

HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

January 2023



Happy New Year!

Did you see our Christmas tree on the Kington Christmas tree trail? The theme was “all I want for Christmas is.....” and we chose; you at our dinner table. There were lots of suggestions, from the Queen to Marilyn Monroe and Peter Kay to Charlotte Dujardin. Thank you to Jane, Wendy and Nikki for organising.



Our aims for 2023

This year we are aiming to be accredited a Veteran friendly GP surgery. We will be accessing training and guidance, which will support us to deliver the best possible care and treatment for patients who have served in the armed forces, and their families.

We are going to become an ECO friendly surgery. Each team within the practice will have an ECO “warrior” who will look at ways for their team to become more environmentally friendly and sustainable.

The practice will be having regular in house carers meetings, with the aim of improving communication with our carer’s in the community. We will be reaching out and offering support and guidance to those who need it.

See the right healthcare professional, in the right place, at the right time - help make more GP appointments available. The new minor illness pharmacy referral is available by choosing option 3 on our phone system. You will be put through to a receptionist who will take your details and refer you to a local pharmacy for a convenient same day call back to discuss any minor ailment that you may have.

What conditions can they help me with?

Acne, spots, skin rashes; bites and stings; aches and pains in joints; colds and flu, sore throats, coughs; issues with constipation, diarrhoea and vomiting; ear ache, ear discharge and wax; sticky, irritable or itchy eyes; thrush and urine infections/cystitis in women aged between 15—60.

Can I get a prescription?

Yes, the pharmacist can give clinical advice, offer over the counter medications as well as prescribe.

Will I have to pay?

Charges will apply if you normally pay for your prescriptions. If you're exempt, for example people under 16 or over 60 then you won't pay for any medication as this is an NHS service.

The team at Hastings House would like to say a HUGE thank you for all the Christmas gifts that were sent our way. It really was very kind of you!

FRIENDS OF
HASTINGS HOUSE
supporting your wellbeing



Peter Oatley was the lucky winner of the Friends of Hastings House Christmas Hamper. Thank you to everyone who bought a ticket, we raised over £500

There's no need to sit there on your own.
Join us for a

Warm Wednesday Welcome

for you each week with tea/coffee and
cake/biscuits from 10.30am on Wednesdays at
St.Peter's Church Centre, Church Street



and soup and roll etc from 12 to 1pm.
Small donations welcome as you are able.

Kineton are also offering a
warm hub **every Tuesday**
starting on January the
3rd.

12.30—5pm

Kineton Village hall

Hot drinks, a place to
meet; entertainment
information and education



**£725 worth of medication was
returned to the dispensary in
November.**

**4 packs of one drug
returned made up
£196 of this!!**

Unused prescription medicines cost the NHS an estimated
£300million every year. This could pay for ...

- **11,778** MORE community nurses or
- **80,906** MORE hip replacements or
- **19,799** MORE drug treatment courses for breast cancer or
- **300,000** MORE drug treatment courses for Alzheimer's or
- **312,175** MORE cataract operations

*This is why we only
issue one month at
a time*

*Check your bag before
you leave the surgery*

**Only order what
you need.**

Staff Training dates 2023

Please be aware that practices across
South Warwickshire will be closed
from 12.30pm on the following dates
(until 8am the following day) for staff
training:

- Wednesday 18th January
- Thursday 16th February
- Wednesday 22nd March
- Thursday 20th April
- Wednesday 10th May
- Thursday 29th June
- Wednesday 20th September
- Thursday 12th October
- Wednesday 22 November

Out of hours info will be available on our
phone system.



Grief and loss of any type is painful and isolating.
It can be very hard to deal with alone or with
family who are also grieving.

Come and join us in a safe, gentle environment

Starting weekly on Mondays: 2.pm—3.30pm

**Kineton Scout Hall,
Park Piece, Kineton, Warwick, CV35 ONT**

The Bereavement Support Team

For further information and to join our mailing list contact: -

Dr Helen Gunton at: helengunton1@gmail.com

As well as our website, did you know that we have a
Facebook page and Twitter account?



Useful Contact Numbers

Hastings House	01789 840245
Out of hours service	111
NHS Direct 24/7	111
Mental Health Helpline	0800 616 171
Warwick Hospital	01926 495321
UHCW	02476 964000
Ambulance Transport	01926 310312
VASA	01789 262889
District Nurse	01926 600818

Contact us online

There are many ways of contacting the surgery without having to
call or visit in person, saving travel and time.

Complete an eConsult/on line consultation on our website

Repeat medication can be ordered on our website, or via the NHS
App direct to your choice of pharmacy.

The NHS App will also allow you to view your immunisations and
test results.

For admin queries please email admin.hastings@nhs.net