

BLOOD DONATION DAY

14th June is Blood Donation Day, Giving blood saves lives. The blood you give is a lifeline in an emergency and for people who need long-term treatments. 4,300 blood donations every day on average to meet the needs of our hospitals. Donating blood normally takes around one hour, and a single donation can save up to three people's lives.

You can sign up to become a blood donor at:
<https://my.blood.co.uk/sign-up/?intent=blood>



SUN SAFETY

If you're spending time outside in the sun this summer, make sure to stay sun safe by following these tips:



Prescription Window

We now have a prescription window open daily at the surgery in reception between 11am – 12:30pm & 5pm – 5:30pm.

This is for any prescription queries and to order a repeat prescription if you have a green slip with you provided from the pharmacy.

Over 75s only can order repeat prescriptions over the phone.

Patients are also advised to order their medication via the app if possible. This is the easiest option for patients.

PRACTICE TRAINING DATES 2025!

The practice will be closed for important staff training on the following dates from 1pm onwards ill re-open as normal the following morning on Thursday 19th June'25

- **18th June 2025 – pm closure**

VOLUNTEERS WEEK

2nd-8th June 2025 is #VolunteersWeek. The NHS is supported by **2 million volunteers** who help in so many ways. Volunteers help to fundraise, support patient care, give patients a voice, provide companionship, help community groups and initiatives and much more.

Every year we are supported by volunteers at our practice **flu clinics and at our COVID vaccination centre** at the Coventry & North Warwickshire Sports Club. The help of our volunteers means that clinics run smoothly, and patients receive warm and timely care.

Volunteering can be hugely rewarding for those who are able to give their time and there are lots of options available. For information about volunteering with the NHS visit:

<https://volunteering.england.nhs.uk/volunteer>

TELL US HOW WE'RE DOING!

The team at Willenhall Primary Care Centre-1work very hard to provide a high quality and responsive service to our patients but we are always looking for ways to improve our service and listen to what patients have to say. There are lots of ways for patients to have their say and we would appreciate hearing from you with any comments you may have as to how we can improve our service to you.

 <tel:02476302082>

 cwicb.wpcc1coventry@nhs.net

We will also send you a family and friend text message with a link for you to provide your feedback.

SIMPLE TIPS FOR IMPROVING YOUR MOOD



TIP 01

Learn how to manage unhelpful thoughts

TIP 02

Stay active

TIP 03

Talk to someone

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.

Visit **Every Mind Matters** for more tips and advice



You can now contact our GP practice through the NHS App. Simply use the online consultation to make your enquiry. A member of our practice will come back to you. We might be able to give you the help and advice you need, without you having to phone or come into the practice.



Contact us online

Submit a new request

