



Henley Green Medical Centre

SUMMER 2024 NEWSLETTER

Food Banks and Social Supermarkets are there to support households in need.

For long-term support, you can pay approximately £5 per week and receive £15-£20 worth of food from a Social Supermarket. They are located all around the city. To access a map to find your nearest, visit:

www.coventry.gov.uk/foodmap

You can also access the Household Support Fund for more food support at:

www.coventry.gov.uk/householdsupportfund

What is Pharmacy First?

A new NHS service which allows patients to get prescription medicines for some minor conditions straight from a local pharmacy - no need to contact your GP practice first.

Sinusitis 12 years and over	Sore throat 5 years and over	Acute otitis media 1 to 17 years	Infected insect bite 1 year and over
Impetigo 1 year and over	Shingles 18 years and over	Uncomplicated UTI Women 16 to 64 years	

Have a chat with your Pharmacy first if you have any of these concerns.

Don't miss this gorgeous Summer Fayre, raising money for Berkswell C of E Primary School!

Date: Saturday 29th June 2024 | 1pm - 4pm

Venue: Berkswell C of E Primary School, Church Ln, Berkswell, CV7 7BJ

Prices: FREE entry

Age suitability: All the family

For Your Information: Practice Activity – May 2024

Patient Contacts – 17382

Prescriptions – 2893

Inbound Calls – 7040

Docs Processed – 2822

Telephone Appointments – 1196

Face to Face Appointment – 3431

DNA's - 162

Beat the heat: hot weather advice.

Anyone can become unwell if they get too hot. However, some people are at higher risk of becoming seriously unwell. It is important to follow this guidance so that you are prepared for hot weather and can take action to cool yourself and your home.

For More information:

Visit Gov.co.uk/beat-the-heat



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DID YOU KNOW Exercise and continuing to work if you can, are key to managing persistent pain, also known as chronic pain, to help lead a fuller life. Simple, everyday activities like walking, swimming, gardening, and dancing can ease some of the pain directly by blocking pain signals to the brain.



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For Your Information

Flu occurs every year, usually in the winter, which is why it's sometimes called seasonal flu. It's a highly infectious disease with symptoms that come on very quickly. Colds are much less serious and usually start gradually with a stuffy or runny nose and a sore throat. A bad bout of flu can be much worse than a heavy cold.

Flu can cause fever, extreme tiredness, aching muscles and joints, stuffy nose, dry cough, and sore throat. Healthy individuals usually recover within two to seven days, but for some the disease can lead to hospitalisation, permanent disability or even death.

Visit [nhs.uk/flujab](https://www.nhs.uk/flujab) for further information like when you would be eligible for the Flu vaccination.

NHS England announced that the start date for the Flu vaccination service for the 2024/25 campaign will be Thursday 3rd October 2024.

My Baby Spa

- Baby Spas
- Toddler Spas
- Parent & Baby Spas
- 4 Week Baby Massage

www.mybabyspa.co.uk
@MyBabySpaUK

Summer Scavenger Hunt

This Scavenger Hunt is perfect for getting the kids outdoors and interested in nature. Can they find a dandelion, a squirrel, and a butterfly? Tick each one as you explore your local area. Simply download the PDF for free, print it, and take it out with you!

From 20th July 2024 to 1st August 2024

Visit www.coventryrocks.co.uk/things-to-do/scavenger-hunt to print.

For Your Information

We will be closed for training on **Wednesday, 18th September 2024 from 12:30 PM.**

For full patient reviews visit our website at henleygreenmc.nhs.uk

Here's what our Patients think of our service.

"The service has improved massively, I'm impressed 🙌"

"As always I received excellent care in a timely manner."

"I've been with this Practice for years. I have to say with the front of house, Tasha and Sue are welcoming, clear, and very helpful. I suffer with severe Depression and Anxiety and not good around people. The Doctors and Nurses are all top notch.... The best. ★★★★★ Thank You."