

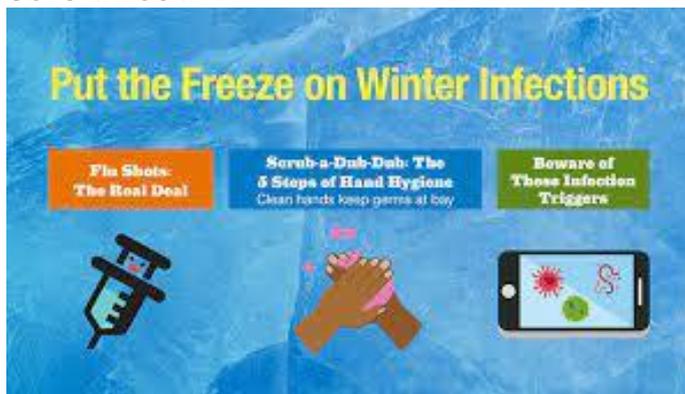
# Willenhall Primary Care Centre

November 2023

## Winter illnesses

Cases of COVID, flu and viral illnesses have been increasing as we move into winter. Hand hygiene is an important step in reducing transmission of illnesses, wearing a face-covering when feeling unwell and in public spaces is also advised to prevent transmission of respiratory viruses.

If you feel unwell, COVID tests are available to purchase via pharmacies. For advice and treatment of winter illnesses, speak to your pharmacist. Pain relief is useful for treating viral symptoms such as headaches, aches & pains, and sore throat.



## Self-Care Week 13<sup>th</sup> – 19<sup>th</sup> November

National Self Care Week (13 – 19 November) is a UK wide annual national awareness week that focuses on establishing support for self-care across communities, families, and generations. Practising good self-care is important for living a healthy life and for managing minor illnesses. Some tips for self-care this winter:



## Men's health awareness month

Movember is our time to unite. To take on mental health, suicide, prostate cancer, and testicular cancer. Get support and more information:

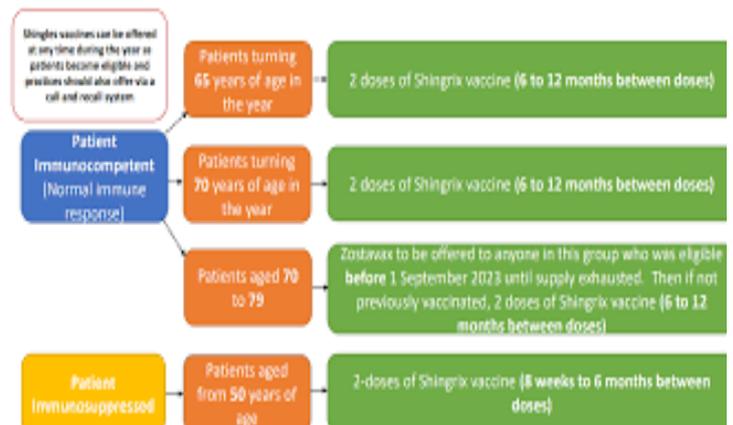
<https://uk.movember.com/mens-health/get-support>



Movember

## SHINGLES VACCINATIONS

The shingles vaccine helps protect against shingles. It's recommended for people at higher risk from shingles, including all adults turning 65, those aged 70 to 79 and those aged 50 and over with a severely weakened immune system. To stay safe Shingles is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.



## Practice Training Dates 2023

GP practices in Coventry will be closed for important staff training on the following dates from 12:30pm. Surgeries will re-open as normal the following morning.

**29th November 2023**



## Practice feedback from patients:

- Well checked and on time
- Very good service
- Efficient, professional, and friendly
- No problems at all
- Nurse takes time with you, and you really feel she listens. My visit was perfect.
- Everything was good.
- Nurse was very thorough and gave me a follow up appointment.
- Nurse and doctor was very professional.

UK Health Security Agency

**Norovirus**

If you catch it, stay home for **48 hours** after your symptoms clear

**DO** ✓

- Wash clothes and bedding at 60°C
- Clean surfaces with bleach-based disinfectants



**DON'T** X

- Go to work or school, visit care homes or hospitals
- Prepare food for others



## **The team at Willenhall Primary Care Centre - 1**

work very hard to provide a high quality and responsive service to our patients but we are always looking for ways to improve our service and listen to what our patients have to say.

**TELL US HOW WE'RE DOING!**

There are lots of ways for patients to have their say and we would love to hear from you with any comments you may have as to how we can improve our service to you. Phone, Email, Practice website. We would love to hear your feedback!!

How  
are we doing?