

# Willenhall Primary Care Centre

## MMR Vaccination

There is a national campaign to offer unvaccinated 1– 25-year-olds the MMR vaccine, which protects against measles, Mumps and Rubella. We will be contacting parents of children who have not had their vaccine. NHS England will also be texting parents of children from 6 year and adults up to 25 years of age, who have not had their MMR vaccine to book with their GP practice to have the vaccine.

Have you got the NHS App?

Simplify your life. Download the NHS App

Download on the App Store

GET IT ON Google Play

NHS App

Get online access then download the app. For more information see the link below.  
[The NHS website - NHS \(www.nhs.uk\)](http://www.nhs.uk)

## Five top tips for self-care

to help you feel better if you've had coronavirus

Always follow advice given by your healthcare professional

Drink water to keep hydrated

Eat well - little and often helps, include protein at each meal

Set realistic recovery goals

Connect with family, friends, carers, healthcare professionals

[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

For the latest advice visit [www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk)

OpCOURAGE

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

## Patient Feedback:

- Fast and efficient
- Nurse is gentle with everyone and takes her time and is very kind & professional.
- Receptionists are very polite and helpful. Appointment was on time.
- Excellent attention and I was given time to have my say and explanation given. Appreciated.
- Friendly people. I was there less than an hour in total, given a walk in appointment. Fantastic.



## Why does the receptionist need to ask what is wrong with me?

- A receptionist connects the patient with the most appropriate service for their needs
- It may be more appropriate to see a different clinician
- The GPs have asked reception staff to ask certain questions when booking to help the smooth running of our clinics.
- It is important to ensure you see the most appropriate clinician.

This can help us save a GP appointment for you when you really need it.

Thank you for your understanding.

Better Health  
Let's do this

NHS

## Top tips to keep your family healthy and happy



Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks.



Remember kids are smaller than adults so give them a smaller portion to begin with, if they're still hungry they'll ask for more.



Sugary snacks can all add up! Fruit and veg are a good snack choice, but if the kids are having packaged snacks, just remember to aim for 2 a day max.



When eating out look for child-friendly options that include fruit and vegetables. Try to avoid bigger portion sizes such as "go large" or "super-size" deals.



Kids need 60 active minutes each day. This can be in short 10 minute bursts throughout the day. Try scootering to school, skipping to the shops, or dancing to a song. Keep track of screen time - many parents find it helpful to set a daily limit.

Want more tips to help your kids stay healthy?  
Search Better Health Families

## TOP TIPS FOR DEALING WITH ANXIETY

NHS



### TIP 01

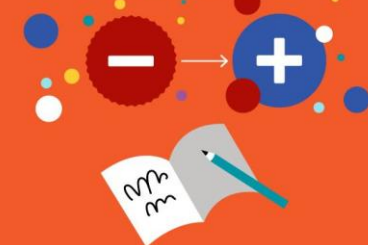
Try a short breathing exercise

### TIP 02

Learn how to manage anxious thoughts

### TIP 03

Keep a mood diary



WHEN THINGS AREN'T SO GOOD OUT THERE...  
MAKE INSIDE FEEL BETTER.  
Visit [Every Mind Matters](#) for more tips and advice

Better Health  
every mind matters

## February 2024 News

The practice will be closed on Wednesday 21<sup>st</sup> February for staff training.