



Advanced Notice: New Car Park Management at Wendover Health Centre

To help **improve parking access** for our patients, **Wendover Health Centre** will soon introduce a new car park management system, following feedback about the difficulty finding spaces.

- **Start date:** *To be confirmed* – we will share the go-live date soon.
- **What's changing:** Visitors will be able to park for free by entering their vehicle registration upon arrival.
- **Who's managing it:** Parking will be overseen by external experts Parkingeye. Westongrove will not receive any profit from this arrangement.

Weekend public parking

To support the wider community, the car park will be open for **public use from 07:30 am Saturday to 07:30 am Monday**, for a small fee via the Evology Parking app (available on Apple and Google app stores).

Vehicles without a valid exemption still parked after 07:30 am Monday may receive a fine. We appreciate your understanding as we make these changes to improve access for our patients.

Patient Newsletter

Our monthly newsletter keeps you up to date with what is happening here at Westongrove and raises awareness of current health and wellbeing issues.

Opening hours

In accordance with NHS England's Enhanced Access standards, our doors are open 08:00-18:30, with phone lines available 08:00-13:00 and 14.00 – 18:30.

We also offer appointments in extended hours up to 8pm on week days and Saturday mornings 8am – 12noon.

Find out more:

- 🌐 westongrove.co.uk
- 📘 @westongrovepartnership

Got an admin question or query?



Please fill in our online form available on our website www.westongrove.com via the administration query box:

- Letters
- Referrals
- Changing your details
- Online access queries
- NHS App questions
- Forms
- Requesting information or telephone numbers.....plus lots more!

New text service for parents of children aged 0-5

ChatHealth 0-5 years is a quick, confidential way to get support from your local health visiting team.

Text 07312 277363 for advice on any health concerns for **your child**.

Available Monday to Friday, 9am-4pm, with responses from a trained healthcare professional within 24 hours.

Support for pregnant women and young children

The **Healthy Start scheme** helps families in need by providing money towards healthy food and milk.

If you're more than **10 weeks pregnant** or have a **child under 4**, you may be eligible. Eligible families receive a **prepaid Healthy Start card, with up to £34 added every four weeks**, which can be used in a variety of shops across the UK.

To check if you're eligible and apply for a card, **visit healthystart.nhs.uk/**



May bank holiday opening hours

Please note that all Westongrove sites and dispensaries will be closed on the following dates:

- Saturday 3rd, Sunday 4th & Monday 5th May
- Saturday 24th, Sunday 25th & Monday 26th May

If you need medical advice during this time:

☎ please contact NHS 111 or visit 111.nhs.uk.

🚑 In an emergency, always call 999

Understanding and reducing your risk of heart disease and stroke



By **Dr Alexandra Parsons**,
Cardiovascular Lead,
Westongrove

You can **check your blood pressure** at home, at a local pharmacy, or at any of our surgeries. If a blood test is needed, we'll help you book one.

At Westongrove, we're committed to helping you stay healthy and reduce your risk of future heart disease or stroke — **what we call your cardiovascular risk**.

If we **contact you** to gather health information, **please respond** — every piece of information helps us **understand your risk** more accurately.

This risk is based on several factors, including your **blood pressure, cholesterol levels, smoking status, body mass index (BMI), and any existing health conditions**.

If your risk is higher than expected, we'll work with you to explore ways to lower it and improve your long-term health.

Practice training dates 2025

BOB Integrated Care Board provides cover for all practices to close between 1-6.30pm once a month (except August and December) for team training.

Should you need urgent medical assistance between 1pm and 8am the following morning call 111 or 999 if it is an emergency.

The dates that we will be closed in 2025 are:

- Thursday 15th May
- Wednesday 11th June
- Tuesday 15th July
- Thursday 18th September
- Wednesday 15th October
- Tuesday 18th November



APRIL IS
**TESTICULAR
CANCER**
AWARENESS MONTH

Remember to regularly check for lumps, swelling, or changes, and always speak to your GP with any concerns.