

## ***DUDLEY GP SURGERY HELPS SHOPPERS WITH HEALTH NEEDS***

Kates Hill Surgery in Dudley opened its first health clinic at the newly refurbished Tesco Extra at Town Gate Retail Park, Birmingham Road.

On 23 November, senior nurses and GPs from the practice provided free and confidential health and wellbeing checks between 11am and 1pm.

Shoppers were able to have their blood pressure taken, their height and weight measured and their blood sugar levels checked. They also received advice on how to have a healthy lifestyle, help with long-term conditions and help to stop smoking.

Customers took part in a competition to guess the weight of a basket of food, winning the food goods, weighing scales, three month's membership at The Village Health Club and a free consultation with a nutritionist.

Launching the new clinic Director of Public Health for Dudley, Valerie Little said:

“Advice from the GP or nurse can be a powerful motivator for people to adopt healthier lifestyles. I am delighted that Kate’s Hill Surgery, one of our newer practices in the Borough, is taking this innovative approach to improving access for patients. We wish the new clinic every success.”

Kates Hill Surgery first opened its doors on 1 April 2010 and has since registered over 1000 patients and supported hundreds of others through its community clinics. The surgery is registering new patients via their website at [www.kateshillsurgery.nhs.uk](http://www.kateshillsurgery.nhs.uk)

Christine Maxfield, Practice Manager at Kates Hill Surgery, said:

“We are looking forward to helping shoppers through our clinic at Tesco. The store has provided us with a dedicated room where people can come to talk to our highly experienced health care professionals and get help and advice on being as healthy as possible.”

Puneet Janjua, UK Customer Manager Pharmacy Services at Tesco said:

"We are delighted to welcome the new NHS clinic to our Dudley Extra store which we think will bring real benefits to the local community. Having a clinic within the store will make it easier for our customers to be healthy whether it is having their blood pressure checked, getting advice on managing their diabetes or seeking practical advice and support to stop smoking. We are particularly pleased with the range of services on offer for pregnant women and new parents including a midwife-run healthy pregnancy clinic, reflexology during pregnancy, advice on breastfeeding, infant health and well being and sleeping."