

The Wand Medical Centre Newsletter

Issue month: April 2025

HAPPY EASTER

From The Wand Medical Centre



Hippity hop, Easter is on its way.

**See how many Easter eggs you can spot through out this
Newsletter.**



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DO YOU HAVE THE NHS APP ?

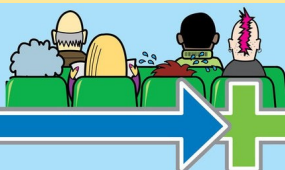
Get the app for quick and easy access to your local NHS services



- Book appointments
- Access Virtual GP appointments
- Order medication

GET THE NHS APP

**MINOR
AILMENTS?**



Why wait?
Go straight to
a pharmacist!

The Wand Medical Centre is working closely with local pharmacists to support you with certain minor health conditions. It may be more appropriate to have your NHS consultation with a trained pharmacist, instead of the GP Practice. You can choose a pharmacy that is convenient to you and we will arrange this for you.

Free ADHD Webinars for Parents & Carers

Looking for support and guidance on ADHD? *Think ADHD* is offering free 60-minute webinars covering key topics like Making Sense of ADHD and Navigating the Diagnostic Process. Each session includes expert advice and an open discussion space.

Book your free place or explore more dates here:

<https://www.eventbrite.co.uk/o/relate-birmingham-and-black-country-105693011121>

Attention deficit hyperactivity disorder is a condition that includes symptoms such as being restless and having trouble concentrating.

Symptoms of attention deficit hyperactivity disorder include a short attention span, constantly fidgeting and acting without thinking.

ADHD is thought to be recognised less often in girls than boys. This may be because girls with ADHD more commonly have inattentive symptoms and these can be harder to recognise.

Many children are easily distracted, impulsive and have high energy levels, particularly if they're under the age of 5. This does not mean they have ADHD. It could be a sign of something else, like being tired, anxious or stressed.





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STRESS AWARENESS MONTH.



Stress is the body's reaction to feeling threatened or under pressure.

When we are stressed, our body releases a hormone called adrenaline (often called the "fight or flight" hormone), which usually gives us a boost or motivates us to act quickly.

But too much stress can affect our mood, our body and our relationships – especially when it feels out of our control. It can make us feel anxious and irritable, and affect our self-esteem.

Experiencing long-term stress or severe stress can lead to feeling physical, mental and emotional exhaustion, often called "burnout"

WHAT CAUSES STRESS

The things that cause stress vary from person to person.

The level of stress you are comfortable with may be higher or lower than that of others around you. Stressful feelings typically happen when we feel we do not have the resources to manage the challenges

We face Pressure at work, school or home, illness, or difficult or sudden life events can all lead to stress.

Possible causes of stress include:

- Our genes, upbringing and experiences as children or adults
- Life changes, like moving house, having a baby or bereavement
- Money worries, housing issues or job problems
- Health issues, either for you or someone close to you
- Pregnancy and parenting
- Our genes, upbringing and experiences as children or adults



#LeadWithLove—a powerful call to action rooted in the principles of Unconditional Positive Regard. This theme encourages us to approach ourselves and others with kindness, compassion, and acceptance, no matter the challenges we face.

In today's world, where stress often thrives in the midst of conflict, tension, and division, we believe that love is the universal force capable of shifting the narrative. By choosing love as our starting point, we embrace empathy, prioritize understanding, and create positive change in every interaction.

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SHINGLES

Shingles is an infection that causes a painful rash.

The first signs of shingles can be:

- A tingling or painful feeling in an area of skin
- A headache or feeling generally unwell
- A rash will usually appear a few days later. In rare cases shingles can cause pain without a rash.

Usually you get the shingles rash on your chest and tummy, but it can appear anywhere on your body including on your face, eyes and genitals.

The rash appears as blotches on your skin, on 1 side of your body only. A rash on both the left and right of your body is unlikely to be shingles.



The blotches become itchy blisters that ooze fluid. A few days later, the blisters dry out and scab.



The rash can form a cluster that only appears on 1 side of your body. The skin remains painful until after the rash has



The rash may be in and around your eye, making it sore and red. It can affect your sight or hearing and make it hard to move 1 side of your face

Treatment for shingles depends on how severe your symptoms are and whether you're at risk of complications.

If you have a mild rash you may not need any treatment.

You may be offered medicine (antiviral tablets) to help speed up your recovery from shingles if:

- you have a weakened immune system
- your pain or your rash is moderate or severe
- the rash is affecting other areas of your body apart from your chest, tummy and back
You usually need to start taking the medicine within 3 days of your rash first appearing.

Treatment for shingles can also include medicines to help relieve pain, such as painkillers, steroid tablets or medicines that help with nerve pain.

It can take up to 4 weeks for the shingles rash to heal.



Important

You can get shingles more than once, so it's important to get vaccinated even if you've had shingles