HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

January 2023

Happy New Year!

Did you see our Christmas tree on the Kineton 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!





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





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

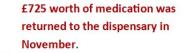
Kineton are also offering a warm hub every Tuesday starting on January the 3rd.

12.30-5pm

Kineton Village hall

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







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?





Contact us online

call or visit in person, saving travel and time.

App direct to your choice of pharmacy.









Useful Contact Numbers

Hastings House 01789 840245

Out of hours service 111 NHS Direct 24/7 111

District Nurse

Mental Health Helpline 0800 616 171 Warwick Hospital

UHCW 02476 964000 Ambulance Transport 01926 310312

VASA 01789 262889

01926 495321

01926 600818

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

Repeat medication can be ordered on our website, or via the NHS

There are many ways of contacting the surgery without having to

Complete an eConsult/on line consultation on our website

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