

HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

April 2024



If you would like to receive a copy of this newsletter each month, in full glorious colour! Then please let us have your email address and we will add you to our mailing list. We are sending this out to everyone who has asked, but we do get a couple of undeliverables, so if you think you should be receiving it and aren't, please let us know.



Hello, my name is Emma Bullingham. I am very pleased to become the new Chronic Disease and Frailty nurse at Hastings House.

I come with a wealth of experience within community nursing in Warwickshire.

Frailty is a term that describes a gradual decline in a person's function. Someone who is frail may find it increasingly difficult to manage every day activities that they are used to doing independently. This in turn may affect their ability to manage at home.

My role will involve supporting these patients to remain well and independent. Aiming to prevent hospital admission and supporting patients upon discharge from hospital.

I look forward to working with the statutory and voluntary groups already supporting the surgery. Supporting carers and patient's families and alongside the Doctors, will undertake home visits to housebound patients.



Spotlight on Hay Fever

Hay fever season is fast approaching us and we would like to inform you of your options regarding hay fever treatment. If you are experiencing any hay fever symptoms (including runny nose, nasal congestion, watery, itchy or red eyes, sneezing, itchy nose etc) please visit your local chemist or supermarket to obtain over the counter treatment in the first instance.

Oral antihistamines, nasal sprays and eye drops are all available over the counter and can be purchased in chemists and most supermarkets.

Please only book an appointment here at the doctors if over the counter medications have not relieved your symptoms after using for a few weeks.



FRIENDS OF HASTINGS HOUSE supporting your wellbeing

Congratulations to Julie who was the grand winner of the Friends of Hastings House Easter Raffle. Thank you to all of you that bought tickets and those that gave up time to sell them. They made a whopping £624.90. That's going to be hard to beat!!

Save the Date: Saturday the 13th July, Meet on the Ledge will be returning with their tribute to Pink Floyd!



10k RUN / WALK AT WALTON HALL

SUNDAY 28th April
Walton Hall, CV35 9HG

Adult advance entry: £20
Child advance entry: £10 (16 and under)

Pre-registered runners will be electronically timed by Tempo

Adult on the day entry: £25
Child on the day entry: £10 (16 and under)

Medal included and hot roll at the finish line!
Prizes from Warwick Sports Shop.

Registration: 8.45am Start: 10am

By kind permission of Sir Andrew Hamilton and Walton Hall.
For more information please email fundraising@shipstohomenursing.co.uk
To enter, create your own fundraising page and for more details please visit www.shipstohomenursing.co.uk/events.
Online entry closes Monday 22nd April

With thanks to our event sponsors

Voneus Broadband

Peter Clarke

Warwick Sports

Registered Charity No. 1162586

Appointments

Please do not be offended when the reception team ask you why you need an appointment. They have all been trained to ask specific questions to ensure that you get the right care, from the right professional in the right time frame!

Are you ringing on behalf of yourself or someone else? Be ready with DOB and name as well as details as to reason for your call and if you have seen anyone about this before or do you have a usual GP that you would like to see.

Our policy is to provide continuity of care, so we will always try to ensure that you see your usual GP or the same Doctor for an ongoing condition but this may not always be possible if Doctors time is taken up with minor ailments, conditions that could have waited a couple of days or those that could have been seen by a Nurse or referred to Pharmacy First.

At times you may not be able to see your usual GP due to annual leave, study leave, or your GP may be on call for urgent problems on the day. You may need to wait to see your usual GP .

Knowing **why** you need an appointment saves Doctors time and opens up appointments for those most in need. Please help us to help you!



The Patient Participation Group (PPG) would like to welcome Heidi Williams as their new chairperson. The surgery is extremely excited that we are not losing Heidi completely and that she is transferring her knowledge and skills to support us in a different way.

If you would like to know more about the PPG then watch this space. More information next month when Heidi has settled in to her new role.



Covid Booster Spring 2024

COVID-19 is more serious in older people and in people with certain underlying health conditions. For these reasons, people aged 75 years and over, those in care homes, and those aged 6 months and over with a weakened immune system are being offered a spring dose of the COVID-19 vaccine.

The surgery is starting boosters at the end of April and If you are eligible you will be invited, with the highest risk patients being called in first.

If you are turning 75 years of age between April and June, you do not have to wait until your birthday, you can attend when you are called for your vaccination .

We will be vaccinating Care home and house bound patients first.

Staff Training dates 2024

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 24th April
- Thursday 16th May

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

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