please let reception know if you can't attend your appointments. If you let us know in under 1 hour, unfortunately, we have to put it down as a DNA as it is very difficult to fill the slot.

532 DNA's between the 1.9.25 – 1.12.25

Dudley Talking Therapy Services

Dudley talking therapy is a self-referral service who offer support with:

- Anxiety
- Depression
- Mental Health

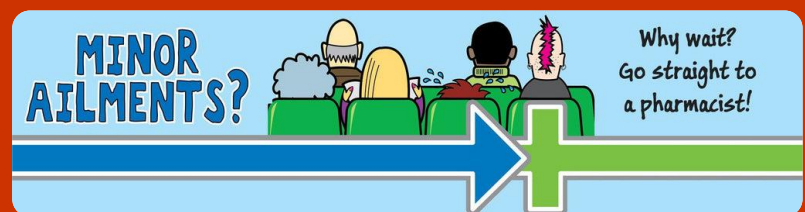
You can call them on 0800 953 0404 OR you can visit their website:

<https://www.blackcountryhealthcare.nhs.uk/talking-therapies/dudley-talking-therapies-service>

Minor ailment scheme

The minor ailment scheme is a service available for patient's registered with GP's in the Black Country. Local pharmacies are a convenient way to get expert advice for the treatment of common ailments, including:

- Acute cough
- Acute Fever
- Acute bacterial conjunctivitis
- Acute pain/earache/headache/temperature
- Athletes foot
- Bites/stings and allergies
- Cold sores
- Cold and flu
- Constipation
- Cystitis
- Diarrhoea
- Dry skin
- Dermatitis/allergic skin rashes
- Earache and ear wax
- Hayfever
- Heartburn and indigestion
- Head lice
- Mouth ulcers and teething
- Nappy rash
- Oral thrush
- Scabies
- Sore throat
- Sprains and strains
- Sunburn
- Threadworm
- Vaginal thrush
- Warts and verrucae



PSA blood test (prostate specific antigen)

Men aged 50 or over can ask their GP for a PSA blood test.

A PSA blood test checks the level of PSA in your blood. High levels MAY be a sign of a prostate condition. Testing may be recommended if you are experiencing any of the following:

- Peeing more often than usual, having a sudden urge to urinate or getting up in the night to urinate
- Blood in your pee
- Problems keeping or getting an erection

Please visit the NHS website to find out more information.

Shingles vaccine

The shingles vaccine helps protect you against shingles. It is available on the NHS for all adults turning 65, those aged 70-79 and those aged 18+ with severely weakened immune systems.

Shingles is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.

Please ask at reception to check your eligibility.

Pneumococcal vaccine

The Pneumococcal vaccine helps protect you against serious illnesses like pneumonia and meningitis. It is recommended for those at higher risk of illnesses such as babies and adults 65+.

Adults aged 65+ should have one dose administered when they reach 65.

Please ask at reception to check your eligibility.

Useful information

Podiatry within Netherton Health Centre – 01384 321 427

Blood test department – 01384 244 330

Health visitor – 01384 367 014

Patient booking line (hospital appointments) – 01384 365 100

District nurses – 01384 366 833

Community midwife office – 01384 244 358

Maternity triage department (urgent care for pregnant ladies over 20 weeks) – 01384 456 111 EXT: 3053

Christmas opening hours

24th December – 8-6:30pm

25th December – Closed all day

26th December – Closed all day

31st December – 8-6:30pm

1st January – Closed all day

2nd January – 8-6.30pm



PPG (Patient Participation Group)

We are holding a PPG meeting on the 12.1.26 at 5:30pm at Netherton Health Centre.

Please report to reception upon arrival.