

HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

October 2023



Lets talk about Flu and Covid

Firstly, an apology for the disruption to the Flu clinics. We were very proud of ourselves for having everything set up and publicised and then Covid jabs came along. Unfortunately NHS England made the decision that it needed to bring the vaccine programme forward and therefore it was more sensible to give both the flu and Covid at the same time. We are releasing more dates for vaccine clinics on a regular basis, you can book these on line on the NHS App or telephone reception and choose option 0.

Saturday the 14 October there is a clinic for both vaccines.

We now have the Children's Flu vaccine nasal spray in stock. Please book as above.

Children we can vaccinate that are eligible:

All children aged between 2 and 3 on the 31 August 2023

Children aged 6months to 17yrs that are medically eligible

The rest of the school aged children will be done as part of the school immunisation programme.

The Hastings House Community Information and Flu event was a huge success. We gave over 800 vaccinations!

Thank you to all our nurses and the volunteers that helped out as well as the local representatives that came for the day.



The PPG patient survey is now out.
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.

Dispensary plea

Please think before you order your repeat medication. We conducted an audit of returned medication in August..... We had to destroy £917.15 worth of unwanted medication. That's £192.14 more than the last audit we completed in November '22! There are approximately 6500 GP surgeries in the UK and if every surgery is doing this then that's over £70 million of NHS money wasted each year..... also that figure does not include Chemists and if you search Google, the NHS quote £300 million wasted!

£300 million could pay for:

-  **80,906 MORE** hip replacements*
-  **101,351 MORE** knee replacements*
-  **19,799 MORE** drug treatment courses for breast cancer*
-  **11,778 MORE** community nurses*
-  **300,000 MORE** drug treatment courses for Alzheimer's*

This is why we will only issue a months worth of medication. If your dose changes or you don't need the medication then once it has left the premises it has to be destroyed....all those individual packs add up! Its your responsibility to be responsible with your medication.



Today in Wellesbourne and the surrounding area there are families struggling to put food on the table. For people on low incomes, a sudden crisis – redundancy, benefit delay or even an unexpected bill, can mean going hungry. Every day parents skip meals to feed children and people are forced to choose between paying the rent or eating.

The great news is that the Fosse foodbank can help. It is based at Kineton but has a centre in Wellesbourne and we work in partnership with the Trussell Trust - a national foodbank network.

Foodbanks help individuals and families in crisis, through the provision of carefully selected emergency food supplies as a short-term measure. This allows breathing space at times of great need. Foodbank volunteers also take the time to listen and signpost people to further support. These services help to prevent family breakdown, housing loss, crime and mental health problems.

We work with local professionals such as Citizens Advice, social workers, health, school and the churches, to name a few. They refer people, with a food voucher, to the foodbank in Wellesbourne based from St Peters Church. A volunteer will then contact the client to arrange the delivery of an emergency food box which will last three days.

We welcome donations of any non-perishable foods: Milk (UHT or powdered), Sugar (500g), Fruit Juice (carton), Soup, Pasta Sauces, Sponge Pudding (tinned), Tomatoes (tinned), Cereals, Rice Pudding (tinned), Tea bags/instant coffee, Instant Mash Potato, Rice/Pasta, Tinned Meat/Fish, Tinned Fruit, Jam and Biscuits/Snack Bars.

Thank you in advance for donations you have already made and donations you make in the future.

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:

- Thursday 12th October
- 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



Save the date! Friends of Hastings House
Christmas Concert 24th November 2023



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