

HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

September 2022



The 1st of September brings the first day of Autumn but hopefully it won't feel like Autumn for a good while yet. I hope everyone has enjoyed the summer and stayed safe. Children are back to school next week and for all those new starters, please make sure they have had their pre school immunisations. Anyone older who is concerned that they have missed school boosters then you can contact the Child immunisation team on 01789 412849 or email: SOUTHIMMS@covwarkpt.nhs.uk



A Different Way to Promote Health and Mental Wellbeing

Reduced mental wellbeing, loneliness and social isolation can be significant issues for some older people, especially if they have lost a partner, if they are a carer for their loved one, or if they have a disability.

Our Wellbeing Navigator and a team of volunteers held their August Holiday at Home event in Wellesbourne last week enabling many older people who weren't going on a summer holiday to have a summer holiday!



The three-day holiday ran from 10.00am - 3.00pm each day and had a jam packed seaside themed itinerary that included all the enjoyments you would expect to find on a traditional British holiday - including good food, meeting new friends, fun and laughter, trying new activities and enjoying time away.

Evaluation forms were completed at the end of the holiday. 100% of holiday makers said they had had a good time. Comments included: 'I enjoyed meeting and making new friends', 'it was a breath of fresh air', 'I enjoyed everything so much'.

The group will meet up again in six weeks for a reunion lunch (and to swap holiday snaps!) 😊



Flu vaccines will start next month. In line with national guidance, over 65's or those in at risk categories will be vaccinated first.

You will be able to book your vaccine from Tuesday the 13th September by pressing the relevant number on our phone system.

There will also be an event called HASTINGS HOUSE COMMUNITY INFORMATION AND FLU EVENT. This will be held on October 21st in Wellesbourne village hall, School Road, Wellesbourne between 9am and 4pm. Please just drop in for your jab.

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

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

Kineton Branch surgery over 65's or at risk only

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

How do you wear yours?

Help change the lives of **1 in 10** families in the UK affected by genetic conditions

Hastings House will be wearing their Denim on Thursday 22nd September.

Support Jeans for Genes week 18th to 25th September

Change lives for everyone across the UK living with a genetic condition.

Please visit www.jeansforgenes.org to find out how Jeans for Genes day donations can make a difference to families in the UK affected by a life-altering genetic condition.

Pop into the surgery during Jeans for Genes week if you would like to donate, we will be collecting your spare change.

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



To book a blood test at Warwick or Stratford Hospital visit swiftqueue.co.uk

Don't forget to collect your blood form from us before you go, they cannot take blood without one.

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

Trusted to provide inclusive safe effective compassionate care

Stratford-upon-Avon minor injuries unit (MIU) is now open on Tuesdays and Wednesdays from 9am—5pm.

They provide help to those with a non serious injury. Using the MIU rather than A+E allows A+E to concentrate on people with life threatening conditions and potentially save yourself a long wait.

Arden St, Stratford-upon-Avon CV37 6NX

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:

- 22nd September 2022
- 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