

Take me  
with you!

# COURT STREET NEWS

COURT STREET MEDICAL PRACTICE

SUMMER 2026



## LIVE WELL COMMUNITY HUBS

Your **Live Well Community Hub** is a welcoming community space where you can drop in for guidance and support for your health and wellbeing. **Come along and meet our social prescribers!**

**Madeley Community Library - The Anstice TF7 5BB**  
4<sup>th</sup> Wednesday of every month, 10am to 12noon

**Hub on the Hill - Sutton Hill TF7 4HG**  
2<sup>nd</sup> Wednesday of every other month, 10am to 12noon

**The Park Lane Centre - Woodside TF7 5QZ**  
2<sup>nd</sup> Wednesday of every other month, 10am to 12noon

**More information:** <https://healthytelford.com/live-well-community-hubs/>



## SUMMER CLOSURES

The surgery will be closed on **Monday 30 August** for the Summer Bank Holiday.

Apologies for any inconvenience caused.

## AN EVENING FOR MEN'S HEALTH

AT COURT STREET MEDICAL PRACTICE

WED 10 JUNE 2026  
6.30 - 8.00 PM

**Booking is essential**  
Call us 01952 586616 to book

- MENTAL HEALTH & WELLBEING
- LONG TERM HEALTH CONDITIONS
- HEALTHY LIFESTYLES
- CANCER AWARENESS
- LOCAL SPORTS & COMMUNITY GROUPS

Join us for a **free** evening bringing together local health, wellbeing and community services all in one place.

## GENERAL PRACTICE NURSING AWARDS

We would love to congratulate everyone who picked up an award at the **Shropshire, Telford & Wrekin NHS General Practice Nursing Awards!**

We are proud that included in the winners were two of our own nurses:

- Georgie Eccleston: **Innovation in Care Award**
- Kobe Ofori: **Rising Star Award**



**Keep up the fantastic work!**



## FIRST CONTACT PRACTITIONER

at Court Street Medical Practice

- ✓ Arrange prescriptions
- ✓ Fit notes
- ✓ Arrange investigations
- ✓ Signpost
- ✓ Bespoke home exercise

Speak to reception to book an appointment!

01952 586616 [www.courtstreetmedicalpractice.com](http://www.courtstreetmedicalpractice.com)

Court Street, Madeley, Telford, TF7 5EE [www.facebook.com/CourtStreetMedicalPractice](https://www.facebook.com/CourtStreetMedicalPractice)

## CONTRACEPTIVE IMPLANT NOW LICENSED FOR UP TO 5 YEARS IN THE UK

The MHRA have announced that the licensed duration for Etonogestral implant (**Nexplanon®**) has been extended, meaning they can remain in place for 5 years rather than the previous duration of 3 years.

**Dr Rebecca Strauss**, Clinical Director at CoSRH, said: "Extending the licensed duration to five years due to robust clinical evidence, gives women greater flexibility and choice while also helping to reduce unnecessary clinical appointments."

Scan the QR code for more information.



NEW!

## 18-25 Calm Cafe



Feeling stressed, anxious, low, or just completely overwhelmed? The Calm Café is a relaxed, safe space designed to help you feel heard and connected before things escalate.

- **Who:** Anyone aged 18 - 25 needing a safe space.
- **What:** Free, relaxed early support and connection.
- **Why:** Because you don't have to struggle alone.

### Café locations, days and times:

Wednesday	Thursday
1pm-3pm	5pm-7.45pm
Dawley Town Hall	Meeting Point House
TF4 3JR	TF3 4HS

Whether someone is having a tough time, feeling stuck, finding day-to-day life overwhelming, or simply needs a safe space and supportive people around them, they are welcome at the **Calm Café**.



Scan for more info

Over the past year, the café has supported many local young adults, and we would love more young people to know this support is available.

## VISIT OUR NEW WHAT'S ON PAGE!

[www.courtstreetmedicalpractice.com/whatson](http://www.courtstreetmedicalpractice.com/whatson)

Stay up to date with upcoming events with our new calendar...



## TAKING ACTION ON MENTAL HEALTH

**Telford and Wrekin Council** partnered with the Mental Health Forum to host the first-ever Mental Health Celebration event.

The ceremony honoured local volunteers and individuals using their lived experiences to support others, breaking down stigma and proving that community connection is key to building a healthier borough.

Thirteen awards were presented to local mental health champions, including the **Lyn Stepanian Award - Going the Extra Mile**. Named after a beloved community figure who passed away in October 2025, this year's award went to **Sam O'Neill** for her exceptional dedication to supporting others.



**Sam said:** "Receiving the Lyn Stepanian Award means the world to me ... I do it because I genuinely believe that no one should have to face their mental health struggles alone"

**Pictured:** Sam O'Neill - Peer Support Worker (Telford Mind)

## GET INVOLVED WITH OUR PPG!

A **Patient Participation Group (PPG)** is a group of people who are patients of the surgery and want to help it work as well as it can for patients, doctors and staff.

### What is a PPG?

- Meet regularly (monthly)
- Provide constructive feedback
- Act as representatives of the patient population

### What a PPG is not:

- A PPG is not a forum for complaints
- It is not a vehicle to resolve personal issues

Express your interest: [www.courtstreetmedicalpractice.com/ppg](http://www.courtstreetmedicalpractice.com/ppg)

## LEGO CLUB DATE CHANGE!



**Lego Club** will now take place on the **1<sup>st</sup> and 3<sup>rd</sup> Monday** of each month (1pm - 3pm) at **Court Street Medical Practice**.

£1 per session - refreshments provided. For more info: **07434 869248** or email [talk2@telford-mind.co.uk](mailto:talk2@telford-mind.co.uk)