


# COURT STREET NEWS

COURT STREET MEDICAL PRACTICE | WINTER 26/27

## COURT STREET ATTENDS LOCAL JOB FAIR




We attended the **Telford Jobs and Futures Fair** alongside Telford Mind on 6 November 2026. Over 100 job opportunities were available from more than 30 local businesses and organisations. The event was kindly organised by **Shaun Davies MP, Telford College** and **Pride in Place.**



## SPREAD JOY! NOT GERMS.

Winter illness can turn Christmas cheer into Christmas fear.

**Protect yourself this season with a free flu vaccination.**

## IS YOUR BREAST SCREENING DUE?

To make attending easier, the breast screening unit is currently located at Court Street Medical Practice. You do not need to wait for another invite.

To book, please contact the **Breast Screening Office** on **01743 261080** or email **shropshire.breastscreening@nhs.net.**

Breast screening is free and can help detect signs of breast cancer at an early stage, often before any symptoms are noticed. **Scan for more info:**




## JOB SUPPORT AVAILABLE AT COURT STREET MEDICAL PRACTICE!

We know being unwell or out of work can be stressful. If work is on your mind, **Connect to Work** offers free, voluntary support.

Whether you're thinking about work now or in the future, we're here to help.

Call or text Charles on **07528 969 427** to find out more, or drop into the surgery on **Tuesdays 11am to 1pm.**

**CONNECT TO WORK**
Funded by **UK Government**

## WE'RE OFFERING EXTRA APPOINTMENTS THIS WINTER!

**Extra clinics are being put on this winter to meet increased demand.**

You may be offered an appointment at one of our partner practices.

Court Street Medical Practice · SMP Medical Practice · Woodside Medical Practice

01952 586616 www.courtstreetmedicalpractice.com
Court Street, Madeley, Telford, TF7 5EE www.facebook.com/CourtStreetMedicalPractice

# COURT STREET NEWS

## Think: Right help, right time, first time




Knowing where to go when you need health advice or support can help you get the right care more quickly.

**Think: Right Help, Right Time, First Time** brings together simple advice to help you stay well, act early when you become unwell and choose the right NHS service for your needs.

From self-care and community pharmacy to NHS 111, GP practice teams, urgent care and mental health support, find out what help is available and where to go. **Scan the QR code for more information.**

## BABY & TODDLER GROUP

**Aimed those registered at Court Street Medical Practice with children aged 0-3 years**

A safe space for you and your baby, where you can meet other parents, chat, listen and share your experiences. Toys, mats and refreshments available.

Our next sessions are:

- **17 December 2026**
- **28 January 2027**
- **25 February 2027**
- **25 March 2027**

**Feeding Support** | **Sleep and Routines** | **Parental Wellbeing**

**Speak to reception to book your spot!**

B A B Y

mind Telford | Court Street Medical Practice | the Breastfeeding network

## STAYING HEALTHY THIS WINTER

As the temperature drops and the days get shorter, it's important to take a little extra care of yourself during the winter months. Here are some simple ways to stay healthy and well this season:

### KEEP WARM

Keep your home comfortably warm (ideally at least 18°C) and wear plenty of layers when heading outdoors.

### KEEP MOVING

Stay active with regular walks or gentle exercises at home to support your physical and mental wellbeing.

### EAT HEALTHY

Enjoy balanced meals, include plenty of fruit and vegetables, and remember to drink enough fluids.

### PREVENT BUGS

Wash your hands regularly, cover coughs and sneezes, and keep up to date with recommended vaccinations.

### MENTAL CHECK-IN

Make time for yourself, get outside in daylight and stay connected with friends and family.

### CHECK-IN ON OTHERS

Look out for older relatives, friends and neighbours who may need a little extra support during colder weather.

## NEW YEARS RESOLUTION: JOIN OUR PATIENT PARTICIPATION GROUP!

- **Meet with other patients and practice staff**
- **Influence decision making about NHS services**
- **Work in partnership to explore new ideas**
- **Provide constructive feedback on practice services**

More info: **www.courtstreetmedicalpractice.com/ppg**

**What a PPG is not:**

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



## CHRISTMAS OPENING HOURS

| TUE 22 DEC | WED 23 DEC | THU 24 DEC | FRI 25 DEC | SAT 26 DEC | SUN 27 DEC | MON 28 DEC |
|---|---|---|---|---|---|---|
| TUE 29 DEC | WED 30 DEC | THU 31 DEC | FRI 1 JAN | SAT 2 JAN | SUN 3 JAN | MON 4 JAN |

OPEN

CLOSED

**Please take the above closures into consideration when ordering prescriptions.**

### Get the care you need when we're closed...

**NHS 111**
Urgent medical advice

**NHS WEBSITE**
Advice & guidance

**PHARMACY**
Minor ailments

**MINOR INJURIES**
Sprains, breaks or infections

**999 & A&E**
Medical emergencies

## MERRY CHRISTMAS AND A HAPPY NEW YEAR!

From everyone at Court Street Medical Practice