



## Dawley Medical Matters Newsletter – Winter 2025

### Practice News

Good wishes from everyone at Dawley Medical Practice for 2025!

Unfortunately, it looks like another challenging year for the NHS. A&E at the PRH are under great pressure with long waits in A&E. General Practice is also feeling increased pressure. In April, new regulations mean practices will have to find the money to pay for the increased Living Wage and new National Insurance changes. The cost to a practice like Dawley is estimated between £75k and £100k with no extra money from central government. Over the last few years funding to general practice has decreased. The partners have had to look at ways of managing the impact and make some tough choices. It has been decided to stop using locum GPs, which will inevitably mean the number of appointments will be affected. There has also been a pay freeze and a stop to new recruitment. GPs across the country are getting together to campaign and try to persuade the government to release much-needed funding.

Watch this space!

### Overdone it a bit this Christmas?



Then why not go 'dry' this  
January?

86% of people who  
previously gave up  
drinking in January reckon  
they saved money, 70%  
said their sleep was better  
and 65% reported their  
health had generally  
improved.

However, if you are worried  
about the amount of  
alcohol you are drinking,  
help is available. Telford  
STARS deal with all  
problems relating to  
alcohol and drugs.  
They can be contacted by  
e-mailing  
[TelfordStars@sssft.nhs.uk](mailto:TelfordStars@sssft.nhs.uk)  
or logging on to  
[www.TelfordStars.org](http://www.TelfordStars.org)

### Ever been in the forces?



If you ever served in the  
British Forces (even for a  
short time) make sure you  
let us know and we will add  
a note to your record!

Dawley Medical has been  
accredited as a 'Veteran  
Friendly Practice'.  
This means that extra  
support can be offered to  
veterans and their families.



Don't forget Dawley Medical  
has a Facebook page!  
You can use the link to find  
out about any closures or  
general health information.  
There is no facility at the  
moment to leave any  
comments.

### Diagnosed with cancer?

You are not alone –  
Dawley Medical's  
Cancer Care  
Co-ordinator is a first  
point of contact for  
patients as well as  
their friends and  
family.

Helen is in the  
practice on Tuesdays  
and Thursdays  
between 9 and 5 and  
you can book an  
appointment by  
calling the practice.

She can offer help and  
support with things  
like dealing with  
emotions and anxiety,  
accessing transport,  
managing practical  
problems, housing  
needs and returning  
to work.  
More information can  
be found in the Health  
Hub in reception.

## Help the NHS help you!

The NHS is facing some of the worse winter pressures in history and patients are being asked to help protect services by making sure we ask for help from the right place! As a guide.....

Minor injuries like cuts, grazes, bruises and minor sprains as well as coughs and colds are better dealt with **AT HOME**.

Go to your local **PHARMACY** for things like headaches, stomach upsets bites and stings.

Non-emergency help, including mental health is best dealt with by **NHS 111**.

See your **GP** for persistent symptoms, chronic pain, long term conditions or new prescriptions (out of hours call 111).

**MINOR INJURY UNITS & URGENT TREATMENT CENTRES (UTCs)** will deal with things like breaks, sprains and x-rays.

**A&E or 999** – is for **EMERGENCIES ONLY** (choking, chest pain, blackout, serious blood loss).

Patients can also help ease the strain on services by making sure they attend appointments (or cancel if they can't make it). Keep up to date with vaccinations (especially the children's immunisations), turn up for annual reviews, take part in cancer screening and provide data like blood pressure readings, height, weight and smoking status when requested.

## It's not too late!



Cases of flu are pushing the NHS to near breaking point, but there's still time to have your jab!

Flu vaccinations are still available at the practice. And a reminder to the over 75's and our pregnant patients that the RSV vaccine is available as protection against an infectious disease of the airways and lungs. RSV causes symptoms like a cold but can lead to pneumonia and other life-threatening conditions. Every year thousands of older people end up needing hospital treatment for the virus.

To book an appointment, contact reception.

## Eaten too much over Christmas?



Did you know for every pound in weight you put on, you add seven miles of blood vessels to your body!

It's because the new tissue needs a blood supply, so your vascular system expands to accommodate it!

Lose a few pounds and your body will absorb the unwanted vessels.

## Prostate Trouble?

You are not alone!

Nearly 11 million men across the world are facing life with a diagnosis of prostate cancer.

And, according to official figures, 1 in 6 men will be diagnosed with prostate cancer in their lifetime.

However, experts say early diagnosis means the chances of survival are generally good.

The main symptoms to look out for are: -  
Blood in the urine  
Difficulty urinating or a weak flow  
Needing to wee more often, especially at night  
Needing to rush to the loo  
Feeling your bladder hasn't emptied properly

If you are worried, contact the surgery for an appointment.

You may be asked to have tests - these can include asking for a urine sample, ordering a blood test to test the level of your PSA (prostate-specific antigen) or a physical examination. Depending on the results, you may be referred to the hospital for further tests.