



May 2023

Fun Facts about the month of May

- ◆ May is named for the Greek goddess Maia.
- ◆ May is pretty exclusive when it comes to days of the week. No other month in one single year starts or finishes on the same weekday as May. Basically, if the first of May is on a Friday, and the 31st of May is on a Sunday, no other months in the year will start or end on a Friday or a Sunday!
- ◆ May is the month to celebrate International No Diet Day (6th), World Turtle Day (23rd), National Wine Day (25th), and International Hamburger Day (28th).
- ◆ 1st May 2023 - May Day is an ancient pagan spring festival, traditionally celebrated across Europe with maypole dancing and the crowning with a floral crown of a May Queen.

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Practice Changes

Over the next couple months we are trialing some new systems throughout the practice. This includes how we book appointments and when they become available. You will also notice some changes in how we communicate information to our patients. We will be updating our website, putting out monthly newsletters to keep you updated and improving our notice boards in the waiting room.

Due to the pressures we are currently facing within the NHS, we are trialing a new appointments system. This will include changing the way appointments are offered and booked. If you ask for an appointment, our Reception Staff will ask for more information regarding your request. This is so emergency appointments can be given priority and other calls can be dealt with appropriately. It may be that your query can be dealt with by another member of the team without the need to speak to a GP. Please do not say that it is a personal matter as you may be offered the next routine appointment instead.

Access Maternity Services

Maternity care should now be booked DIRECTLY with the Midwifery service—you no longer need to go via your GP.

There is one central number wherever you live.

Call:

01743 261085

Or Text:

07797 800 285

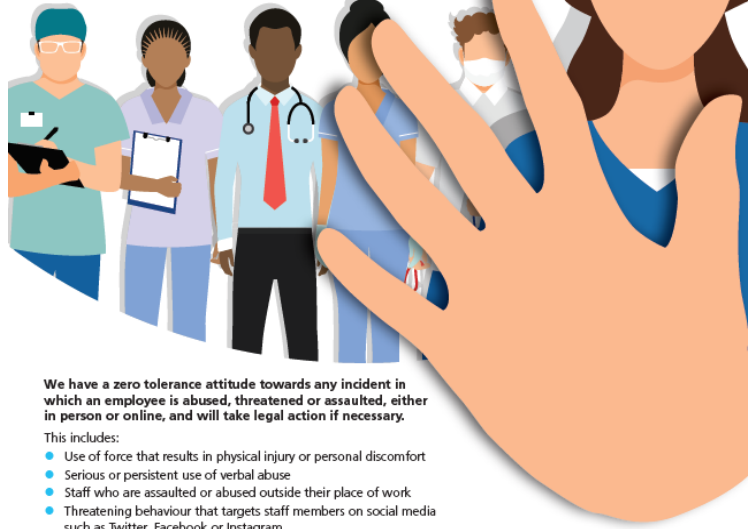
Leave your name and number and they will make you an appointment with the appropriate midwife team.



This is a first point of contact service at the start of your pregnancy. This is not an emergency service. Texts charged at the standard network rate

#ZeroTolerance

NHS staff should be able to come to work without fear of violence, abuse or harassment from other staff or the general public.



We have a zero tolerance attitude towards any incident in which an employee is abused, threatened or assaulted, either in person or online, and will take legal action if necessary.

This includes:

- Use of force that results in physical injury or personal discomfort
- Serious or persistent use of verbal abuse
- Staff who are assaulted or abused outside their place of work
- Threatening behaviour that targets staff members on social media such as Twitter, Facebook or Instagram

Mental Health Contacts

Please see below some of the services available :

IAPT Self-referral Please call 01952457415.

Crisis Team Text Service
24/7 Text 'SHOUT' to 85258

Samaritans 116123

Online Live chat service
Kooth.com

Urgent Help 24/7
08081964501

Mental Health Awareness Week 15th May—21 May

Mental Health Awareness Week is an ideal time for us all to think about mental health, tackle stigma, and find out how we can create a society that prevents mental health problems from developing and protects our mental well-being. But we can't do it without you!

This year The Mental Health foundation are focusing on Anxiety. Anxiety is an emotion all of us feel at some point, but for some it can have a more severe impact on their lives.

Anxiety is something most of us feel when we are going into an exam or wanting to get tickets to see our favourite band.

However, for some of us anxiety can prevent us from doing basic everyday tasks, such as; shopping, exercising, working or just leaving the house.

What can you do to help yourselves and others?

- Relax and reduce stress.
- Find ways to learn and be creative.
- Spend time in nature.
- Connect with others.
- Look after your physical health.
- Try to get enough sleep.



VACCINATIONS COVID-19

WOODSIDE MEDICAL PRACTICE WILL NOT PARTAKING IN COVID-19 SPRING PROGRAMME 2023

PRE-BOOKED APPOINTMENTS CAN BE ACCESSED VIA THE NATIONAL BOOKING SYSTEM, THESE ARE BEING OFFERED VIA COMMUNITY PHARMACIES, SOME PCN'S AND AS THE LEAD PROVIDER AT WILLIAM FARR HOUSE, CORAL HOUSE AND INTERFAITH. DAYS AND TIMES AT THESE LOCATIONS WILL VARY.

Book, cancel or change a COVID-19 vaccination appointment - NHS (www.nhs.uk)

For walk in appointments, patients should follow the link below (Grab A Jab) –
Find a walk-in COVID-19 vaccination site - NHS (www.nhs.uk)



King Charles III portrait

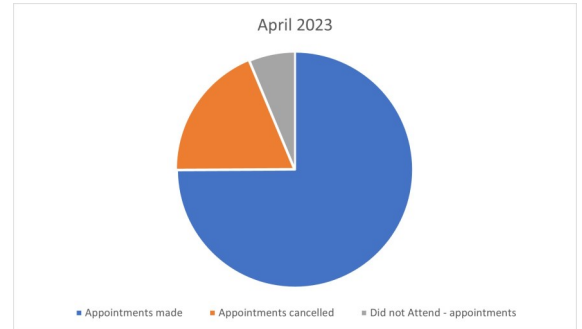
King Charles III Coronation—6th May

On the 6th of May King Charles will be crowned the King of the United Kingdom and the commonwealth. He will be our oldest new monarch and the first King in 70 years, following the reign of our late Queen, Queen Elizabeth II. The service will start at 11am with the King's procession from Buckingham Palace all the way to Westminster Abbey, where the new king will be anointed and crowned. The coronation comes with a weekend of events such as street parties and a concert at Windsor Castle.

Events all over Telford and Wrekin will celebrate the Coronation of the King. Such as over at the Sambrook Centre on the 29th of April there will be live classical music, banquet, and the unveiling of a portrait of King Charles III. At the Park Lane Centre on the 4th of May, there will be a community tea party with a commonwealth twist. The event is free; however, tickets are required, you can get these from the park Lane reception. Over at the Anstice in Madeley there will be a street party in the square and a Live screening of the coronation, to be held on 6th may from 10am – 2pm. For more information on events all over Telford and Wrekin, visit the Telford and Wrekin website. https://www.telford.gov.uk/info/20349/community_support/6564/the_kings_coronation_celebration_fund

How will you be celebrating the Kings Coronation weekend?

However, you choose to celebrate the coronation, stay safe.



Appointments missed April 2023

In April 2023, there was 114 missed appointments. These appointments could have been used for someone who needs it. If you are unable to make you appointment, please ensure that you contact the practice to cancel your appointment, so that we can offer this to someone else.

Baby Checks



When your baby is around 6-8 weeks old, you should have a baby check. This check is to ensure both you and the baby are feeling well and recovering properly.

It is a good idea to write down any questions you may have so that you can ask these within the appointment.

Shortly before or after your baby is born, you'll be given a personal child health record (PCHR). This usually has a red cover and is known as the 'red book'.

It's a good idea to take your baby's red book with you every time you visit the baby clinic or GP.

They will use it to record your child's weight and height, vaccinations and other important information.

You can also add information to the red book yourself. You may want to record any illnesses or accidents your baby has, or any medicines they take.

You'll find it helpful to keep the developmental milestones section of the red book up to date too.

We know how precious the first few weeks can be with your new little bundle of joy. So, here at Woodside Medical Practice we like to allow you to enjoy that time without worrying about appointments.

Therefore, our dedicated team will contact you to arrange your 6-8 week baby check appointment, so you can sit back and enjoy the first few weeks with your new-born baby.

Diabetic appointments

At Woodside Medical Practice we use an appointment system where our yearly diabetic blood tests are booked up to a year in advance. This ensures that our diabetic patients are seen regularly and at the right time annually.

We run this on a continuous cycle, meaning you will have a diabetic review once a year with our diabetic doctor or advanced practitioner. During this review you will discuss your medication and discuss your recent blood results. Within this appointment the Doctor will book in your next blood test for a year in advance.

At your diabetic blood test, the nurse will check your feet, take a blood sample and check your height, weight and your blood pressure. Once you have had your diabetic bloods taken, you will then be added to a list and booked into your diabetic review by one of our nurses or HCA's.

You do not need to arrange or book for these appointments, unless you cannot attend the original appointment date in which case this can be re-arranged with one of our admin team or receptionists. Please note that these appointments are subject to change.



Think Pharmacy before GP

Think Pharmacy before GP

Visit your local pharmacist for non-emergency healthcare and repeat or urgent prescriptions. With no appointment necessary.

NHS Shropshire, Telford and Wrekin

HELP US, HELP YOU

When we're sick, we all want to feel better as quickly as possible and speak to someone who can help. With longer opening hours than GPs and highly qualified staff, your local pharmacy can give you the answers and medicine you need to start feeling better.

Did you know that

Your local pharmacist is on hand to help with a range of longer-term conditions and minor concerns. If required, they can also help you decide which service to use or whether you need to see a local GP or visit A&E.

What can they help with?

As qualified healthcare professionals, they can offer help with and provide over-the-counter medicines for things such as

- ⇒ Aches and pains, Sore throat, Coughs, Colds, Flu, Earache, Cystitis, Skin rashes, Teething, Red eye, Sexual health, Health and wellbeing advice

What services do they offer?

Without the need for an appointment, they can assist with things like

- ⇒ Dispensing NHS prescriptions, Providing you with an emergency supply of medicine (subject to their discretion), Inhaler techniques, Understanding the correct dose of new medications and how often you need to take, Flu vaccinations, Emergency contraception and sexual health screenings and treatment, General health screenings for blood pressure and cholesterol, Stop smoking advice

Benefits of using the pharmacy

Not only does it help free up local GP appointments for those who need them most, you also get the added benefit of:

No appointment necessary

A consultation room for privacy

Instant advice on where to go and how long to expect to experience symptoms for

World Bee Day—20th May

You may be asking why we celebrate World Bee Day, well the answer is quite simple. We celebrate this day to raise awareness of the importance of pollinators, the threats they face and their contribution to sustainable development. The United Nations designated May 20th as World Bee Day.

Bees are essential to our eco-system. Without Bees we as the human race would cease to exist. Almost 90% of wild plants and 75% of leading global crops depend on animal pollination. One out of every three mouthfuls of food depends on pollinators, such as Bees. Crops that depend on pollination are five times more valuable than those that do not.

How can you help

If you find a bumblebee which appears to be struggling, it may be that it is just resting, particularly if the bee is a queen in early spring. If you think the bee is struggling the best thing to do is gently put the bee onto a bee-friendly flower.

If there are no bee-friendly flowers around, mix 50/50 white sugar and water to give the bumblebee a one-off energy boost, providing the carbohydrates it needs to fly. Simply offer a drop or two of sugar water up to the front end of the bee on a teaspoon or an upturned drinks cap in a sheltered place and allow the bee time to recuperate.

(It is not advisable to use brown sugar as it is harder for bees to digest and don't give bumblebees honey as this can contain pathogens.)

We can all do our bit to help bees whether that's in our gardens, balconies or windowsills. You can also chat to friends and family about how cool bees are and help them to make their wild spaces bee-friendly.

Plant a range of flowers in your garden so bees have access to nectar from March to October. Bees love traditional cottage garden flowers and native wildflowers, like primrose, foxglove, and marigolds.

Come join us on May 19th, here at Woodside Medical Practice in creating a safe space to promote bees and wildlife. From 12pm-3pm join our Social Prescribers and fellow patients in planting flowers and building bee houses and a bug hotel.



International Nurses Day—May 12th

International Nurses Day is an international day observed around the world. On 12 May each year, we celebrate this day to mark the contributions that nurses make to society. May 12 is a significant date in itself as this was the day of birth of the most renowned nurse in history, Florence Nightingale. So it is only right that we celebrate our nurses on this special day.

This year to celebrate our wonderful nurses, we are asking everyone, from nurses, colleagues, patients and the public to share their best stories via social media. We want you to tell us of a time that a nurse, nursing associate or student nurse made a difference to you.

This #NursesDay help us to show the vital difference that nursing makes.

Whether you share your story via Twitter, Facebook or Instagram, make sure you use the hashtag #NursesDay. Interact with other stories and celebrate the wonderful people who help keep us healthy and cared for.

Thank you to all of our practice nurses and nursing associates here at Woodside Medical Practice.



Why does the receptionist need to ask what's wrong with me?

Our reception staff are important members of the practice team and it has been agreed they should ask patients 'why the need to be seen'.

We have trained our reception staff to ask certain questions to help make sure you receive:

- the most appropriate medical care,
- from the most appropriate health professional,
- at the most appropriate time.



Reception staff, like all members of our team, are bound by patient confidentiality.



PLEASE NOTE: We do not provide walk-in services.

We are by appointment only.
If you require an appointment please call us on 01952 586691 or call 111

Repeat Prescriptions

The easiest, safest and quickest way to order your repeat prescription is online via patient access or via our patient email address. patients.woodside@nhs.net. There is no need to make a phone call or visit us; instead computer, smartphone or tablet users can request repeat prescriptions anywhere – 24 hours a day, seven days a week. You can also check what medication you should be taking and when.

If you are unable to request your medication online then you can pop into the practice, fill in a repeat prescription request and put it in the prescription box in the foyer. You can also request your prescriptions through your chosen pharmacy.

If you are not already registered for Patient Access or the NHS App, please let a member of the Practice team know you would like to use this service.



Please allow 3 full clear working days before collecting your prescription during normal working hours. The table below will show you when you can pick up your prescription based on the day you request it.

Woodside Medical Practice

Park Lane
Woodside
Telford
TF7 5NR
Phone: 01952 586691
E-mail: patients.woodside@nhs.net

Opening Hours

Monday 8.30am – 6.00pm
Tuesday 8.30am – 6.00pm
Wednesday 8.30am – 6.00pm
Thursday 8.30am – 6.00pm
Friday 8.30am – 6.00pm
Saturday CLOSED
Sunday CLOSED

Telephone lines open Monday—
Friday from 8am—6pm .



WE ARE CLOSED ON BANK HOLIDAYS
MONDAY 1ST MAY 2023
MONDAY 8TH MAY
MONDAY 29TH MAY