# Welcome to our Winter edition newsletter

*Infuenza Vaccination Campaign 2018*We are now offering the injected flu vaccine free of charge to people who are at risk. You are eligible to receive a free flu jab if you:

* Are 65 years or over
* Are pregnant
* At Risk – liver problems, immunosuppressed, Kidney disease
* Have a Long Term Condition, Eg Heart Disease or Diabetes
* Are living in a long-stay residential care home or any other long-stay care facility
* Receive a carer’s allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill

***Serving patients for over 100 years…***

Winter 2018

Coventry & Rugby CCG

# Surgery timings

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Mon- Wed:- 08:30-18:30

Thurs:- 08:30-13:30

Fri:- 08:30-18:30

Sat-Sun:- CLOSED

Note: We are closed on bank holidays

Central Medical Centre

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*PPG Meeting*

Central Medical Centre is committed to ensuring that patients are involved in decisions about the range and quality of services provided by our practice.

We engage patients through our Patient Participation Group (PPG) and seek views from wider groups of practice patients through regular local practice surveys.



*CQC*

The upcoming inspection date is Wednesday 21st November 2018.

The Care Quality Commission monitor, inspect and regulate services to make sure they meet fundamental standards of quality and safety

The CQC set out what good and outstanding care looks like and make sure services meet these fundamental standards below which care must never fall.

USEFUL CONTACT NUMBERS

 - Out of Hours Service 111
- NHS Direct 24/7 111
- Mental Health Helpline 0800 161 171
- UHCW Hospital 02476 964 000

**Movember – Mens’ Health Awareness**Movember is an international awareness day to raise awareness for the health issues that men are facing. Men are often less likely to seek advice.

The Movember Foundation have pledged to reduce the number of premature deaths in males by 25% by 2030

The three biggest health issues faced by men are:
- Prostate Cancer
- Testicular Cancer
- Mental Health Issues/ suicide.
**www.movember.com**

**Self-Care Week 12th-18th November 2018**Self-care is vitally important to maintain your own health and well-being.
There are many ways you can **help yourself.**

Most Minor Illnesses (coughs and colds) will **resolve after a few days.**Being able to treat these by keeping a **well stocked medicine cabinet** is normally advised before seeking medical attention. Your local pharmacist will also be able to advise you on over the counter treatments.

**Find out more** about how you can treat minor illnesses
[**www.selfcareforum.org**](http://www.selfcareforum.org)[**www.nhs.uk**](http://www.nhs.uk)

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|  | *Other Practice News*  |  |

***\*\*Female GPs Available\*\****

* ***Dr T Salman***
* ***Dr M Saad***

Interests in Womens’ Health

**Practice Website Address: [www.centralmedical.co.uk](http://www.centralmedical.co.uk)**

 **Online Services:** The practice is actively encouraging patients to enroll for **on line services.**
 Through this you will be able to **book appointments and order prescriptions.**
 Just ask our staff for details, you will need to provide Identification.
 This great service will save you time and allow you alternative access to our services

The outcomes of this and the views of our patients are routinely published in the practice and on our website.

If you would like to join, come along to our next meeting on **Thursday 23rd January 2019**

Free NHS health check available for ages 40-74