

# Willenhall Primary Care Centre - 1

## **SURGERY NEWSLETTER – September 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.

The practice will invite eligible patients for their vaccine when stock is available at the practice.

UK Health Security Agency | NHS

### The RSV vaccine is available from September 2024

Offered to:

-  **Pregnant women**  
(From week 28 of your pregnancy)
-  **People over 75**  
(plus those already aged 75-79 for the first year)

Speak to your midwife, GP practice or health team

### **FLU VACCINATIONS**

Flu vaccinations for pregnant women, and children's flu cohorts, will commence from Sunday 1 September 2024. The main flu and COVID-19 vaccination campaign will commence on Thursday 3 October 2024.

## FLU VACCINE

If you are:

- Over the age of 65
- Over the age of 18 with a chronic illness
- Pregnant women
- Carers
- Close contact with immunocompromised individuals

Book your flu vaccine today!

Clinics starting from 3rd October 2024

### **PRACTICE TRAINING AFTERNOONS**

GP Practices across Coventry are closed for staff training on the following dates: Our team are committed to providing high quality patient care and staying up to date with the latest clinical guidance. All clinical and non-clinical staff are required to complete complete regular mandatory training.

- **Wednesday 18th September 2024**
- **Wednesday 9th October 2024**
- **Wednesday 20th November 2024**

**TRAINING**

### **AUTUMN 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. The practice will invite eligible patients for their vaccine when stock is available at the practice.

## BOOST YOUR IMMUNITY

NHS

WITH THE FLU VACCINE + COVID-19 BOOSTER

People aged 65 and over, carers and pregnant women can now book their autumn COVID-19 booster.

**ORGAN DONATION WEEK -  
23RD - 29TH SEPTEMBER**

This year, 2024, the NHS Organ Donor Register celebrates its 30th birthday. Organ Donation Week is the perfect time for people to confirm their support for organ donation by adding their name and decision to the NHS Organ Donor Register. You can find out more information and sign up to the organ donation register online by visiting: <https://www.organdonation.nhs.uk>



**ONLINE FRIENDS & FAMILY TEST**

The practice has extended our Friends & Family test and responses can now be submitted online. Scan the QR code below to load the online form:



**Know Your Numbers Week 2nd -  
8th September.**

Know Your Numbers Week is about finding out your normal blood pressure numbers, to help you easily identify whether something is wrong. High blood pressure can increase the risk of chronic disease. Being aware of what is a normal blood pressure reading for you is important.



**Are you feeling down or in mental health crisis?**  
Help is available to you.

**NHS Coventry and Warwickshire Partnership NHS Trust**

**SCAN ME**

- Phone**  
If you are in a mental health crisis, call 0800 136 2798
- Mental Health and Emotional Wellbeing Helpline**  
24/7 365 days/year  
Call 0800 616171
- Samaritans**  
24/7 365 days/year  
Call 116 123
- NHS Coventry, Warwickshire and Solihull Talking Therapies**  
NHS Talking Therapies talking therapy for people with anxiety and low mood.  
To refer yourself: call 024 7667 1090 or visit: [www.talkingtherapies.coventryandwarwick.nhs.uk](http://www.talkingtherapies.coventryandwarwick.nhs.uk)
- Recovery & Wellbeing ACADEMY**  
Recovery and Wellbeing Academy free courses and workshops for to empower your mental health and wellbeing.  
Visit: [www.coventryandwarwickwellbeing.co.uk](http://www.coventryandwarwickwellbeing.co.uk)
- Mind Coventry and Warwickshire**  
Coventry and Warwickshire Wellbeing Hubs.  
Visit: [www.mind.org.uk/drop-in-hubs](http://www.mind.org.uk/drop-in-hubs) to find your local hub.
- Dear Life**  
local and national resources for people feeling suicidal, worried about someone who may be, or have lost someone to suicide.  
Visit: [www.dearlife.org.uk](http://www.dearlife.org.uk)
- Dimensions of Health and Wellbeing**  
self-care information to support adults, children and young people. Visit: [www.dimensions.coventryandwarwick.nhs.uk](http://www.dimensions.coventryandwarwick.nhs.uk)
- Kooth**  
Kooth online mental wellbeing community for 11-25 year olds, offering free, safe and anonymous support.  
Visit: [www.kooth.com](http://www.kooth.com)
- Owell**  
Owell free digital mental wellbeing support for adults.  
Visit: [www.owell.nhs.uk](http://www.owell.nhs.uk)

**If you feel there is an immediate risk to life: call 999 or go straight to A&E**