



@moseleyavenue



www.moseleyavenuesurgery.co.uk

MOSELEY AVENUE SURGERY SURGERY NEWSLETTER *February 2019*

We would like to welcome Dr Samantha Young and Dr Eva Menon (GP Trainee) who will be joining the practice this month.

Patient Participation Group meeting will be held on Wednesday 6th February 2019 6.00pm at Moseley Avenue Surgery . If you would be interested in joining or to find out more please email crccg.moseleyavenuepractice@nhs.net

RAYNAUDS AWARENESS MONTH

What is Raynaud's?

Raynaud's phenomenon is common and doesn't usually cause any severe problems. You can often treat the symptoms yourself by keeping warm. Sometimes it can be a sign of a more serious condition.

Raynaud's affects your blood circulation. When you're cold, anxious or stressed, your fingers and toes may change colour.

What Impact did Raynaud's Awareness Month 2018 have?

Raynaud's Awareness Month 2018 we called on everyone to #KnowRaynauds in order to create greater awareness and understanding of the condition.

For our 2018 we wanted to reach even more people and all our efforts have been rewarded, we have made a much greater impact this year so far

During February, nearly 6,000 people have taken our online Raynaud's test, with 92% likely to have Raynaud's.



LEAVE US FEEDBACK

Were you satisfied with your visit or do you have a suggestion? We would love to hear your feedback so why not fill out a Friends & Family card in Reception or leave us a review on www.nhs.uk



EXTENDED HOURS

We are delighted to be able to offer patients evening and weekend appointments. We can offer evening appointments from 6:30pm until 9:30pm Monday-Friday and Saturday and Sunday morning appointments either at Moseley Avenue or another GP Surgery in Coventry. Please ring reception on 024 7659 2201 to find out more and book your appointment.

MINOR AILMENTS?



Why wait?
Go straight to
a pharmacist!





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TIME TO TALK DAY



let's end mental health discrimination

This year's Time to Talk Day is all about bringing together the right ingredients, to have a conversation about mental health. Whether that's tea, biscuits and close friends or a room full of people challenging mental health stigma, we want you to get talking

Mental health problems affect one in four of us, yet people are still afraid to talk about it. Time to Talk Day encourages everyone to talk about mental health.

Having conversations about mental health helps break down stereotypes, improve relationships, aid recovery and take the stigma out of something that affects us all. There are lots of different ways to have a conversation about mental health and you don't have to be an expert to talk.

However you do it, make sure you have a conversation about mental health this Time to Talk Day.

WOMENS HEALTH CLINIC

All of the doctors & nurses provide advice about sexual health, women's health & general contraceptive advice.

Our lady Doctor (Dr Folan) fits and removes coils (both copper & Mirena) and contraceptive implants (Nexplanon). These "Long Acting Reversible Contraceptive" (L.A.R.C.) methods are very popular due to their effectiveness & ease of use long term. The Mirena coil has additional benefits including use for PMS, period disorders & HRT.

If you wish to discuss whether a coil or implant could be right for you, please book a routine appointment or telephone consultation to discuss further with Dr Folan

Dr Folan runs a Women's Health Clinic on Friday mornings for coil fitting & implant fittings / removals. Coils can be removed in a routine appointment on any of Dr Folan working days (Tues - Fri) but please use an additional method of contraception for 7 days prior to your removal appointment.

ONLINE SERVICES

Did you know you could access your medical records online?

Patient Access allows you to access your prescriptions and book appointments online!

If you would like to know more and register for online services please visit reception.

Moved house or changed your contact details recently?

It is important we have up-to-date contact details, if they have recently changed please visit reception



USEFUL CONTACT NUMBERS

Moseley Avenue Surgery 024 7659 2201

Out of Hours GP Service/24hr Advice 111

Age UK Coventry 024 7623 1999

Coundon Health Visitor 0300 020 0099

Right Help, Right Time 024 7678 8444

MIND 024 7655 2847