

HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

November 2023



If you haven't had your Flu or Covid vaccine, there is still time to book. Our Nurse Sophie has put together some information for you to explain who is eligible.

Eligibility for Covid vaccine for 16 years and over – Some of the eligible criteria's include;

All patients over 65 years of age

Chronic respiratory disease – includes COPD, chronic bronchitis, bronchiectasis, cystic fibrosis, poorly controlled asthma. Poorly controlled asthma is defined as patient who have had to have –

- More than 2 courses of oral steroids in the last 24 months OR

- On maintenance oral steroids and had more than 1 asthma related hospital admission in the last 24 months.

Chronic heart disease – includes heart failure, ischaemic heart disease, atrial fibrillation, peripheral vascular disease and history of venous thromboembolism.

Chronic kidney disease – CKD at stages 3, 4 or 5. Chronic kidney failure, kidney transplantation.

Chronic liver disease – Cirrhosis, chronic hepatitis

Chronic neurological disease – Stroke, TIA, Cerebral palsy, Severe or profound learning disabilities, Multiple sclerosis, epilepsy, dementia, Parkinsons disease, Motor neurone disease.

Diabetes – Any diabetes – including diet controlled, current gestational diabetes and Addison's disease.

Immunosuppression – This includes but is not restricted to - Immunosuppression due to a disease or treatment, including patients undergoing chemotherapy, radical radiotherapy, bone marrow or stem cell transplant recipients.

Asplenia – Patients who do not have a spleen or have splenic dysfunction

Morbid Obesity – Patients with a BMI of >40

Severe mental illness – Individuals with schizophrenia or bipolar disorder

Pregnancy – All stages

Younger adults in long stay nursing or residential care settings

Please note this list is a brief summary of conditions that are eligible for the Autumn 2023 covid booster programme. If you are unsure if you are eligible please contact our reception team on 01789 840245 to enquire before booking an appointment.

Under 65s Flu – Eligibility criteria;

Chronic respiratory disease - Asthmatic patients that require continuous or repeated use of inhaled or oral steroids or those who have had a previous exacerbation requiring an admission to hospital. COPD, chronic bronchitis, emphysema, bronchiectasis, cystic fibrosis.

Chronic heart disease – Congenital heart disease, hypertension with heart complications, heart failure, ischaemic heart disease, atrial fibrillation, peripheral vascular disease

Chronic Kidney disease - CKD stage 3,4, or 5. Chronic kidney failure, kidney transplantation.

Chronic Liver disease – Cirrhosis , chronic hepatitis

Chronic neurological disease – Stroke, TIA. Cerebral palsy, severe or profound learning disabilities, Parkinsons disease, Motor neurone disease

Diabetes – Type 1, Type 2 that requires insulin or oral medication, diet-controlled diabetes. Addisons disease.

Immunosuppression - This includes but is not restricted to - Immunosuppression due to a disease or treatment, including patients undergoing chemotherapy, radical radiotherapy, bone marrow or stem cell transplant recipients.

Asplenia or splenic dysfunction

Pregnant Women – All stages

Morbid obesity – BMI >40



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The PPG patient survey is still running. You may have been sent a text with the link, if not then please follow the QR Code link below.

Doctors surgeries are no longer what they used to be, where you saw your Doctor and maybe there was one nurse. They are now the hub of the community and offer services that go far above just seeing a Doctor.



So, please please take the time to fill out the survey. Your opinion is very important to us. If you cannot fill it in electronically then paper copies are available from reception.



FRIENDS OF HASTINGS HOUSE

Are delighted to present an evening of festive joy
with the

S. Swan Singers

Join us on

Friday 24th November

at St Peters Church Wellesbourne

7.30pm

Tickets £7.50 including refreshments

Tickets available from 1/11/2023 at Hastings House - book now to reserve your seat

Tickets will also be available at the door on the night subject to availability



SHIPSTON HOME NURSING CHRISTMAS EVENTS

CHRISTMAS GIFT FAIR

Tuesday 14th November 4pm - 7.30pm
Wednesday 15th November 9.30am - 3pm

Ettington Community Centre

Our annual festive fair is the perfect opportunity to start your Christmas shopping. We have a variety of stalls selling everything from clothing, accessories and homeware to food & drink, Christmas decorations, stationery and even gifts for your pets!

£5 entry
Includes drink & biscuit

CHRISTMAS CRAFT FAIR

Friday 8th December 10.30am - 5pm

Brails Village Hall

This is our first ever festive craft fair! We are delighted to be welcoming creative stall holders selling a wonderful range of gift ideas for Christmas. We will also be serving mulled wine, tea, coffee and cake throughout the day.

Free Entry

Proceeds to Shipston Home Nursing

FREE HOME NURSING AND EMOTIONAL SUPPORT FOR TERMINALLY ILL PEOPLE AND THEIR FAMILIES in Shipston, Wellesbourne, Kineton and surrounding villages

Registered Charity no 1162586



On Friday the 20th October we wore PINK for Breast Cancer Now and raised over £40 for this fabulous charity.

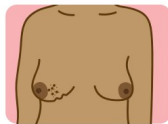
BREAST CANCER NOW

The research & support charity

COMMON SIGNS OF BREAST CANCER INCLUDE...



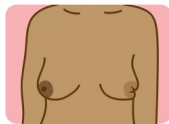
A **lump or swelling** in the breast, upper chest or armpit



A **change to the skin**, such as puckering or dimpling



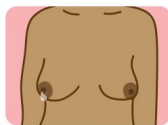
A change in the **colour** of the breast – the breast may look red or inflamed



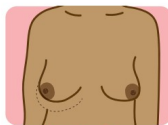
A **nipple change**, for example it has become pulled in (inverted)



Rash or crusting around the nipple

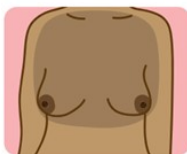


Unusual liquid (discharge) from either nipple



Changes in size or shape of the breast

BREAST PAIN
On its own, pain in your breasts is not usually a sign of cancer. But look out for pain in your breast or armpit that's there all or almost all the time.



Check all parts of your breasts, your armpits and up to your collarbone (upper chest) for **changes**.

No matter what size or shape your breasts are, **check them regularly**.

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

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

Support Shipston Home Nursing this December

Strictly Come Carolling

VOTE FOR YOUR FAVOURITE CAROL TO BE SUNG

Charity carol concert in aid of Shipston Home Nursing and Royal Orthopaedic Charity. Join us for a night of fun and joyful cheer with audience participation

SATURDAY 2ND DECEMBER
HOLY TRINITY CHURCH
STRATFORD UPON AVON
7.30PM

Soprano Mollie Smith
Conductor Julian Harris
Reader Anton Lesser
Organist Adrian Moore

ADULTS £20 | UNDER 16's £5
TICKETS AVAILABLE AT
www.shipstonhomenursing.co.uk
If you are unable to book online please contact fundraising@shipstonhomenursing.co.uk who will be able to assist you.

Proudly supporting:
ROC ROYAL ORTHOPAEDIC CHARITY RCN:1078046
SHIPSTON HOME NURSING NICE CARE AT HOME RCN:1162586

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



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/online 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