HASTINGS HOUSE MEDICAL CENTRE SURGERY NEWSLETTER

March 2023

Spring is here at last and with that comes the pollen. Don't forget to stock up on your hay fever medication. No need to visit the Doctor, contact your local pharmacy who will be able to help you select the best medication for you.

Stopping smoking can significantly improve your health in ways you might not expect. Once you stop smoking, some of the benefits are immediate and some are longer term:

Quit Smoking

No Smoking
Day
8th March

and Breathe

- After 20 minutes: Pulse rate starts to return to normal.
- After 8 hours: Oxygen levels are recovering and harmful
- carbon monoxide in the blood is reduced by half.
- After 48 hours: The body has flushed out all carbon monoxide, lungs start to clear out mucus and ability to taste and smell is improved.
- After 72 hours: Bronchial tubes begin to relax, breathing becomes easier and energy levels increase.
- After 2-12 weeks: Blood is pumping to the heart and muscles better because circulation has
- improved.
- After 3-9 months: Coughs, wheezing and breathing problems improve as lung function increases by up to 10%. After 1 year: Risk of heart attack has halved compared to a smoker. And research suggests that people who have quit for a year are happier than those who continue to smoke.
- After 10 years: Risk of death from lung cancer falls to half that of a smoker. After 15 years: Risk of heart attack falls to the same as someone who has never smoked.

Contact the surgery to book a smoking cessation appointment with our specialist nurse.

Meet Louise Bolton. Louise is a First contact Physiotherapist (FCP) who will be working at the surgery every Tuesday.

She qualified from Coventry University in 2006 with a BSc (Hons) in Physiotherapy and In 2016, completed a Masters Degree specialising in Musculoskeletal Assessment and Treatment. She has 15 years' experience of assessing a wide variety of orthopaedic and musculoskeletal conditions and has worked across both the NHS and Private Practice.



In most cases, you do not need to see your GP with a musculoskeletal condition, so the reception team may suggest that you see the FCP instead of the GP. You can also request an appointment directly with the FCP through your doctor's reception team. This will take place within the GP practice and will provide you with a thorough assessment and advice about the best way forward for you.

- Louise can see Joint pains and arthritis, soft tissue injuries such as sprains, strains and other soft tissue injuries e.g. ankle, shoulder, wrist sprains, pain.
- Back and neck pain which may radiate into the arm or leg including nerve type symptoms such as pins and needles and numbness.



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 22nd March
- Thursday 20th April

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

The practice is currently looking at opportunities to support carers in the local community.

Are you are carer?

The Care Act 2014 defines "carer" as "an adult who provides or intends to provide care for another adult".

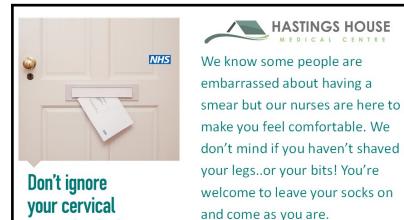
Do you spend a lot of time caring for someone?

Is this person unable to care for themselves because of disability, mental health issues, frailty or illness?

Does this care involve things like helping someone to do necessary everyday things like eat, wash and do their shopping? Is your caring work unpaid?

Make sure that you have told us you are a carer. Pop into the surgery and we will note it on your records.

Watch this space for further information



Telephone the surgery 01789 840245 to book

As well as our website, did you know that we have a Facebook





screening invite









Useful Contact Numbers

01789 840245 **Hastings House**

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: swg-tr.admin.hastings@nhs.net