

HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

March 2023



Spring is here at last and with that comes the pollen. Don't forget to stock up on your hay fever medication. No need to visit the Doctor, contact your local pharmacy who will be able to help you select the best medication for you.

Stopping smoking can significantly improve your health in ways you might not expect. Once you stop smoking, some of the benefits are immediate and some are longer term:

- After 20 minutes: Pulse rate starts to return to normal.
- After 8 hours: Oxygen levels are recovering and harmful carbon monoxide in the blood is reduced by half.
- After 48 hours: The body has flushed out all carbon monoxide, lungs start to clear out mucus and ability to taste and smell is improved.
- After 72 hours: Bronchial tubes begin to relax, breathing becomes easier and energy levels increase.
- After 2-12 weeks: Blood is pumping to the heart and muscles better because circulation has improved.
- After 3-9 months: Coughs, wheezing and breathing problems improve as lung function increases by up to 10%. After 1 year: Risk of heart attack has halved compared to a smoker. And research suggests that people who have quit for a year are happier than those who continue to smoke.
- After 10 years: Risk of death from lung cancer falls to half that of a smoker. After 15 years: Risk of heart attack falls to the same as someone who has never smoked.

Quit Smoking



**No Smoking
Day
8th March**

and Breathe

Contact the surgery to book a smoking cessation appointment with our specialist nurse.

Meet **Louise Bolton**. Louise is a **First contact Physiotherapist (FCP)** who will be working at the surgery every Tuesday.

She qualified from Coventry University in 2006 with a BSc (Hons) in Physiotherapy and In 2016, completed a Masters Degree specialising in Musculoskeletal Assessment and Treatment. She has 15 years' experience of assessing a wide variety of orthopaedic and musculoskeletal conditions and has worked across both the NHS and Private Practice.



In most cases, you do not need to see your GP with a musculoskeletal condition, so the reception team may suggest that you see the FCP instead of the GP. You can also request an appointment directly with the FCP through your doctor's reception team. This will take place within the GP practice and will provide you with a thorough assessment and advice about the best way forward for you.

- Louise can see Joint pains and arthritis, soft tissue injuries such as sprains, strains and other soft tissue injuries e.g. ankle, shoulder, wrist sprains, pain.
- Back and neck pain which may radiate into the arm or leg including nerve type symptoms such as pins and needles and numbness.

Music & Singing for Fun



Supporting Carers & Loved ones living
with dementia in South Warwickshire

Join the lovely "D'accord" Trio in Wellesbourne
Village Hall on the 1st Tuesday of each month
from 2pm - 3.30pm

Starting Tuesday
7th Feb 2023



Contact Paul & Heather on 01295 688376

Free Entrance Tea & Coffee

Please visit our website - talkdementia.uk

The practice is currently looking at opportunities to support carers in the local community.

Are you a carer?

The Care Act 2014 defines "carer" as "an adult who provides or intends to provide care for another adult".

Do you spend a lot of time caring for someone?

Is this person unable to care for themselves because of disability, mental health issues, frailty or illness?

Does this care involve things like helping someone to do necessary everyday things like eat, wash and do their shopping?

Is your caring work unpaid?

Make sure that you have told us you are a carer. Pop into the surgery and we will note it on your records.

Watch this space for further information

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 March
- Thursday 20th April

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

HASTINGS HOUSE
MEDICAL CENTRE

We know some people are embarrassed about having a smear but our nurses are here to make you feel comfortable. We don't mind if you haven't shaved your legs..or your bits! You're welcome to leave your socks on and come as you are.

Telephone the surgery 01789 840245
to book

Screening saves lives. Help us help you.

As well as our website, did you know that we have a Facebook



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