

HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

October 2022



It is with great sadness that we have to inform you, Dr Martin Whittaker has made the decision to hang up his stethoscope and retire from general practice this November.

After graduating from medical school in 1993, Martin joined the practice as a GP trainee in 1997 and he went on to become a partner in 1999. Dr Whittaker has been a firm favourite with many patients over the last 25 years, dedicating much of his life to the surgery. As you can imagine, Martin will be sorely missed by patients and staff alike and I am sure that you will join us in wishing him an enjoyable and much deserved retirement.

HASTINGS HOUSE MEDICAL CENTRE Community Information

and Flu Event

Friday 21st October

9am to 4pm

Wellesbourne Village Hall

Information and representatives from:

- Dementia support
- Carers groups
- Moore and Tibbets Solicitors
- Blood Pressure and Weight Management
- Help with how to do an eConsult 10am—2pm
- Energy Advice.....and much much more!



Flu vaccines available



Flu vaccines Book your vaccine on the NHS App or by telephoning the surgery and choosing option 2.

Wellesbourne Surgery

Over 65s or those in at risk categories

Saturday 8th October 9am-4pm

Saturday 22nd October 9am-4pm

Healthy aged 50-64

In line with national guidance will be starting in November once we have vaccinated the majority of those at higher risk, Monday evening clinics.

7th November 4pm-8pm

14th November 4pm-8pm

Kington Branch surgery over 65's or at risk only

Wednesday 26th October 2pm—5pm (CV35 0HN)

We are NOT administering Covid vaccines at the surgery, you will be contacted separately for this.

Stoptober is back, calling on smokers in England to join the 2.5 million others who have made a quit attempt with the campaign since it launched a decade ago in 2012. Nearly 6 million adults in England still smoke, and it remains the single biggest behavioural cause of preventable death, with 64,000 deaths a year.

If you are a smoker, quitting is one of the best things you can do for your health, allowing you to start moving better, breathe more easily - and giving you more money to spend. Join the thousands of others and start your quitting journey this October. Just search 'Stoptober' for more information and free tools to help you quit.



Why not take the first step and book a stop smoking appointment? We can provide you with all the support you need to finally quit.



Scan the QR code to download the **NHS App**

The App lets you book appointments, order repeat prescriptions gives you access to information on your medical record, such as immunisations and test results, as well as giving you access to a range of other healthcare services.

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

Our PPG (Patient Participation Group) is still looking for new members. If you are interested and for more information, please contact the surgery by emailing hastingshouseppg@gmail.com

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



Staff Training dates 2022

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:

- 19th October 2022
- 24th November 2022

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

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