

# Willenhall Primary Care Centre – 1

November 2024

## RSV VACCINATION

Respiratory syncytial virus (RSV) is a common cause of coughs and colds.

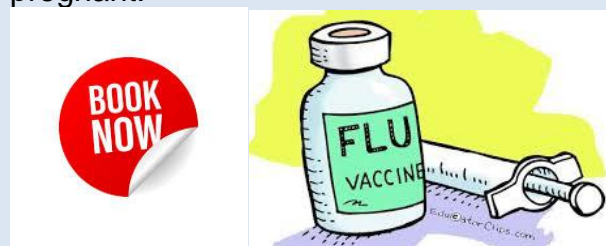
It usually gets better by itself, but it can be serious for some babies and older adults.

If you have received an invite for your RSV vaccination, are more than 28 weeks pregnant or you're aged 75 to 79, please contact the practice to make an appointment.



## FLU

If you have received your flu vaccine invite, book your appointment via the SMS booking link or contact the practice. The flu vaccine is available to patients aged 65 & over, those who have a medical condition that puts them at greater risk of the flu, children aged 2 & 3 and people who are pregnant.



## AUTUM COVID BOOSTER

Patients aged 65 or over or who are clinically vulnerable will be eligible for a booster dose of the COVID vaccine this Autumn.

COVID vaccinations will be available by appointment at the Coventry & North Warwickshire Sports Club from Friday 4th October 2024.

**BOOK YOUR AUTUMN COVID BOOSTER APPOINTMENT VIA YOUR SMS INVITE OR BY CONTACTING THE PRACTICE**

Please note that, due to vaccine availability, appointments will be needed for the first few weeks of the COVID Booster campaign.



## What is lung cancer?

There are two main types of primary [lung cancer](#). These are:

- [non-small cell lung cancer \(NSCLC\)](#)
- [small cell lung cancer \(SCLC\)](#).

Sometimes cancer spreads to the lungs from somewhere else in the body. This is called lung metastases or [secondary lung cancer](#).

We also have information about cancer that affects the lining that covers the lungs (the pleura). This is called [pleural mesothelioma](#).

## Signs and symptoms of lung cancer

Lung cancer may not always have symptoms early on.

The symptoms of lung cancer can include:

- a cough for 3 weeks or more
- a change in a cough you have had for a long time.
- a chest infection that does not get better, or repeated chest infections.
- feeling breathless and wheezy for no reason
- coughing up blood
- losing weight for no obvious reason
- feeling tired
- chest or shoulder pain that does not get better.
- a hoarse voice for 3 weeks or more.

If you have any of these symptoms, it is important to get them checked by your GP.

## ONLINE FRIENDS & FAMILY TEST

The practice has extended our Friends & Family test and responses can now be submitted online.

<https://willenhallprimarycarecentre.nhs.uk/pages/Friends-and-Family-Test>

Op**COURAGE**

**NHS**  
The Veterans Mental Health  
and Wellbeing Service

## Mental health support for veterans

A specialist service for ex-armed forces veterans and service personnel who are approaching discharge, to support and recognise the early signs of mental health problems

Tel: 0300 373 33 32

Email: [opcourageNORTH@cntw.nhs.uk](mailto:opcourageNORTH@cntw.nhs.uk)

Scan:



**North of England Team**  
Service provide  
Cumbria, Northumberland Tyne and Wear NHS  
Foundation Trust  
Tees, Esk and Wear Valleys NHS Foundation Trust  
Pennine Care NHS Foundation Trust  
Leeds and York NHS Partnership Foundation Trust  
Humber Teaching NHS Foundation Trust  
Walking With The Wounded  
Combat Stress

## Practice News November 2024

The practice will be closed on Wednesday 20<sup>th</sup> November 2024 – 1.30pm – 6.30pm for training.

We will re-open at 8.30am the next day. In case of an urgent query please contact NHS111.

**Movember** is an annual event involving the growing of moustaches during the month of November to raise awareness of Men's Health issues, such as prostate cancer, testicular cancer, and men's suicide.

## HOW TO RECYCLE VAPES

Vapes contain a flammable battery, which is a fire risk. They should not be placed in your recycling containers or your household waste bins.

Vapes can be disposed:

- ✓ At your Local Household Waste Recycling Centre
- ✓ At an Electrical Recycling Disposal Point
- ✓ By returning them to the retailer where you bought them.

**Recycle vapes separately  
Never bin them!**