

# Willenhall Primary Care Centre – 1

## April 2023



**APRIL IS STRESS AWARENESS MONTH** Stress Awareness month is a global event which aims to increase public awareness about both the causes and cures for our modern stress epidemic. Visit: <https://www.stress.org.uk/home-3/stress-guides/> for a free guide to managing stress. The webpage also has lots of useful quizzes and resources. When stressed, the body thinks it is under attack and switches to 'fight or flight' mode, releasing a mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine to prepare the body for physical action. This causes a number of reactions, from blood being diverted to muscles to shutting down unnecessary bodily functions such as digestion. The stress response is necessary for survival however our modern lives mean we are stimulating stress responses too frequently which can lead to high blood pressure, mental health issues and other serious



Ramadan is the holiest month in the Islamic calendar and is observed by Muslims worldwide. It lasts for a period of 29 or 30 days and culminates with the first day of Eid falling on the 22<sup>nd</sup> or 23<sup>rd</sup> April 2023. Exact dates are subject to sightings of the moon. Below is a link to the calendar and timings for this region.

<https://www.islamicrelief.org.uk/.../ramadan.../liverpool/>

### COVID SPRING BOOSTERS

NHS England have confirmed that there will be a spring COVID booster for the following cohorts:

- Adults aged 75 years and over
- Residents in a care home for older adults
- Individuals aged 5 years and over who are immunosuppressed as defined in the green book

This includes those who turn 75 years old by 30th June 2023 who will be eligible for a vaccination at any point in the campaign.

The spring booster campaign is expected to start around 17th April 2023, with care home patients being vaccinated as early as possible.

Spring boosters in Sowe Valley PCN will be delivered by practice and PCN staff including paramedics, nurses, HCAs, pharmacists and Nurse Associates.

The vaccination centre at the Cricket Club on Binley Road will be open for vaccination appointments and walk-ins. Information will be communicated to patients as the details are confirmed.



### Practice feedback from patients received in the last month.

- Doctor explained everything in such a friendly and calm manner.
- Prompt professional and kind service.
- Always feel you are listened to without being rushing & all the doctors are great.
- The nurse was very nice and made me feel at ease and relaxed. She was very helpful and informative.
- Doctor was very helpful, friendly, considerate, and professional.
- Easy to get a phone consultation and saw a doctor the same day.
- I was treated quickly and effectively. The nurse had my vaccine meds ready for me before I arrived which allowed my appointment to go quickly.

### **HEALTH CHECKS AT THE CRICKET CLUB**

Sowe Valley PCN have created clinical space at the Cricket Club on Binley Road to support practices to deliver healthcare services. NHS Health Checks are now available at the site and can be booked by those aged 40 to 74 with no long-term health conditions.



**NHS**

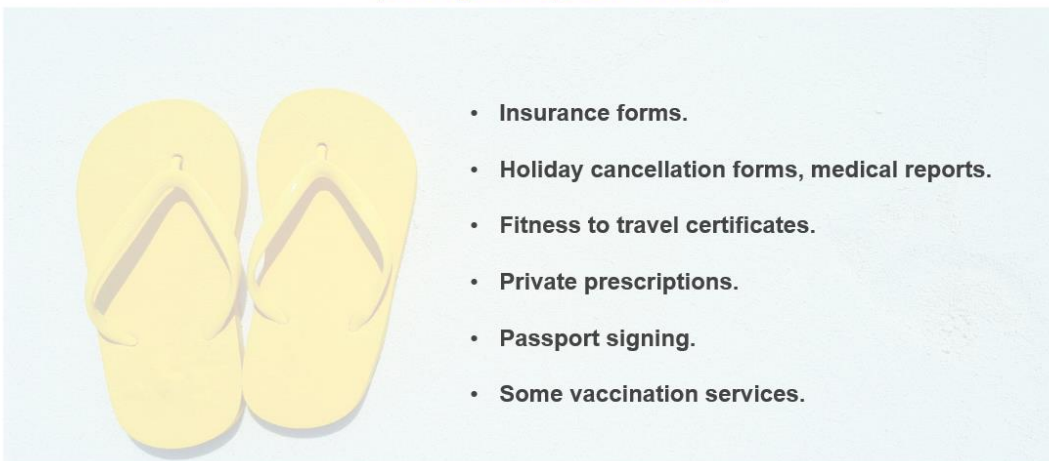
### **Contact us online**

Submit a new request



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.

### Non NHS Services



- Insurance forms.
- Holiday cancellation forms, medical reports.
- Fitness to travel certificates.
- Private prescriptions.
- Passport signing.
- Some vaccination services.

**Please speak to reception staff for more details.**