Willenhall Oak medical Centre newsletter

February 2023

**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**



**Cost of living and wellbeing support – Coventry City Council**

Across Coventry, more and more people are feeling the pressure from the increasing cost of living. If you’re struggling financially or concerned about the future, getting help early can make a big difference. Please see this [link](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcwicb.net%2F5ECH-PCMK-3HZIZJ-JMRFL-1%2Fc.aspx&data=05%7C01%7Ccarrie.dickinson%40nhs.net%7C746ced03f0ea4d75ecb708dafaf66037%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638098233331111738%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Br95QJOVqDeCnh%2BKk2v4gkru6xWsvcr6q%2FJfD4NyVJA%3D&reserved=0) <https://www.coventry.gov.uk/cost-living-wellbeing-support>

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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.

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.

**STAFF TRAINING DATES 2023**

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

15th February 2023

Out of hours info will be available on our phone system

**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/>

# Time To Change

# Time To Talk Day

## 2 February 2023

Getting people to talk about mental health and by doing so help change lives.

[Time to Change](https://www.time-to-change.org.uk/get-involved/time-talk-day)

[Suicide prevention](https://www.nhsemployers.org/articles/suicide-prevention-and-postvention)

**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>

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.

Web support can help as well as services such as [Talking Therapies](https://www.nhs.uk/service-search/mental-health/find-a-psychological-therapies-service/). You can refer yourself to these.