



NEWSLETTER

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THRIVING NOTTINGHAM

Thrive Tribe offers expert stop smoking support and more to help you improve your health. Both Greenfields and JRB practices have welcomed them during the flu campaign to provide patients with health MOTs. For weight management, Thrive Tribe runs tailored programmes for families, supporting children aged 5-12, teens aged 12-17, and adults. These services are available within our PCN practices—ask your practice for more details.

We attended Thrive Tribe’s launch event at the Council House, alongside Councillor Pavlos Kotsonis, Lucy Huber (Director of Public Health), and other local stakeholders. Together, we’re tackling Nottingham’s key health priorities, including weight and smoking, to help our community thrive



Helping you to live well and feel great



NHS APP

During October 2024 our PCN saw 17515 logins to the NHS APP.

The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the Google play or App store. You can also access the same services in a web browser by logging in through the NHS website.

You must be aged 13 or over to use the NHS App. You also need to be registered with a GP surgery in England or the Isle of Man

Pop into your practice if you need support accessing the app and someone will be happy to help.

WORKING WELL EAST MIDLANDS

Working Well East Midlands (IPSPC) supports individuals in finding meaningful employment. We’ve collaborated with the program and hosted them within our PCN practices to bring their services closer to our patients.

Through tailored job placements, integration with clinical teams, and ongoing personalized support, Working Well helps match individuals to roles that suit them. Contact your practice reception to learn more about how we can support your journey into employment.

PROTECT YOURSELF AND OTHERS: GET YOUR FLU VACCINE

Our PCN practices have been actively delivering this year’s flu campaign, helping to safeguard our community from serious illness. The flu vaccine is a safe and effective way to protect yourself and those around you, especially vulnerable individuals.

If you’re eligible and haven’t had your flu jab yet, it’s not too late! This includes patients who live with or care for someone who is vulnerable. Pop into your practice today to help keep yourself and your loved ones healthy this flu season.



The government and NHS have launched a national conversation to help shape the 10 year plan for the NHS and are calling on patients to share their experience and views via an online platform found at: <https://change.nhs.uk/en-GB/>