



Winter 2025/26

Dr Sarah Newey  
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Tel: 01684 540323

## Meet the team

**Dr Sahada Abdurahiman** started working as a permanent GP from January 2023 having previously been a Locum GP. She works every Monday, Wednesday and Friday. She has a special interest in diabetes.

**Dr Sarah Newey**, is the senior partner and she works on Mondays, Tuesdays and Thursdays. She has a special interest in respiratory disease.

**Dr Ola Agboola**, is our third year GP trainee who is with us until August 2026 by which time he will have taken his final exam to become a fully qualified GP having completed 9 years of training. Ola is supervised by both Dr Newey, Dr Sahada and Dr Kanwal

**Dr Nazish Kanwal** –Started on the 3rd October and will be here every Friday. From April 2026 she will work Tuesdays and Fridays and is joining the surgery as a permanent GP. She has a special interest in women's health.

**Remote GPs**—we also have availability with remote GPs who although they are not working at the practice, they do have access to your medical records. The remote GPs work closely with the GPs at the practice and if having spoken to one of them you need a face to face follow up this would be booked at Colwall Surgery. Remote appointments are available a various times throughout the week and if following your triage form our GP's feel your medical issue can be dealt with over the phone you may be booked a call with one of the remote GP's.

**Nurses—Trudy Window** is our Respiratory Nurse and as well as seeing patients for bloods, injections, dressing, travel vaccination, cervical smears etc. she is the nurse to book in and see if you have asthma or COPD and you need a review.

**Kim Hawkins** is our diabetic Nurse, and as well as her usual Nurse role she is the nurse to book in and see if you need your diabetic review. Kim works closely with Dr Sahada who is our GP specialising in diabetes.

## Additional roles at the surgery

**Adela Del Castillo Rodriguez** is a **Pharmacist** who is covering for maternity leave she started in September 2025 but has previously worked for the surgery. She works remotely on a Tuesday afternoon. GP Pharmacists can provide advice on medication queries, reviews and provide help to manage long-term conditions.

**Alayne Child** is our **Social Prescriber** and she works at the surgery on a Tuesday afternoon and Thursday morning. The role of a Social Prescriber is to link people into community support to help them improve their quality of life. If you feel you would benefit from this service please speak to either the receptionists, Nurses or one of the GP's and they will refer you.

**Mark Smith** is our **Health and Wellbeing** Coach and he works at the surgery on a Monday. The role of the Health and Wellbeing Coach is to help people take an active role in looking after their own health and wellbeing. They support patients with long term conditions such as respiratory, type 2 diabetes, hypertension, stress/low mood as well as patients who would like weight management, diet and increasing activity levels. If you feel you would benefit from this service please speak to either the Receptionists, Nurses or one of the GP's and they will refer you.

**Sian Nunn and Heulwen Williams**—are in the Frailty Team and are both Occupational Therapists who work for our local Primary Care Network providing help and support to those patients who have additional needs so that they can stay at home by arranging mobility aids, hospital beds etc.

**Physiotherapists**—On a Friday morning we have **Jason Jones** who is a Physiotherapist from Ledbury working at the surgery. Patients can book in for a telephone call or face to face appointment for an assessment. Jason does an initial assessment and will provide exercises for you to do at home if this is appropriate. If however, he feels you will benefit from a course of physiotherapy he will refer you for this at either Ledbury or Malvern. Alternatively, if he feels you need further tests such as x-rays or MRI's he will arrange this with the GP's.

### Medication Reviews

You may have noticed over the last few months that you have received a letter with your repeat prescription asking you to make appointments for blood pressure checks or blood tests. The reason for this is that with some medication you should have your bloods/blood pressure checked on a yearly basis to ensure that the medication isn't having an adverse effect on your body and that you are on the correct dosage. If you are over 80 it is recommended that you have these bloods/blood pressure taken every 6 months.

Whilst we appreciate that it can be unpleasant/inconvenient to come in for blood tests these tests are essential to ensure that you are on the correct medication/dosage and that the medication itself isn't having adverse effects on you. We do ask that you make an appointment to have any of the tests you have been asked to have before you request your next repeat prescription. This is to ensure that there is not a delay in you getting your repeat medication.

If you wish to discuss your medication or any of the tests that you have been asked to have in your medication review letter from the surgery please contact us and we will arrange for our Pharmacist to telephone you to discuss.

### FUNDRAISING

We would like to thank all the patients who kindly purchase our books/puzzles along with those that make donations to our Colwall Care Fund.

We have managed to secure a grant from the Friends of Ledbury of £1000 towards our new dermascope machine. With this money and the remaining from the Colwall Care Fund we have just purchased a new Dermascope.

For those patients who have not seen or heard of this machine, a dermascope is used by the nurses/GP's to take microscopic pictures of any suspicious skin lesions.

These images can then be reviewed by the GP's and if they feel a further clinical opinion is needed we can send them to the dermatologists for review.

If you have a suspicious lesion/mole then please complete a medical triage form. The GP's will then access the information and pictures provided and ask that you be booked for an appointment for a dermascope if this is clinically needed.

### Colwall Surgery Patients Participation Group (PPG)

The PPG is currently made up of seven committed volunteers, and we are looking to expand our team. We hold four formal meetings each year with the Surgery team, working together to discuss key topics and events related to the GP surgery and its ongoing commitment to the village community. It's important for us to have representatives from all parts of the Colwall surgery community, as diverse viewpoints help enrich our conversations and strengthen the bond between the GP surgery and its patients.

As the NHS shifts towards more locally focused services, our GP Practice continues to play a vital part in making this transition happen.

We also help with the surgeries book donations and sales initiative, which raise funds for equipment that improves a patient visit experience. Another source of funds is the Teas, Coffee, Cakes, and Raffle event, supported by Colwall volunteers alongside the annual flu and vaccine clinics held at the British Legion in recent years.

To keep the PPG active and growing, we welcome new members to join. Members serve an initial term of three years, and we encourage Colwall Surgery patients who wish to volunteer their time for this important cause to get in touch. Our meetings last 60-90 minutes and take place four times a year.

If you're interested in joining the Patient Participation Committee or need more information, please contact the surgery via email or phone. Colwall.surgery@nhs.net or 01684 540323

Thank you, Geoff Standland, Chair of Colwall PPG

### Want to see a GP for a routine or urgent appointment in the evening or at the weekend?....

We are able to offer patients this service with Taurus Healthcare Ltd which is a GP Federation set up by the GPs of Herefordshire to provide additional medical services to patients & have access to your medical record.

This means that all Herefordshire patients will have access to a Primary Care Service offering both GP, Nurse, Nurse Practitioner and Health Care Assistant appointments 6.30pm and 8pm weekdays and 8am to 8pm weekends. The hub locations are in Ledbury, Bromyard, Leominster and Hereford. To book an appointment at any of the hubs you can either: contact the surgery in the normal way and we can book an appointment for you (between 8am & 6pm Mon-Fri); or contact NHS 111 by phoning 111 and asking for a Taurus appointment.

### NO Shows

113 appointments were wasted between November 25 and January 26

21 hours and 15 minutes GP & Nurse time wasted.

This time could have been used by someone else who needed an appointment. Please cancel your appointment if you no longer need it. You can cancel by calling, emailing, via your text reminder and via your NHS App.

We can often fill last minute cancellations.