

# HASTINGS HOUSE MEDICAL CENTRE

## SURGERY NEWSLETTER

### February 2023



February marks the 12th issue of the Newsletter since I took on the role of patient communication. I hope you have found the past year of Newsletters informative and interesting. I would love to hear your feedback and any suggestions that you would like to see in our issues this year. *Emily*



Since the NHS was created in 1948, the population has grown and people are living longer. Many people are living with long term conditions such as diabetes and heart disease or suffer with mental health issues and may need to access their local health services more often.



Dene and Stour Valleys Primary Care Network (PCN) was set up to serve our 3 Warwickshire practices. The purpose of Dene and Stour Valleys Primary Care Network is to encourage closer working between practices, local community services, charities and the voluntary sector. Our 3 practices include Meon Medical Centre, Shipston Medical Centre and Hastings House Medical Centre.

Our “Wellbeing Team” consists of 3 PCN staff members:



Lizzie Mara is the new Health and Wellbeing Coach, her role is to empower individuals to actively participate in learning new skills and build confidence to reach their health and wellbeing goals.



Wendy Waters has taken on a new role as Social Prescriber. Empowering patients to improve their health and wellbeing and social welfare by connecting them to statutory and community services

Both these ladies will be dedicated to Hastings House and not work for the other PCN practices.



Katherine White, the Care Coordinator, will work for all three practices across the PCN. Her role is cancer care reviews, supporting pre-diabetics and PCN projects.

If you would like to be referred to any of the team then please speak to a Doctor or Nurse who will be able to help.



### Stratford Minor Injuries Unit - Now open on Thursdays

The Minor Injuries Unit at Stratford Hospital will now be open on Tuesdays, Wednesdays and Thursdays between 9am-5pm.

NHS 111 can help if you have an urgent but not life threatening medical problem and you're not sure what to do. If you need treatment for a serious accident and emergency, please visit the Emergency Department at Warwick Hospital.





Happy New Year to everyone.

We don't want anyone in our community to go hungry.

Let's put a fork in hunger, be a SOUPer hero and help support people locally.

Donate food & make someone feel great - a simple box of food can make a big difference to someone's life.

There is a food donations box in Hastings House reception area



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



There have been some changes on our website over Christmas which are not applicable to our practice. We apologise if some things are incorrect, we are working to correct this asap.

## 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:

- Thursday 16th February
- Wednesday 22nd March

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



## World Cancer Day 4th February

Half the world's population lacks access to the full range of essential health services and many are denied basic cancer care.

Why? Due to differences in income and education levels, geographical location, and discrimination based on ethnicity, race, gender, sexual orientation, age, disability and lifestyle.

Cancer is the second leading cause of death worldwide. Together we can change that.

#WorldCancerDay  
#CloseTheCareGap



## 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: [swg-tr.admin.hastings@nhs.net](mailto:swg-tr.admin.hastings@nhs.net)