



PARKSIDE SURGERY NEWSLETTER

NOVEMBER 2025

Training Closure Date: Wednesday 19th November from 1:30pm.

Parkside Surgery News:

We have recently said goodbye to Dr Abiodun Okunlola who is now a fully qualified GP! It has been a pleasure to support him in his GP training, and Dr Sabiha Alam, who we wish all the best in her new placement to continue her GP training. We also welcome Sarah to our reception and admin team.

New Telephone System

We go live on the 4th November with our new telephone system, please bear with us whilst we are getting used to how the new system will work for us.

Winter Hub Appointments— We hope to have some additional appointments again this year in the winter hub clinic. You may have to travel to another local surgery for one of these appointments.

Thank you for those of you who take the time to feedback after your appointment.

Friends and Family Feedback for October:

Very Good 393

Good 68

Neither good nor poor 7

Poor 5

Very Poor 2

Don't Know 0



As we head in to the winter season we will be getting busier than ever. It is important to let us know if you are unable to attend your appointment so that we can offer it to someone else.

During October we had 182 appointments which were not attended, this amounted to 30 hours of clinical time lost.

You can cancel your appointment via the NHS App, your online record or via our website:
www.parksidesurgery.co.uk

COPD—Chronic Obstructive Pulmonary Disease

Chronic obstructive pulmonary disease (COPD) is the name for a group of lung conditions that cause breathing difficulties. It includes Emphysema and some other respiratory conditions.

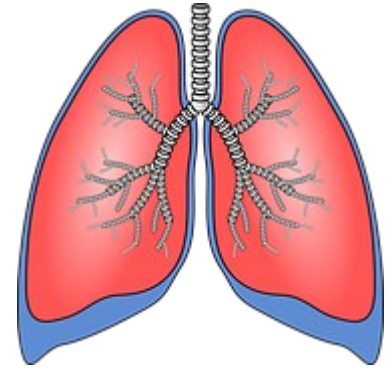
Symptoms of Chronic Obstructive Pulmonary Disease (COPD):

Shortness of breath, particularly when you're active.

Frequent chest infections.

Persistent wheezing.

Without treatment, the symptoms usually get progressively worse. There may also be periods when they get suddenly worse, known as a flare-up or exacerbation.



Chronic Obstructive Pulmonary Disease (COPD) happens when the lungs become inflamed, damaged and narrowed. The main cause is smoking, although some cases of COPD are caused by long term exposure to harmful fumes or dust.

Preventing Chronic Obstructive Pulmonary Disease (COPD):

COPD is largely a preventable condition. You can significantly reduce your chances of developing it if you avoid smoking. The likelihood of developing COPD increases the more you smoke and the longer you've smoked.

Annual review of Chronic Obstructive Pulmonary Disease (COPD)

If you have a diagnosis of COPD or Emphysema you will be invited to the surgery for an annual review with a practice nurse or our practice pharmacist.

During your review you will discuss your condition and symptoms, review your inhaler use and discuss how effective your medication is.

There is no cure for COPD which is why it is important to attend your annual reviews as they are crucial in managing your condition, reducing the risk of exacerbations and improving your health outcomes for a better quality of life.

If you find you are having more exacerbations or you are using your inhalers more often then please book in for a review of your condition.

MOVEMBER

Movember, the month formerly known as November, is when brave and selfless men around the world grow a moustache, all to raise awareness and funds for men's health, specifically prostate cancer, testicular cancer, mental health and suicide prevention.

Will you be taking part?

