



Coventry Navigation PCN August 2025

Welcome to the August edition of the
Coventry Navigation PCN Newsletter!

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Introduction

In this issue, we feature Enhanced Access, making it easier to see doctors at convenient times, the Patient Participation Group (Digital), where patients can share their views and help shape healthcare services

You'll also find highlights from our PCN Community Event, support for patients with diabetes through Xyla Health, and more, including an inspiring AGE UK case study, and the Community Health Awareness with Godiva Lions

PCN Enhanced Access Clinics

Making Appointments available after-hours

Enhanced Access is a service we provide to allow patients book appointments after normal working hours. These extra appointments are designed to make healthcare more accessible and convenient for you

Just over 4,600 appointments delivered since April

Table of Enhanced Access Appointments delivered April to July:

Month	Appointments
April	1,238
May	1,263
June	1,205
July	1,170
Total	4,677

Our dedicated team of healthcare professionals are available to see you via this **Enhanced Access service**

They include

- **GPs**
- **Nurses**
- **Advanced Nurse Practitioners**

and other Clinicians

Social Media – Our Digital Journey

It's hard to believe it's been nearly a year since we began sharing on social media, successfully launching multiple channels.

- [Facebook](#) for longer, informative posts
- [Twitter](#) for quick, concise updates
- [YouTube](#) for videos with event highlights and health messages, for staff and patients alike



Timely, relevant information for patients and staff, from health tips to new service updates. Follow us on all our channels to stay informed, healthy, and connected. Visit us on our channels by scanning the code or click the link.

[Coventry Navigation PCN Channel Links](#)



Social Media - notable posts

- Our most viewed [Tweet](#) promoted our community event, which we hold a few times each year
- Our most viewed [YouTube video](#) was an introduction of our First Contact Physiotherapist
- Our most popular [Facebook post](#) invited our viewers to a Christmas Parkrun

PCN Engagement Event, Community Health & Wellbeing

[The Community Health and Wellbeing Event](#) on May 22 in Coventry was a success, connecting local residents with vital support services. **[We encourage GP practices to link the Joy Marketplace of Services directly on their websites]**

PCN Manager Saddam Hussain welcomed attendees, who enjoyed informative talks from various organisations like Thrive to Work and Compassionate Communities. The Services Fair allowed participants to interact with service providers, learn about resources, and chat together

The event highlighted the strong support network in Coventry, and we're grateful to all contributors and attendees for making it a success.

[Watch a clip of the event here](#)



[Join the email list](#) and follow our social media channels to get early notification of the next PCN Events [\[Link to email list\]](#)

Digital Patient Participation Group Get your voice heard!

We're inviting patients to join our [GP Patient Participation Group \(Digital - DPPG\)](#), a forum where you can share your views and play a role in shaping the future of healthcare services.

We're aiming to improve access to care by using digital solutions such as text messaging and mobile apps alongside traditional services. This approach will offer more accessible options and enhance the patient experience. Your feedback is essential. You don't need to be experienced with technology to join, patients of all digital skill levels are welcome.

Some of the topics

- Ensuring services are user-friendly for all
- Improving how we share information
- Exploring better ways to use technology
- Providing a direct platform for your ideas

[DPPG Info and Joining page link](#)

Register via our website or contact your GP Practice to get involved. Once registered, you will receive updates on meeting dates



Call to Practice Teams, Become a Practice Digital Navigator

We're inviting GP practice teams to nominate a volunteer for the role of **Digital Navigator**. This enjoyable opportunity allows you to act as the key link between your practice and the PCN Digital Team.

As a **Digital Navigator**, you'll help ensure your practice's voice is heard, relay updates to your team, and support innovation by participating in digital trials. You don't need to be tech-savvy. just enthusiastic and willing to help.

Full support will be provided, and we promise to make the role fun and rewarding!

If you or a colleague are interested, please contact the PCN Digital Team at cwicb.covnavsocial@nhs.net

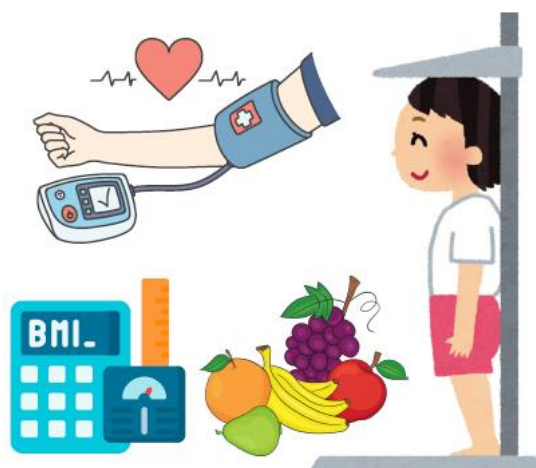


Health Check Event - Empower Personal Wellness

On 7th July 2025, the Broad Street Meeting Hall welcomed the community for a Health Check Event, delivered in collaboration with *The Wellness Junction*

The event provided a valuable opportunity for residents to receive free health checks and lifestyle advice while learning more about the services offered by their local Primary Care Network (PCN).

Attendees benefited from a wide range of health support services, including Height, weight, and BMI checks Blood pressure and blood sugar testing Lifestyle and nutrition guidance Digital advice and NHS App support



We welcomed the following guest speakers



Shazia from Xyla Health spoke about the Healthier You diabetes prevention programme.



Suman from Macmillan presented a newly developed, multilingual cervical screening awareness video aimed at increasing screening uptake.

The PCN team also shared their presentations with the group

- **Healthcare Assistants** explained how they support regular health checks and early interventions.
- **First Contact Physiotherapists** gave valuable advice on managing musculoskeletal issues.
- **Health and Wellbeing Coaches** shared how they help patients adopt healthier lifestyles with tailored exercise plans and dietary changes, even showing attendees simple exercises they can do while seated.
- **PCN Digital Transformation Leads** demonstrated how to use the NHS App, explained its features, and addressed common myths around digital health tools.

Thank You! We'd like to thank all attendees and team members who made this event a success. It was an inspiring example of what our PCN can offer, bringing healthcare and support directly into the heart of the community. We look forward to hosting more events like this in the future!

Xyla Health: A Healthier You



Join the FREE Healthier You Diabetes Prevention Programme

Make lasting changes to improve your health and reduce your risk of Type 2 diabetes

The Healthier You NHS Diabetes Prevention Programme is a FREE nine-month, evidence-based lifestyle programme designed to help you make lasting changes to improve your health.

Choose your format, Face to Face or Digital Meetings, both options offer expert advice on

- Healthy eating
- Weight management
- Physical activity
- Managing stress & improving sleep

Who's Eligible?

- Aged 18+
- Not currently pregnant
- Registered with a GP in Coventry & Warwickshire
- Blood test within last 12 months:
 - HbA1c 42–47 mmol/mol (6.0–6.4%)
 - Fasting Plasma Glucose 5.5–6.9 mmol/l

Self-Register for the Diabetes Prevention Programme today: Call: 0333 577 3010 or Visit: <https://preventing-diabetes.co.uk/referrers/coventry-warwickshire>

Xyla Health, Gestational Diabetes Programme

If you've had Gestational Diabetes, you're at higher risk of developing Type 2 diabetes—but there's good news: small changes can make a big difference!

You can join the digital version of the programme, tailored specifically for this group

- No blood test needed
- No time limit since pregnancy
- Can self-refer during pregnancy (start after birth)

Topics covered in the programme:

- How diabetes develops & how to reduce risk
- Enjoyable nutrition
- Daily Movement
- Sleep & stress balance
- Long-term habits

Self-Refer to the *Gestational Diabetes Programme*

by visiting this link: <https://preventing-diabetes.co.uk/gestational-diabetes/>

AGE UK Supporting One Man's Journey to independence



AGE UK has been supporting a 74-year-old retired Jaguar worker from Coventry since early 2022. Living alone with little family support, he first reached out for help with housing issues due to mobility challenges and unsafe living conditions

How AGE UK helped

- Secured ground floor sheltered accommodation
- Claimed Housing Benefit
- Accessed charitable funding
- Deep clean of new home

Unfortunately, the client later underwent a leg amputation as he had contracted gangrene. He is now in respite care, adjusting to life in a wheelchair. AGE UK continues to support him with

- Assistance in sourcing a mobility scooter
- Receive a deep clean for his new home
- Re-assessment of benefits

AGE UK Coventry & Warwickshire is committed to helping older people live independently, with dignity and security

Find out more by [clicking the Joy logo here](#)



Godiva Lions, Community Health and Awareness

Dementia Awareness & Prevention Day, May, at the Dementia Hub

The Coventry Godiva Lions launched the first of three Dementia Awareness and Prevention Days. This first-time event was both meaningful and successful, laying a strong foundation for future efforts.



A heartfelt thank you to all the fellow Lions who attended and showed our club's deep commitment to raising awareness and supporting those affected by dementia

Heart & Brain Preventative Health Day

July, Ramgarhia Gurdwara Building

The event offered free medical check-ups to **49 attendees**, including *"Attendees & the Temple Committee praised the event's organisation, professionalism, and the Lions' commitment to community health."*

Many expressed interest in similar future events

Special Thanks

Vice President Lion Shashi – for coordinating the medical team
Lion President Billy – for being present throughout the day

