

# Willenhall Primary Care Centre -



## SURGERY NEWSLETTER

September 2019



### FLU

#### What is flu?

Flu is an acute viral respiratory infection which spreads from person to person.



#### Why have your vaccinations at YOUR GP Surgery?

- We offer a setting where we can check your medical records and make sure you get the most suitable vaccine
- We can offer protection for those who may be forgetful by reducing the risk of duplication in vaccines being administered
- We offer a fast, efficient and friendly flu clinic service with your local surgery team (and we really enjoy our drop in flu clinic sessions, it gives us a nice break from our 'normal' work)
- We can ensure continuity of care for our patients and carers (we know you already)

If you have

- Chronic lung disease including asthma
- Diabetes
- Chronic heart disease
- Chronic liver or kidney disease
- Lowered immunity
- Chronic neurological disease
- 65 or over
- Look after someone who wouldn't manage without your help
- Pregnant or could be

**If any of the above apply to you please speak to reception and book in TODAY!**

### NHS App

The APP went live across Coventry & Warwickshire on 3<sup>rd</sup> June 2019 and it provides a simple and secure way for people to access a range of NHS services on their smartphone or tablet. The NHS App is now available to the public on [Google Play](#) and [Apple app](#) stores.

Use the NHS App to:

- check your symptoms
- book and manage appointments at your GP surgery
- order repeat prescriptions
- securely view your GP medical record
- register to be an organ donor
- choose how the NHS uses your data

Two ways that you can verify your identity to use the NHS App

**Please speak to reception for your log in details.**

### Extended Hours

Willenhall Primary Care Centre 1 now offers GP and Nurse Appointments in the evenings to suit all patients.

Pre-bookable routine online appointments are available alternate weeks on a Monday and/or Wednesday from 18:30 - 20:00

### COMMUNICATION

Please can all patients update their personal information with the surgery as it is important for us to be able to contact patients whether this is over the phone or letter by using correct names.



## Take Control of your Diabetes!

Do you want to know more about Type 2 Diabetes and how you can improve your diabetes control through diet and lifestyle?

We would like to invite you to a Type 2 Diabetes Information session, **St John the Divine Church Hall, Robin Hood Road, Willenhall, CV33AY, Tuesday 25th of June 2019 at 1:00 pm**

At the session we will discuss what Type 2 Diabetes is, and how diet and lifestyle changes can help you control your diabetes. We will also talk about the latest research into diet and Type 2 Diabetes remission. If you would like help with making lifestyle changes, you will be able to book an appointment to see a Diabetes Dietician at the surgery at a future date.

The session is for patients of Willenhall Primary Care Centre 1 who have Type 2 Diabetes, but you are welcome to bring a family member or friend with you. Please call the surgery on 024 7630 2082 for further information.



## Fantastic and Brilliant awards



Willenhall primary care centre would like to recognise our staff (both clinical and non-clinical) when they offer exceptional service.

So if you think a member of our staff has done something especially helpful for you or a family member then ask our reception team about our awards.

## Talk to someone!

Are you feeling low, depressed, and anxious or just generally need to talk to someone?



We have a service offered to our patients on a Friday afternoon with a member of staff from MIND. MIND is a mental health charity who provides advice and support to empower anyone experiencing a mental health problem.

Don't bottle up your feelings book in with reception today and speak your MIND.

## Carers Award 2019

We are so pleased to announce we were shortlisted for the first ever Carers award 2019!

So many carers with their families and also representatives from across health, social care and education came together to celebrate and recognise the exceptional unpaid carers, and the great work taking place to support them across Coventry and Warwickshire.

Two members of our team went to the ceremony on the 12th of July and collected an award for finalists of Caring GP Practice of the year award 2019!

## FREE NHS HEALTH CHECK



The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as:

- Heart disease
- Diabetes
- Kidney disease
- Stroke

You should have a health check every 5 years if you're aged 40 to 74 and you have not had a stroke, or you do not have heart disease, diabetes or kidney disease. An NHS Health Check takes about 20-30 minutes.

The health professional – often a nurse or healthcare assistant – will ask you some simple questions about your lifestyle and family history, measure your height and weight, and take your blood pressure and do a blood test – often using a small finger prick test.

If you're not sure if you're eligible for an NHS Health Check and would like one, or if you are eligible but haven't had an NHS Health Check in the last 5 years, ask your surgery for an appointment now.

## Our contact information

Email – [crccg.wpcc1coventry@nhs.net](mailto:crccg.wpcc1coventry@nhs.net)

Telephone - 02476 302082

Website - [willenhallprimarycarecentre.nhs.uk](http://willenhallprimarycarecentre.nhs.uk)

## BREAST SCREENING

### Please do not ignore your breast screening invitations!

1 in 8 women in the UK are diagnosed with breast cancer during their lifetime. If it's detected early, treatment is more successful and there's a good chance of recovery

Please bear in mind all screenings are completed by **FEMALE** health practitioners. If you haven't had yours within the first 3 years after turning 50 book in **NOW!**

## YOUR NHS & WHAT IT COSTS



Did you know that it can cost **your NHS** approximately...

- £247 to call out an Ambulance
- £124 for a single visit to A&E
- £32 for an appointment with your GP
- £16 to call NHS 111
- £0.46 to click onto NHS Choices website



**HELP US, HELP YOU!**  
**STOP, THINK & CHOOSE WELL**