

WILLENHALL PRIMARY CARE CENTRE-1 NEWSLETTER

February 2023



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.

Clinical Pharmacist

You may receive an invite to book in to speak to a pharmacist if your medication review is due.

Appointments with our Pharmacists can be arranged by calling the practice or completing an eConsult at

<https://florey accurx.com/p/M86001>



The NHS Community Pharmacist Consultation Service is designed to help patients who need a same day appointment with a health care professional for minor illness and improve access to services and to help to alleviate pressure on GP appointments and emergency departments.

We can make a digital referral to a convenient pharmacy for you, where you can receive pharmacist advice and treatment for a range of minor illnesses, if appropriate and you consent, your personal contact details and a short description of your presenting condition, will be transferred to the pharmacist.

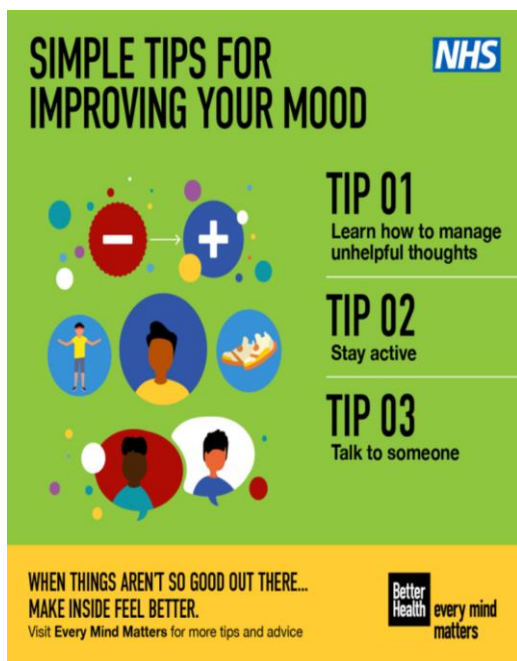
If you feel this might be appropriate for you, please ask the receptionist



If you're struggling with your mental health, you are not alone. Trouble sleeping, drinking, or eating excessively can all be indicators that your mental health may need some TLC.

The NHS can help you get your feet back on the ground.

[Every Mind Matters](#) web support can help as well as services such as [Talking Therapies](#). You can refer yourself to these.



Every Mind Matters- Be kind to your mind

There are small things we can all do to help be kind to our mind and these can make a big difference to how we feel.

Every Mind Matters has NHS-approved advice and simple tips to help you look after your mental wellbeing and see whether you can make them part of your daily routine.

<https://www.nhs.uk/every-mind-matters>

NHS 111

If you have an urgent care need NHS111 online can help to make sure you get the medical help you need. It may save a telephone call or a trip to the hospital. And there are healthcare professionals who will call you if needed.

NHS111 links to all our local services so should only recommend services that are right for you and open when you need them.

You can also find NHS111 online on your NHS App. This can be downloaded from your usual app store



Group A Strep (GAS) is a common bacteria which causes a range of infections. These are usually mild. As a parent if you feel your child is seriously unwell call 111 or speak to your GP.

For more information visit <https://www.nhs.uk/conditions/strep-a/>

Do you have norovirus?

If you feel sick, have diarrhoea and a high temperature, you might have the 'winter vomiting bug' known as norovirus.

If you have norovirus, stay at home and avoid close contact with others for 48 hours after your symptoms clear, wash your hands with soap and water and don't prepare food for others.

For more information please visit <https://www.nhs.uk/conditions/norovirus>.

RSV is a common virus causing colds and coughs but can be more severe in some children. Right now, cases are higher than usual for this time of year.

If your child is breathless, has a persistent high temperature or isn't feeding properly, contact NHS 111 or your GP as it could be a sign of severe respiratory illness.

Find out more about the symptoms and what to do if you're concerned here

<https://www.nhs.uk/conditions/bronchiolitis/>



Is your child up to date with their vaccinations?

Children are offered a range of vaccinations before they start school to protect them from common but preventable infectious diseases, such as measles and polio.

Make sure your child is up to date with their vaccinations by checking the record of these in their red book. If you are unsure or know that your child needs to catch up on any missed vaccinations, call the practice to check.



Text your health visitor on 07507 329114 for confidential advice and support.

They will support you with parenting and beyond including child development, parental mental health, accidents and illnesses, infant feeding, safe sleeping

STAFF TRAINING DATES **2022**

Please be aware the practice will be closed on Wednesday 15th February 2023 at 1.00pm until 6.30pm.

Out of hours information will be available on our phone system.



Trying to give up smoking is difficult, even if you know it is the right thing for your baby. Help is available.

Get guidance and support from trusted sources. Our experienced advisors provide a friendly, confidential service to help pregnant smokers and their families stop smoking

Coventry Stop Smoking in Pregnancy Service

Offers support to stop smoking for partners and other family members.

- Phone: 07904 984620 or 02476 189 190
- [Coventry Stop Smoking in Pregnancy Service on Facebook](#)
- You are **three times more likely** to quit smoking with support from a stop smoking service than on your own.
- The moment you stop smoking, both you and your baby will start to feel the benefits and your journey starts here.

<https://www.happyhealthylives.uk/health-and-wellbeing/maternity-services/love-your-bump/>