

# Ashfield Road Surgery

## Welcome to the Summer Edition of Our Practice Newsletter

In this issue, we address the growing interest in weight loss injections. While we are currently unable to prescribe these medications for weight management, we encourage patients seeking support to connect with our dedicated Health and Wellbeing Team. A qualified dietician is also available to provide tailored guidance and support for your weight loss journey.

### Weight Loss Injections

From 23 June 2025, access to the medication tirzepatide (Mounjaro®) is beginning in England for a small number of patients living with obesity who are at the highest risk of serious health conditions. In the Black Country, new community-based weight management services are currently being developed to support safe and effective access to this treatment, this means GPs are not yet able to prescribe tirzepatide (Mounjaro®) for weight management in this area. We're working quickly to make these services available.

**As part of our phased approach, the first group of patients who may be eligible will include those who:**

- ◆ Have a BMI of 40 or more (or 37.5 for people from minority ethnic backgrounds),
- ◆ And have obstructive sleep apnoea on CPAP (or where CPAP is not suitable or tolerated),

And have at least three of the following long-term conditions:

- ◆ Type 2 diabetes
- ◆ High blood pressure (hypertension)
- ◆ Cardiovascular disease
- ◆ Dyslipidaemia (abnormal levels of fats in the blood)



Other patients who meet the broader NHS criteria (BMI  $\geq$  40 and four or more related health conditions) may become eligible in later stages.

**Please do not contact your GP about tirzepatide (Mounjaro®) at this time.**

GPs currently cannot prescribe this treatment or refer patients into the new pathway until local services are launched.

Access to tirzepatide (Mounjaro®) will be alongside structured diet, exercise and behavioural support to ensure patients are supported in achieving and maintaining a healthy weight.

We will update the surgery website as soon as the new service becomes available.

Thank you for your patience as we work to introduce this important new treatment safely and fairly.



**During hot weather, it's crucial to take precautions to stay safe and healthy.**

**Here are some key points to consider:**

♦ **Stay Hydrated:**

Hot weather can lead to dehydration in as little as half an hour, so drink plenty of fluids.

♦ **Recognise Heat Illness:**

Be aware of symptoms of heat-related illnesses, such as heat rash, heat cramps, heat exhaustion and heat stroke.

♦ **Limit Outdoor Activities:**

Try to stay indoors during peak heat hours (11am - 3pm) and avoid strenuous activities.

♦ **Understand Heat Waves:**

A heat wave is declared when locations reach a certain temperature for 3 consecutive days. The thresholds can vary from 25C to 28C in different parts of the country.

**Total Triage—The Journey so Far**

As of 1st May 2025, Ashfield Road Surgery moved over to the new total triage appointment system.

Since moving over to total triage, the amount of calls we have received has dropped by 20% (based on May—Jun 2024 & May—Jun 2025)

Remember, should you be unable to complete the form yourself, you can still call us or visit us at the surgery and we can complete it on your behalf.

You can access our FAQs through our website

[www.ashfieldroadsurgery.co.uk](http://www.ashfieldroadsurgery.co.uk)

**Cancelling Your Appointments**

Please telephone or text to cancel your appointment if it is no longer needed  
291 clinical appointments were DNA'd  
Apr—June 2025

**NHS App**

**Have you signed up to the NHS App yet?**  
**You can order repeat prescriptions, view your health records, test results and more.**

[About the NHS App - NHS](#)

**Contact Us**

 : 01902 783372

 : [www.ashfieldroadsurgery.co.uk](http://www.ashfieldroadsurgery.co.uk)

 : [m92609wolverhampton@nhs.net](mailto:m92609wolverhampton@nhs.net)

 : [bcicb.ashfieldrdscripts@nhs.net](mailto:bcicb.ashfieldrdscripts@nhs.net)

**Patient Participation Group (PPG)**

Our PPG is looking for new members to continually improve our services. If you have an interest in looking after our NHS and the local surgery and can work with others to listen to patients feedback and ideas then please contact us.  
[m92609wolverhampton@nhs.net](mailto:m92609wolverhampton@nhs.net)

**NEXT MEETING – 17TH SEPTEMBER 2025  
5-6PM AT PENDEFORD BRANCH  
SURGERY**