

Rushall Medical Centre Newsletter



Jan 25– Mar 2025

What's New?

Walsall Health Care Trust are launching several self-care management programmes in the area; The programmes that are available consist of;

- Diabetes Self Care Management Programme,
- Chronic Pain Self Care Management Programme,
- Self Care Management Programme (long term health conditions)
- Caring for Me and You- Carer Programme

Contact **01922 605590** or email **wht.selfcare@nhs.net** for further information.



RSV Vaccination



From 1 September 2024, those who turn 75 and those age 75 to 79 will be eligible for a free vaccine to protect them from respiratory syncytial virus (RSV). RSV is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold, including: cough or runny nose. It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions. **Book your Vaccine Today**

NHS HEALTH CHECK

Are you aged 40-74?

The NHS Health Check is a check-up for adults in England. It can help spot early signs of stroke, kidney disease, Type 2 Diabetes and Dementia? Book an appointment online with one of our Nurses/HCAs via the NHS app or contact the surgery on 01922 622212 to book your appointment.

