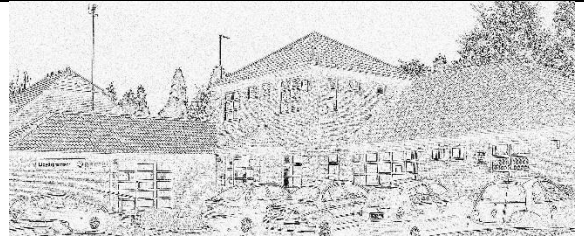


## YOUR HEALTH NEWS

### THE RIDGEWAY SURGERY AND RIDGEWAY SURGERY PATIENT PARTICIPATION GROUP NEWSLETTER

Spring Edition 2026



\*\*\* **Welcome to the latest edition of The Ridgeway Surgery Newsletter** \*\*\*

(If you need this Newsletter in LARGER PRINT or an ALTERNATIVE LANGUAGE, please advise Reception).

A copy of this Newsletter will appear on the surgery website : [www.ridgewaysurgery.co.uk](http://www.ridgewaysurgery.co.uk).

**Keep your details updated** - There are feedback forms on the Website and in Reception. Do keep Reception updated with any changes to your contact details.

#### **News Items**

We are planning a fund raiser **for MND and Alzheimer's** in the summer at the Northway precinct.

On **Thursday 19<sup>th</sup> March** there was a **Community Health Roadshow** at Springs Church, Zoar Chapel, Abbey Road. Lower Gornal DY3 2PG.

Contributors included features on Vaccines, Substance abuse, Library, Yoga, Blindness. Hospice and Scams plus much more. If more events are planned, we will use the newsletter to publicise.

Patients need to be aware of procedure for booking blood tests at Ladies Walk by using the following..

Phone 01384 365155

email [dgft.plebotomy@nhs.net](mailto:dgft.plebotomy@nhs.net)

web [dudleygroupnhs.simplybook.cc](http://dudleygroupnhs.simplybook.cc)

Patients have experienced delays getting through, so do **book as early as you can** and if possible, at the time book repeat appointments. If you need an urgent blood test, please contact the surgery.

#### **Rheumatoid Arthritis – a patient's perspective**

I was diagnosed with rheumatoid arthritis seven years ago. The first signs were when my ankles became very swollen on the day of my father's funeral. I disregarded this as a symptom of the stress that I was under but when, a couple of weeks later, I woke up to find my hands were very puffy and I couldn't feel my face, it was time to seek medical advice.

The process of obtaining a diagnosis was a quick one. A blood test by my GP identified that there was a lot of inflammation in my blood and so I was referred to Russells Hall hospital for further blood tests and a consultation with a specialist. He told me that a few of his patients had developed the illness after bereavement. I was also more likely to develop it as I have a family history of it.

Over the next couple of months, I was prescribed two drugs to manage my condition – hydroxychloroquine and methotrexate with folic acid. These have kept the inflammation in control for the past seven years.

Rheumatoid arthritis can be a difficult illness to live with. It can cause issues with your joints and exhaustion is an ongoing problem for me. However, as well as an annual checkup, Russells Hall hospital offers me access to the Rheumatology Helpline. I have a blood test every three months and the nurses ring me in order to discuss them and to offer advice. If I have any concerns about my health, a phone call to the helpline results in a callback with 48 hours. I feel incredibly well looked after and very much in control of my health. **I hope this might help anyone who is concerned about a recent diagnosis of the condition.**

**Covid Spring Boosters now available to book for over 75 and Immunosuppressed.**

**Please contact the surgery**

**Who does what.....**

**Group-wide services by site – The Dudley Group NHS Foundation Trust....**

- **Russells Hall Hospital (RHH)**

638-bed acute site providing emergency, secondary and tertiary services including emergency department, maternity, critical care, in-patient wards, theatres and outpatient clinics

- **Guest Outpatient Centre**

Outpatient clinics and diagnostics

- **Corbett Outpatient Centre**

Delivers outpatient appointments, diagnostics and day-case services

- **Community Health Centres**

Brierley Hill and Stourbridge Health and Social Care Centres

5 Family Hubs/Community Midwifery, 2 satellite dialysis centres. Community-based outpatient clinics offering diagnostics, therapy services and minor procedures

- **Primary Care**

Chapel Street Medical Centre; High Oak Surgery

Provides general practice services

- **Merry Hill Health Hub**

Community health hub in retail setting

Outpatient clinics and blood tests