

The Wand Medical Centre Newsletter

May 2024

WOMENS CONTRACEPTION CLINICS

Did you know that The Wand Medical Centre has the following clinics :

- General contraceptive clinics
 - Coil check/removal
- Implant interstation and removal of coil fit
 - Depo Injection

If you would like to find out any further information, please enquire at reception.



On Line access

Register on line at:

thewandmedicalcentre.co.uk

NOW!!

You can then book your own GP appt's, order your repeat medication. And view your summary care record. Ask at reception for further details.

MEDICATION QUERY

If you have a medication query or need your medication reviewed , we have a in house clinical pharmacist who you can speak to Monday to Friday.

Please ask reception for further details.

When to use NHS 111

You should use the NHS 111 service if you urgently need medical help or advice but it's not a life threatening situation. You need medical help fast but it's not a 999 emergency. You think you need to go to A&E or need another NHS urgent care service. You don't know who to call or you don't have a GP to call. You need health information or reassurance about what to do next. Using NHS 111 could save you valuable time by directing you to the appropriate service. NHS 111 is a fast and easy way to get the right help – Wherever you are or whatever the time...24 hours a day & 365 days of the year.

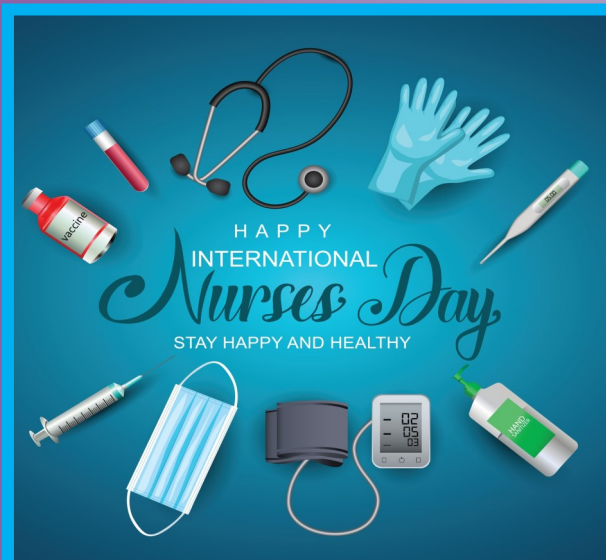


MINOR ALIMNETS

You don't always need to see the doctor, try your local pharmacy as they can offer advice on medication which in some circumstances is free of charge. They can also offer advice on where you could got for further care.

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May 12 is International Day of the Nurse and usually it's celebrated with talks, celebratory events and colleagues coming together to talk about and promote their profession.

To all nurses, wherever you are in the world, whatever your speciality and whoever you are caring for, directly or indirectly. Take very good care of yourselves and have a very good and reflective International Nurses Day.

Mental Health Awareness Week runs from 13 to 19 May 2024. For Mental Health Awareness Week 2024, we're launching #NoMindLeftBehind. We're calling on you to raise awareness and vital funds for a future where everyone can get quality mental health care when they need it.

Every year, 1 in 4 of us will experience a mental health problem. But too many of us aren't getting the help we need.

Over 2 million people are waiting for NHS mental health services, and since 2017 the number of young people

struggling with their mental health has nearly doubled.

People tell us they feel overwhelmed and hopeless. They need support right now. With your help we can build a better future, where mental health is handled right.

13 to 19 May 2024

Mental Health Awareness Week

The 2024 theme is...

Movement



Being active is important for our mental health. But so many of us struggle to get enough exercise. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

National awareness holidays and national health observances are special days, weeks, or months dedicated to raising awareness about important health topics.

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We are a Teaching Practice.

At some point you may have seen that we teach students at the practice. It would be really helpful not only to us, but for them as our future doctors if you were willing to volunteer your time to come into practice or to have a telephone consultation.

The students may want to talk to you regarding medical history, illness, problems, medication etc...

If your willing to be part of this please let us know at reception and may we thank you in advance for your continuing support.



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Carer support

Birmingham carers hub offers a wide range of support and services to unpaid carers in Birmingham. If you are new to Birmingham carers hub, and need any help or support you can email:

info@birminghamcarershub.org.uk

Or call

0333 006 9711



Are you a Carer?

A carer is someone of any age who provides paid/unpaid support to family or friends who **could** not manage without this help. This **could** be caring for a friend or elderly family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

If this sounds familiar, please let reception know by filling out the tear off slip at the bottom and we can add this information to your record.

This does not apply for looking after your children.

Your Name: _____

Your Address: _____

Your Date of Birth: _____

Name of the person you care for: _____

Relationship to person you care for: _____

I hereby give my consent for my information to be forwarded to Carers UK who will contact me with further help and support.

Please tick the box if you wish for us to forward your information

Get help and advice

Get expert benefits advice, plus help filling in claim forms, from:

[Carers UK](#) helpline on 0808 808 7777

- Carers Direct helpline on 0300 123 1053

[Age UK](#) on 0800 678 1602

[Citizens Advice](#) on 0800 144 8848

[Gingerbread](#) (for single parents) on 0808 802 0925

[Family Rights Group](#) on 0808 801 0366

A carer is anyone who helps somebody (usually a relative or friend) who needs support in their day to day life due to illness, frailty, disabilities or mental health or substance misuse problems. This is an unpaid role, and is not the same as someone who is paid, provides care professionally, or through a voluntary organisation. Carers may frequently provide support including assistance with personal care, household tasks, finances, emotional support and leisure.

Any one of us, including children and young adults, at any time could become a carer either on a short-term basis or for a longer period. It is also important to recognise that some carers will experience more complex situations such as caring for more than one person, for example a parent and a child ("sandwich caring") or an older couple caring for each other ("mutual caring").

If you're caring for someone, it is important you get the advice, information and support you need to help in your caring role.

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SHARON SMALL

**HEALTH AND WELL-BEING
COACH**

“YOUR HEALTH, YOUR CARE, YOUR SAY”

As a health and well being coach I will aim to provide holistic support to the patients health and well-being , using public health guidance to contribute towards the reduction of health inequalities, by assessing health needs and working in partnership with the patient to achieve health goals.

I'll be working in partnership with the multi-disciplinary team: social prescribers, care co-ordinators, and health professionals within the GP surgeries, to provide health education and specialist expertise to patients to improve their understanding of personalised care and behavioural approaches.

I'll be raising awareness within a Primary Care Network of tools that enable shared-decision making in reaching health related goals.

I'll support people to self-identify existing issues and encourage proactive prevention of new disease or deterioration of existing illnesses

I will work alongside people to coach and motivate them through multiple sessions, supporting them to identify their needs, set goals, and help them to implement their personalised health and well-being plan.

- Educate patients about eating healthy and exercising properly
- Motivate patients to stay on-track to overcome challenges and barriers
- Plans will be developed around health related issues or prior injuries
- Work with the patients to determine their problematic areas, identify obstacles, and create a plan to achieve their health and wellness goals