

# COVENTRY ROAD PRACTICE NEWSLETTER - April 2024



**Practice Website: [www.coventryroadpractice.co.uk](http://www.coventryroadpractice.co.uk)**

## **Travel information**

Do you know we offer a free travel health service at the surgery?

Did you know a 10 yearly booster vaccine for tetanus is advised even for travel to European countries like Spain and Italy?

Please visit reception for a simple travel form.

## **Wellbeing Services**

The Practice is pleased to announce we have a Wellbeing Coach who attends the surgery once a week. Health Coaches are trained to offer you support with making changes that will improve your life and help you to manage better. They partner with you to work on a plan and set goals in the areas of health, long term conditions and/or mental health.

Health Coaches work with you one on one for up to 6 sessions to help build your confidence and make improvements that are meaningful to you. Examples of things someone might work on are improving their sleep, applying lifestyle changes recommended for their health condition or coping better with worries.

## **Social Prescribing**

The Social Prescribing Service provides a link/intervention support to help improve the health and well-being of patients. Once the patient is referred, The Link Worker will contact the patient and talk through the referral to discuss what matters to them and support the patient with the next stages of support.

The Service provides support in many different areas such as benefits, food bank access, domestic abuse relationships, social isolation, housing (where we can help), community group access, recently arrived in the UK, low reported well-being, poor management of long-term conditions, substance misuse, financial hardship, Food/bank assistance.

If you think this could be helpful to you, please contact the surgery and we can arrange a referral for you.

## **First Contact Practitioner (FCP)**

The Practice has use of a First Contact Practitioner.

- The FCP will assess you and and diagnose what is happening.
- Give expert advice on how to manage your condition.
- Recommend exercises and other approaches to help deal with the issue.
- Refer you on to specialist treatment if necessary.

## **Measles**

Measles cases are rising with over twice as many cases confirmed in the first half of 2023 compared to the previous year. We know that having the MMR vaccine is the best way to protect our communities. We encourage uptake of MMR vaccination status so that we can reducing the risk of outbreaks in England. Please arrange appointment with nurse if you or your children are not vaccinated against MMR.

## **Tetanus**

A reminder about tetanus wounds. If you unfortunately get bitten or have a puncture or dirty wound you will need to attend A&E for treatment. Tetanus vaccines last 10 years.

## **Period Poverty Campaign**

The Practice is supporting period poverty campaign. Patients are able to take free period products if there is significant need. We also accept donations of pads or tampons. For more information please ask reception staff.

## **NHS Health checks**

It is important that patients have access to NHS Health Checks to identify and reduce the risk of cardiovascular disease and diabetes. If you are between 40-74 years of age, do not have any pre-existing conditions do not take regular medication you are eligible. This will include questions, measurements and tests. The tests will be performed at Chelmsley Wood Hub.

## **GP Training Practice**

Please note - Coventry Road is a GP training practice. You may be offered an appointment with a GP Registrar.

## **Facebook**

As you may be aware the Practice uses Facebook to promote services and it includes useful information regarding healthcare.

If you have any thoughts the Practice would be grateful for your input. You can follow us on:  
<https://www.facebook.com/coventryrdpractice/>

## **Spring Covid vaccination reminder**

Eligible patients will be contacted.