

RWT PCN NEWSLETTER

SUMMER 2023

IN THIS ISSUE

INTRODUCTION FROM
DR JOHN BURRELL

GENERAL MEDICAL
SERVICES CONTRACT
MERGER

QUICK WAYS TO
ACCESS TEST RESULTS
AND MORE

VACCINATIONS

CONFIDENTIAL ADVICE
FOR YOUNG PEOPLE

NEW ONLINE PLATFORM
FOR PREGNANT WOMEN
AND PARENTS

AWARD RECOGNITION

CALLING ALL VETERANS

FEELING THE STRAIN?

SPOTLIGHT

WELCOME

Welcome to this season's edition of our patient newsletter. We hope that you have been able to enjoy some of the warm weather we've been having – when we've been lucky enough to have it!



*Dr John Burrell
GP and Clinical Director*

Since our last newsletter landed with you back in spring, the NHS has celebrated its 75th birthday, we've been shortlisted for two national awards and recognised at a local level also. As the summer is now coming to an end, we have been inviting some of you to receive your flu vaccine and Covid-19 booster – you can check the criteria to see if you're eligible here:

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>. It's so important for us all to prepare for the autumn and winter period to ensure we are as protected as possible. Also, on a positive note, we've recently recruited 11 GPs to work at GP practices within our PCN. I'm sure you will make them all feel welcome if you see any of them during future appointments. I hope that you find these updates useful. If there is anything else you would like to see in the newsletter, please let us know via your GP practice or via email: rwh-tr.primarycare@nhs.net.

GENERAL MEDICAL SERVICES CONTRACT MERGER

As you may be aware, in order to provide primary care services, GPs must hold a General Medical Services (GMS) contract which specifies what GP practices are allowed to do and how this is funded. Some of the contract-holders within RWT PCN have decided that they would like to merge their contracts similar to our previous merger. The decision to merge more of our practices will allow our back-office functions to work together seamlessly and deliver greater efficiencies across the network. This will impact the following practices:

- Lea Road Medical Practice
- Tettenhall Road Medical Practice

If you are registered at any of these practices, there will be no change to your care including where you receive care. The practices will remain open 8am until 6.30pm and you will still continue to have access to the PCN wide services. We would like to hear your feedback on the contract merger, you can do this in writing via the practice or via email: rwh-tr.primarycare@nhs.net

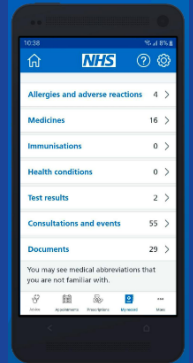
REQUESTING TEST RESULTS AND MORE

If you're calling to request test results, order your repeat prescriptions, access your GP records and more- you can do all of these things by using the NHS App which can be downloaded using a

smartphone. REMEMBER if there aren't any weekday appointments available on the app, you can book weekday evening and weekend GP appointments - for more information on this, call your GP practice. If you don't have access to a smartphone but you can access the internet, you can submit an online request directly to your GP practice and receive a response within two working days via our website:

www.rwtprimarycare.nhs.uk.

If you would like to use the NHS App/internet but need access to a computer or smartphone or maybe you need some help getting set up, get in touch with us.



PROTECT YOURSELF, FRIENDS AND FAMILY

Are you eligible for your flu and COVID-19 vaccinations?

If you are:

- aged 65 years or over
- pregnant
- a child of a certain age
- living in a residential or nursing home
- the main carer of an older or disabled person
- living with someone who has lowered immunity due to disease or treatment
- a frontline health or social care worker



Book your appointment to help protect yourself, friends and family now. You should have received a text message from us with a link to book.

Not received a text? Call our PCN Nurse Support Team on 01902 229050.

More information can be found via nhs.uk/flujab

MMR VACCINATIONS

Have you had two doses of the MMR vaccine? Health leaders across the Black Country are urging people to make sure they are up-to-date with their MMR vaccines. The MMR vaccine is a safe and effective combined vaccine, which protects against three serious illnesses – measles, mumps, and rubella.



Patients who are unsure of their vaccination status can check the NHS app, or contact their GP practice.

AWARDS SUCCESS

Our PCN has been shortlisted for not one, but two national awards for the improvements we have made to accessing our GP practices. The prestigious Nursing Times Awards and the national General Practice Awards has recognised the commitment of our nursing staff across the PCN. The winners will be announced at ceremonies in London later this year.



CONFIDENTIAL ADVICE FOR YOUNG PEOPLE

ChatHealth is a NHS text messaging service for young people across Wolverhampton. 11–19 year olds can text a school nurse on 07507 332 631 to get confidential advice and support for a range of health and wellbeing issues, including:



- Anxiety, emotions and anger
- Bullying
- Family issues and friendships
- Sexual health and contraception
- Smoking, alcohol and drugs
- Sleep
- Staying healthy

School nurses can also put young people in touch with other local NHS or support services that can help.

NEW ONLINE PLATFORM FOR PREGNANT WOMEN AND PARENTS

A new NHS website has been created to support pregnant women and parents of children and young people in the Black Country.

I'm worried about...



The 0–18 years website has been created in partnership with local healthcare professionals and contains a range of health advice in one place. There's an extensive directory of common childhood illnesses such as rashes, coughs, asthma, sickness, earache, conjunctivitis, and head injuries as well as information on maternity and mental health and wellbeing. The health information showcases a traffic light system so parents and carers know the signs to look out for, where to seek help, what to do to keep an unwell child comfortable, and how long symptoms should last. It can be easily shared by print or by sending a link via SMS for free. The website is www.blackcountry0-18.nhs.uk

ARE YOU A VETERAN? LET US KNOW

If you're a military veteran, we want to know. As a military veteran, you can access dedicated NHS veteran services and additional information. Give your GP practice a call or email us on rwh-tr.primarycare@nhs.net and let us know your status.



RECYCLE YOUR INHALERS

A scheme to encourage people to recycle their used inhalers instead of binning them has launched in Wolverhampton. In the first scheme of its kind in the Black Country, 19 community pharmacies have joined RWT in a commitment to reduce carbon emissions, improve public health and protect the environment. The inhalers will be recycled and transformed into new products, such as coat hangers and waste bins. Find out more about the locations of the bins via the RWT website: www.royalwolverhampton.nhs.uk



FEELING THE STRAIN?

Have you started a new exercise programme and you're feeling the strain? Or been tidying the garden and have aches and pains? Please remember you can book appointments for advice and assessments from our First Contact Physiotherapists for any of your aches, pains and muscle strains. If you would like more information, get in touch by emailing rwh-tr.primarycare@nhs.net



SPOTLIGHT: ANP TEAM



Our Advance Nurse Practitioner (ANP) team consists of 10 members of staff. They are based within all nine of our GP practices and also carry out home visits/care home visits.

ANPs can see patients and:

- Diagnose health conditions
- Conduct check-ups
- Research patient conditions
- Refer patients to specialists
- Prescribe and administer medication

Our ANPs can help patients with conditions such as acne, asthma, diabetes, ear infections, fungal nails, insect bites, urine infections and so many more, the list goes on. So the next time you call your GP practice for an appointment, consider booking in with one of our ANPs.

HOW YOU RECEIVE OUR UPDATES

How do you prefer to receive updates? Want to receive your newsletter via email or text? Give your GP practice a call and let us know. You can also find out more information about our services: www.rwtprimarycare.nhs.uk

Follow our
Primary Care
Network (PCN)
on social media



Keep up-to-date with our latest news and events



on Twitter @RWT_PCN



on Facebook @RWTPCN



on Instagram @RWT_PCN