

Practice News

June 2019

NHS Health Checks

NHS Health Checks are offered to all eligible patients aged between **40 and 74 once every five years.**

The check is to assess your risk of developing heart disease, stroke, kidney disease or diabetes. If there are any warning signs, then together we can do something about it. The check should take about 30 minutes and is based on straightforward questions and measurements such as age, sex, family history, height, weight and blood pressure. There will also be simple blood tests to measure your cholesterol and if required glucose levels.

If you are eligible for a health check you will receive a letter from the Practice inviting you to attend an appointment. If you have not received an invitation but would like an NHS Health Check please contact the Practice and we will confirm whether you are eligible to receive a check and book an appointment accordingly.

Do you Love Reading?

Be part of a bigger story and join our Shared Reading Group

Shared Reading Groups are a place to relax, make new friends and share stories. Just drop in and enjoy listening to a great story or poem – no pressure to talk or read. Come along to our next Shared Reading Group on:

Saturday 29 June, at Cressage Medical Practice (refreshments will be provided)

Places are free and everyone is welcome but there are limited places so do book ahead by emailing muchwenlockmp@nhs.net or call 01952 726011 and speak to Melanie Jones.

Staff Training Afternoon -

MUCH WENLOCK AND CRESSAGE MEDICAL PRACTICE WILL BE **CLOSED** FROM 12:00 TO 18:00 ON **TUESDAY 2 JULY** FOR STAFF TRAINING.

SHOULD YOU NEED URGENT HEALTH CARE DURING THIS TIME, PLEASE CONTACT **111**.

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Extended Access - pre-bookable appointments (evenings, weekends and bank holidays)

To access routine GP, Nurse or Healthcare Assistant appointments in the evenings and on Saturday mornings please contact the Practice and ask for an extended access appointment. The Reception staff will then be able to locate the next available appointment offered by local Practices such as Bridgnorth, Ludlow and Highley.

Pre-bookable routine appointments will be available as follows:

- **Weekday evenings (Monday to Friday)**
between 6.30pm and 8pm (at a local area hub)
- **Saturdays**
between 8am and 1pm (at a local area hub)
- **Sundays and bank holidays**
between 8.30am and 12.30pm (at a single site in central Shrewsbury)

To book an appointment for a Sunday or Bank Holiday please contact: 0333 222 6649

Have you got a couple of hours each week you could spare to support someone in our community?

The Much Wenlock & Cressage CoCo Group are recruiting for more volunteers to help support a frail or vulnerable person to maintain their links within our community. This could involve phoning them on a regular basis; calling in for a chat; accompanying them to the shops or assisting them in those little tasks of daily living such as household paper work or walking the dog or a bit of gardening.

This won't involve personal care but things which help the person remain active in the local community.

Full training and support will be provided and you will be making a real difference for someone in your community.

Interested? Then either leave your contact details with reception at Much Wenlock or Cressage Medical Practice