

August 2025 Edition



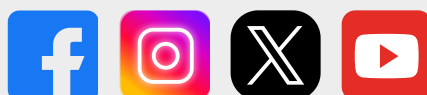
Primary Care Network Newsletter

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

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
- Community Health Awareness with Godiva Lions



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Enhanced Access

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



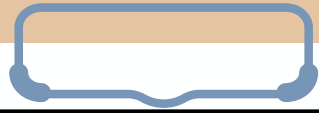
Our dedicated team of healthcare professionals are available to see you via this **Enhanced Access Service**

Close to 4,600 appointments delivered since April.

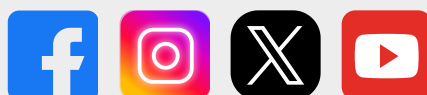
They include

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

and other Clinicians.
Bookable via your GP Practice



Month	Appointments Provided
April	1,239
May	1,263
June	1,205
July	1,170
Total	4,677



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 and interaction

Twitter (X) for quick, concise updates



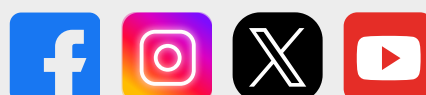
YouTube for videos with event highlights and health messages, for staff and patients alike

Our posts have received approximately 4,000 views across all platforms in the last three months

Scan for links



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***



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Our Digital Comms



Some snapshots for you



Our most viewed **Tweet** promoted our community event, which we hold a few times each year

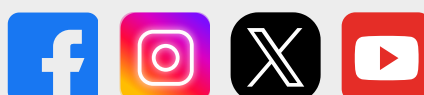


Our most viewed **YouTube video** was an introduction of our First Contact Physiotherapist



Our most popular **Facebook post** invited our viewers to a Christmas Parkrun

Visit us on our channels by scanning here
or click the icons below



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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.

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.

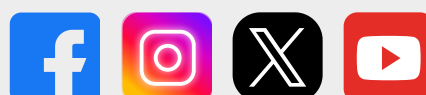
The event highlighted the strong support network in **Coventry**, and we're grateful to all contributors and attendees for making it a success.



[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 [\[Link to email list\]](#)



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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

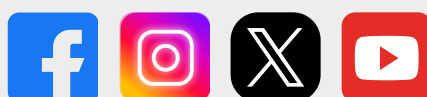
- Ensuring services are user-friendly for all
- Improving how we share information
- Exploring better ways to use technology
- Providing a direct platform for your ideas



[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.



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Become a Practice Digital Navigator

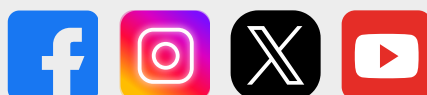
We're inviting **GP practice teams** to nominate a volunteer for the role of **Digital Navigator**. This enjoyable opportunity allows you to act as the key link between your practice and the PCN Digital Team.

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

PCN Digital Transformation
 **Team**



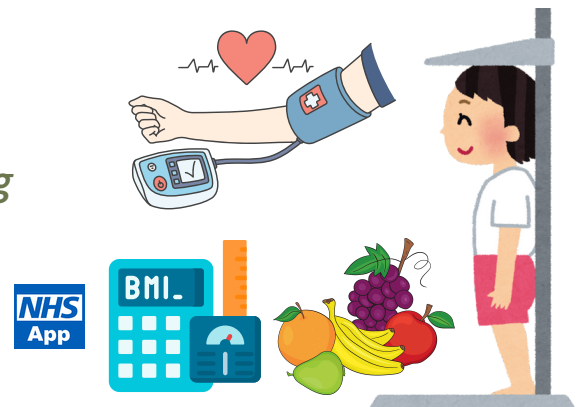
Health Check Event Empower Personal Wellness

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*



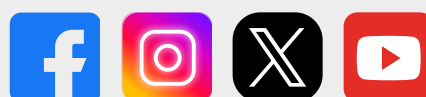
We welcomed the following guest speakers



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.



Health Check Event – Empower Personal Wellness

The PCN team also shared their presentations with the group



Healthcare Assistants

explained how they support regular health checks and early interventions.



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.



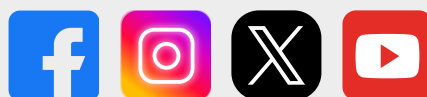
First Contact Physiotherapists gave valuable advice on managing musculoskeletal issues.



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: A Healthier You

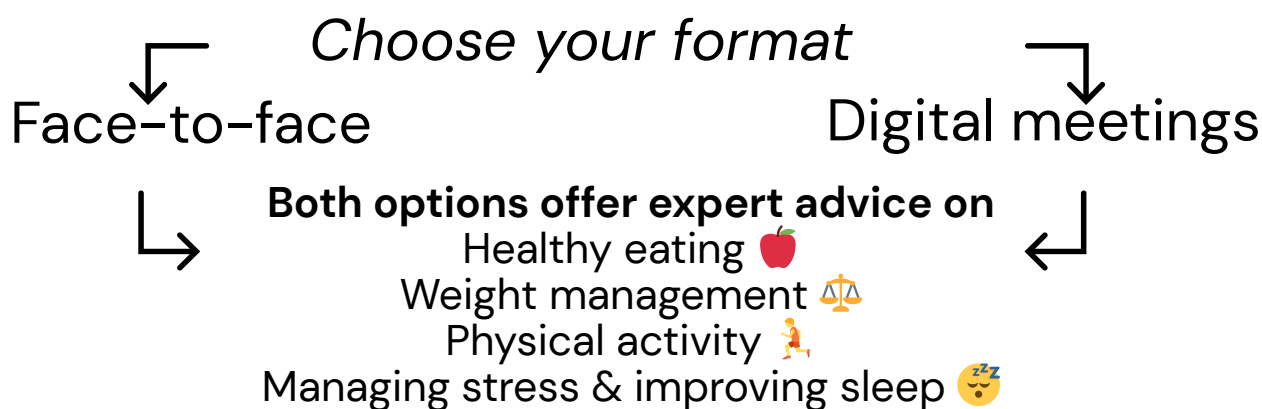
Join the FREE Healthier You Diabetes Prevention Programme



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.



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 Diabetes Prevention Programme today



Call: 0333 577 3010



<https://preventing-diabetes.co.uk/referrers/coventry-warwickshire>

Or scan here →



Xyla: A Healthier You

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



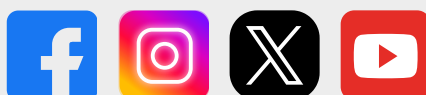
Long-term habits

[Click here](#)



Self-Refer to the Gestational Diabetes Programme by visiting this link:

<https://preventing-diabetes.co.uk/gestational-diabetes/>



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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:

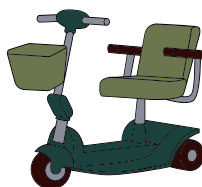
Re-assessment of
benefits

Assistance in sourcing a
mobility scooter

Receive a deep clean
for his new home

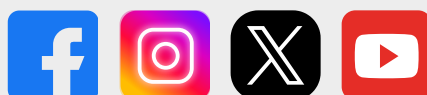


"Thank you so much, you are a star. You have helped me so much."



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

 Sunday 18th May  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

 Saturday 20th July  Ramgarhia Gurdwara

The event offered free medical check-ups to **49 attendees**, including

-  Blood pressure checks
-  Blood tests
-  Preventative health advice
-  Support was available in multiple languages

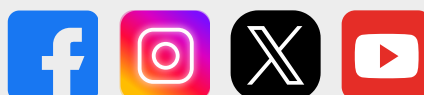
"Attendees & the Temple Committee praised the event's organisation, professionalism, and the Lions' commitment to community health."

"Note: 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



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