



## News from the surgery

### Now everything is in full operation

Please next time you come into the Surgery or take a look at the web site bring yourself and your family up to date with all the changes that have taken place. Checking yourself in as you arrive at the Surgery on the computer screen in the hall.

Go to the website [www.dorridgesurgery.co.uk](http://www.dorridgesurgery.co.uk)

### Saturday appointments

If you find due to your commitments you need a to see a doctor there are appointments that you can book on a Saturday. These must be booked through the receptionist. It is not a walk in Surgery as the doors are locked. You must ring the bell and a receptionist will open the door for you. This service has been provided as the patients had requested this through the annual survey. The Doctors recognised this and responded to the need.

### Doc spot

I wonder how many of you have ever heard of Doc Spot? I asked the Doctor if there was any help when in the fight to lose weight. A leaflet is available from the Surgery that gives you all the information you need.

Following a recommendation from your GP, you will complete a form allowing your medical details to be released. This is sent to the gym of your choice.

An interview with a specialist trainer is arranged, where medical needs are discussed. Height, weight and blood pressure are recorded and a peak flow test completed. An exercise programme is tailored to your needs and you can attend as many times as seen appropriate at a small cost. At the end of the programme the tests are repeated and hopefully you are showing signs of improvement.

### Tai Chi

There are now vacancies at Tai Chi on Thursdays, 12 midday until 1pm at Bentley Heath Community Centre. Term time only.

Very gentle exercise emphasising on breathing technique's and balance. Please wear training shoes or similar and comfortable clothing.

Just turn up and have a go. Classes start again on 18 April with a very friendly small group of people and open to both men and women.

### First Aid Training:

Two very successful First Aid courses were held and 24 people qualified in Basic First Aid. This enabled them to be prepared to help in an emergency. A big thank you to Solihull Active for the trainer and to Anne Carey for the organisation of the course.

### With regards to Sainburys Development

The Patients Participation Group is very disappointed with Sainburys response on the delayed development and the refurbishment of the Surgery.

Just like everyone else in Dorridge, the local community feels thoroughly let down.

If we have any news from Sainburys we will let you know. All we can suggest is to keep in touch with Sainburys, local Councillors and Dorridge Residents Association.

Keep the pressure up until we get a response.

### Extend

Extend is as busy as usual with members exercising every week (term time only). We have a new trainer who is very experienced in Extend. She plays a selection of lovely music for our slow exercise class. The idea being the slower you exercise the more beneficial it is for yourself. Unfortunately the class remains full at this present time.

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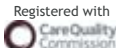
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