

## Stockbridge Practice News – June 2025

### **Rupal Kanani is our Physiotherapist.**

She works at the Broughton Surgery on Wednesdays and Fridays. She offers assessment for muscle and joint problems, and you can book in with her online or by telephoning us.



Rupal cannot offer courses of physiotherapy, but you can refer yourself for physiotherapy. Referrals must be made online at:

*<https://hiowhealthcare.nhs.uk/msk/referrals/Physiotherapy-form>*

### **Staying hydrated**

As it gets warmer, please ensure that you are drinking enough. Aim to drink 6 to 8 cups or glasses of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count.

If you are having a blood test it is particularly important to drink water before the test. Avoid tea, coffee, lemon-flavoured and carbonated waters. This will make it easier for us to take your blood.

### **Worried about your hearing?**

You don't need to see the doctor to arrange a hearing test. Please ask a member of our reception team and we can send you a short form to complete either online or on paper. You can then send the form to the hospital, and they will be in touch to arrange an appointment.

### **Staff changes**

Dr Elena King will be leaving the practice in July 2025. We wish her and her family well.