



Henley Green Medical Centre

SUMMER 2025 NEWSLETTER

24th July is
Samaritans Awareness

Remember,
**you are
never alone**

Samaritans are here to listen 24/7.
You can call them any time for free on

116 123

SAMARITANS

A registered charity

Go Kids Play | Foleshill

Opening Hours:

Mondays - Tuesdays Closed (Except Bank and School Holidays)

Wednesdays - Sundays 10am - 5:30pm

Location: 310 Kingfield Road, Coventry, CV1 4LD

Booking: Booking is not required. Please turn up and pay upon entry. Cash only.

Free Antenatal Classes in Coventry

Coventry Infant Feeding Team run several free antenatal classes in Coventry, including some online. Come along and meet the NHS team and get support, before and after your baby arrives! Click link below for up-to-date information and details of the next sessions.
<https://linktr.ee/coventryift>

For Your Information: Practice Activity – April 2025

Patient Contacts – 16288

Telephone Appointments – 977

Face to Face Appointment – 3280

DNA's – 126

Prescriptions – 3003

Inbound Calls – 6382

Documents Processed – 2646

Do you need food support this Summer?

Social Supermarkets, also known as Grub Hubs, offer heavily discounted food parcels, typically about £20 worth of food for a cost of a £5 membership.

Nearby Grub Hub:

Henley Green Grub Hub

Address: Henley Green Community Centre Wyken Road Coventry CV2 1HQ

Opening times: Wednesdays 10.00am – 12noon



Henley Green Medical Centre

490 likes • 546 followers

FOLLOW US ON FACEBOOK

DID YOU KNOW

Laughter can decrease pain and release happy hormones. When you laugh, your body releases endorphins, which help you feel happier. These happy hormones boost your mental health.



Henley Green Medical Centre, Henley Road, Coventry, CV2 1AB



02476 614255



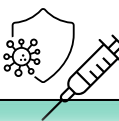
Henleygreen.medical@nhs.net



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For Your Information



Dehydration

You may not realize it, but water is an important key to feeling good. It helps regulate your body temperature, prevent infections, get rid of waste, and deliver nutrients to cells. Water also plays a role in your mental wellness. Without enough, you could have trouble with sleep, memory, information processing and mood.

Common signs you're starting to dehydrate include:

- Constipation
- Dry mouth
- Dull skin
- Fatigue
- Headaches

What to eat?

Any fruits and vegetables with more than 80% water content are a great choice. Follow the link below for a list of these:

<https://www.uclahealth.org/news/article/15-food-that-help-you-stay-hydrated>

To stay safe in the sun, it's recommended to seek shade, especially during peak sun hours (around 11 am to 3 pm). Covering up with clothing, including long sleeves and pants, a wide-brimmed hat, and sunglasses, is also crucial. Using sunscreen with an SPF of 30 or higher and reapplying it regularly is another important step.



How to enjoy the sun safely



Seek shade

Take a break under trees or umbrellas, especially in the middle of the day when the sun is strongest.



Cover up

Wear a top that covers your shoulders, a wide-brimmed hat and UV-protection sunglasses.



Apply sunscreen

Pick one with at least SPF 30 and 4 or 5 stars. Use it generously and regularly.



Together we are
beating cancer

**We are closed for training from
12:30 PM on 18th June 2025**

&

**We are closed ALL day on 25th
Aug 2025 – Bank Holiday**

Tell Us How We Are Doing

Help us improve.

You can give us your feedback via
The Friends and Family Test tool.
Scan the QR code to do this
online or fill in a form in the
surgery.



For full patient reviews visit our website
at henleygreenmc.nhs.uk



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