



# Arden Primary Care Network

**WELCOME**

## Newsletter

Arden PCN is made up of 7 practices which are:

- The Pool Medical Centre
- Henley-in-Arden Medical Centre
- Tanworth-in-Arden Medical Centre
- Alcester Health Centre
- Arrow Surgery
- Budbrooke Medical Centre
- Lapworth Surgery

Join us as we share with you exciting news across the network.

We've tried to make this newsletter as easy to read as possible. If you see a word in blue and underlined this is called a 'hyperlink'. Simply click/tap the hyperlink, which will take you to a website without needing to type anything in.

We're proud to be holding a Community Health and Wellbeing event at [Studley Village hall](#) on the 30th of September 2022. We'll have [ARRS](#) staff from the PCN to talk about the services they run, Sarah from [Stratford Time Bank](#), and Alyvnne from [Act on Energy](#).

We have various roles in practice which some of you will be familiar with and some that you may not be. Care coordinators, Social Prescribers, and Health and well-being coaches to name a few.

Social prescribers – Involved with helping patients to improve their health, well-being, and social welfare by connecting them to community services that might be run by the council or a local charity.

Care Coordinator - provide extra time, capacity, and expertise to support patients and focus on the delivery of personalised care. They work across several fields, and in some cases may focus on a specific group of patients

Health and Wellbeing Coach - takes a holistic approach; to support, educate and motivate patients to take a more active role in their own health and physical wellbeing, and make positive and confident behavioural changes.

You don't need a smartphone to access the **NHS App**.

Order repeat prescriptions, view your GP health record, and more.

[Click the link](#) to get started now\*



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# Events

## Budbrooke

Memory Lane Dementia Cafe - The Open Door, Hampton Magna - next group is Monday 25<sup>th</sup> July, and runs every other week - from 2.00 pm to 4.00 pm – drop-in group

## Studley

Over 50s keep fit

Friday's 10.30 am -11.15 am

Mappleborough Green Village Hall £6 per class

All Round Voices Choir

Monday's 7.30 pm – 9.00 pm

Studley Village Hall

07722596339 for more info

Coffee Morning

Monday's 10.00 am - 12.00 pm

Studley Village Hall

Compassion group for lonely or bereaved people

Monday's 2.30 pm -4 pm

Studley Parish Centre

01527 404038 for more info

# Events

## **Alcester**

Crafty Lunch Club - Lunch club for adults with learning disabilities or physical disabilities.

Wednesday's 11.30 am -1.30 pm @ Eric Payne Community Centre

07717569948 for more info

Repair Cafe - Free repairs or anything!

Every 4th Thurs of the month 2.00 pm -5.00 pm

01789 766084/07434664435 for more info

Well Connected - IT Support service. Help to shop online, bank, use social media, etc.

2nd and 4th Wed every month 10 am-12 pm

Alcester Unionist Club

01789 766084 for more info

Dementia Cafe

Tuesday's and Friday's 10.30 am -12.30 pm

Eric Payne Centre

01789 765971 for more info

## **Tanworth-in-Arden**

Lunch Club meets Wednesday's 10.30am to 2.00pm for a weekly social and meal.

For more information contact:

Rachel Boer 01564 742 365 (after 4pm) or 07708 868975.

<https://earlswoodvillagehall.org.uk/events-news/>

# Events

## Henley-in-Arden

<https://www.thehubathenley.com/>

Hub-a-bubbas is a stay-and-play session for 0-5-year-olds and their parents/carers. We meet on Monday and Wednesday mornings from 9.30-11.30. £2

Thursday club for those over 65 years young

Thursday Club:

This group is for the more mature people who enjoy an informal catch-up over a cup of coffee, a game of dominoes, a cook-in, a discussion of current affairs, or just a mild gossip. New members are always welcome.

Tuesday Pool Players Club:

This is a new group formed as a result of the bubbles operating during the lockdown and is specifically for those who enjoy a game a pool. Beginners welcome.

## Lapworth

<http://lapworth.org/whats-on/>

### Elderberries

Returns on Tuesday, September 6th, Lapworth Village Hall, 2.00 pm-4.00 pm.

A group of nearly 40 members, ages ranging from 60s to 90's. We play card bingo, arrange quizzes, provide simple meals, or please yourself what you do (play cards, scrabble, or just chat). New members are very welcome (you don't have to live in Lapworth), so if you are interested in joining, just come along to the Village Hall.

# Events

## Lapworth (continued)

### Lapworth Quiz night

Returns on Thursday, September the 8<sup>th</sup> at Lapworth Village hall at 7:45 pm.

### Lapworth Film Club

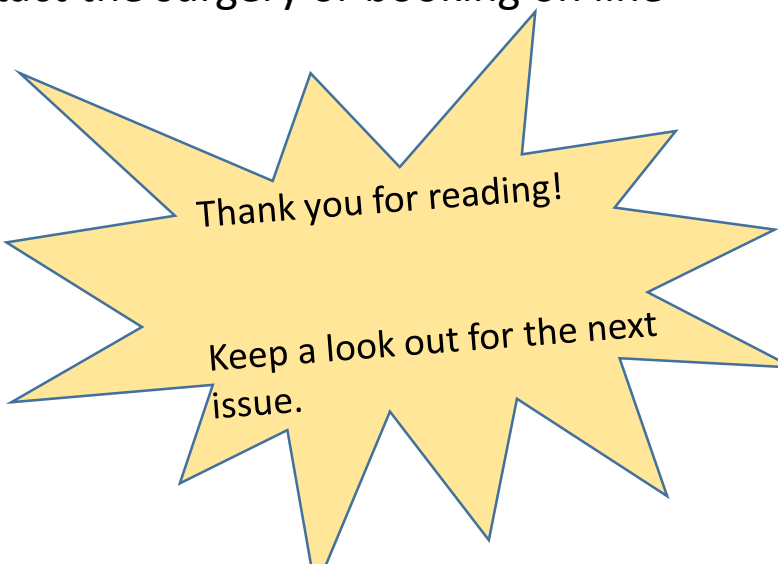
Returns on Monday, September 26<sup>th</sup> to Lapworth Village Hall at 7.15 pm for 7.45 pm. There is a bar and the £5 taken at the door includes free refreshments at the interval.

### Lapworth Ladies Supper Club

Returns on Wednesday, September 7<sup>th</sup> at Rowington Village Hall at 7.30 pm. Come along to find out the plans for the new season and have a drink and nibbles and catch up with friends.

Flu clinic for over 65 is Saturday 24<sup>th</sup> September morning only by calling the surgery to book

18-64 at risk group and healthy over 50's on 15<sup>th</sup> October morning and available by contact the surgery or booking on line



Thank you for reading!

Keep a look out for the next issue.