Willenhall Oak medical Centre newsletter

March 2023

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| Kooth is an anonymous digital counselling and support service for children and young people aged 11-25 years providing access to emotional wellbeing and early intervention mental health support. For more information visit the [Kooth webpage](https://www.kooth.com/%22%20%5Co%20%22Kooth%20webpage%20link%22%20%5Ct%20%22_blank). |

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Did you know our telephone system will hold your place in the queue during busy times and offer the option of a call back.

Our system also enables us to inform you when we have reached maximum capacity and there are no more same day GP appointments available. Patients wishing to access same day care have the option of accessing a local Community Pharmacy Service or walk in centre.

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.

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.

March is Ovarian cancer Awareness month

<https://ovarian.org.uk/march-ovarian-cancer-awareness-month/>



Diagnosed early, ovarian cancer is easier to treat, yet too many people don’t know the symptoms.

**B is for bloating that doesn't come and go**

**E is for eating difficulty and feeling full more quickly**

**A is for abdominal and pelvic pain you feel most days**

**T is for toilet changes, in urination or bowel habits**

If you are concerned about ovarian cancer or develop symptoms, please book to speak to a GP.

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|  Saturday sessions for children with autism and their siblings. Refreshments available. £5 per family.**Upcoming sessions:** 4 March 2023, 1 April 2023**Time:** Starts at 2pm**Where:** St Georges Church, Barker Butts, lane, Coventry, CV6 1EA Please contact Sue for more information: susankivi@yahoo.co.uk |

**MSK Self-care website**

UHCW Coventry Integrated Musculoskeletal Service has created MSK self-care website for people experiencing muscle and joint aches and pains to access prior to seeking healthcare but may also be useful during and after healthcare consultations.

Here is the link [Self Care - University Hospitals Coventry & Warwickshire (uhcw.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcwicb.net%2F5ECH-PCMK-3HZIZJ-JMRFO-1%2Fc.aspx&data=05%7C01%7Ccarrie.dickinson%40nhs.net%7C746ced03f0ea4d75ecb708dafaf66037%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638098233331111738%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=iExkMW5PQA0TCccKE8zSjGSHgFykz54jLL55zPwG44o%3D&reserved=0)

<https://www.uhcw.nhs.uk/self-care/>

 **A warm welcome this winter**

There are places providing a warm welcome this winter all over Coventry where it is free to call in throughout the day, where you can find a warm welcome as well as access information, take part in activities, or connect with other support.

**https://www.coventry.gov.uk/warmwelcome**



 Can you help with training?

If you have a new problem that you wish to discuss with a GP and are willing to assist our trainees by having your call recorded for training purposes, please ask our reception team to book into one of these sessions.

If you consented to have the call recorded and then want change your mind, that’s absolutely fine. The recording can be deleted at any time.

https://www.fourteenfish.com/recording

 **STAFF TRAINING DATE**

 Please be aware that practices across Coventry will be closed from 12:00pm on the following dates for staff training:

22nd March 2023

Out of hours info will be available on our phone system