HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

April 2026





Only order the **repeat prescription** items you need. Before ordering, check what medicines you already have at home. If you don't need something this time, you can leave it off and order it next time

Each year it is estimated that **1.6 million items of medicines** are **wasted** in Coventry and Warwickshire.

This costs the NHS **£13.3m a year,** or £1.1m per month.

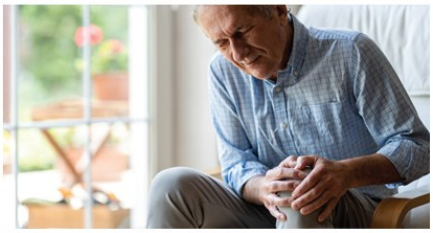
This annual figure equates to:

2,300 knee replacements











Blood tests

A reduction in our nursing hours at the surgery has meant that we have had to prioritise our appointments, therefor the number of blood test appointments that we can offer will be reduced. We would like to keep our in house blood tests for those having an annual review. If the doctor gives you a blood form then you can drop into the new Ellen Badger Hospital any morning between 8am and 2pm Monday to Friday or book an appointment at Warwick or Stratford hospital https://www.swiftqueue.co.uk

WALK IN BLOOD TESTS

No Appointment Needed

Monday – Friday

08:00 – 14:00

Ellen Badger Medical Unit, Shipston on Stour, CV36 4AX

located in the old Ellen Badger hospital building



*Please collect your blood request form from reception and take it with you *



The PPG (Patient Participation Group) is a group of patients, all volunteers from Hastings House surgery, who want to help the surgery work as well as it can for patients, doctors and staff. The NHS requires every surgery to have a PPG.

Who can join? Any person who is a patient at the surgery. All experiences in life work and health will help the workings of the PPG. You don't have to have any specialised knowledge of the NHS. If interested please email hastingshouseppg@gmail.com.

COVID

From the 18TH April we will be running spring booster COVID vaccination clinics. We will be sending a text message asking you to book using the NHS App or by telephoning the surgery. Eligibility is anyone aged 75 or over and anyone older than 6 months who has a weakened immune system.

If you are over 80 and also eligible for the RSV vaccine then you can have this at the same time.

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April is stress awareness

DID YOU KNOW? The most common cause of stress is work-related stress ; One in 14 UK adults (7%) feel stressed every single day ; Inpatient hospital admissions caused by stress-related illnesses in the UK cost around £8.13bn.

Stress affects everyone, influencing physical health, mental wellbeing, relationships, and daily life. Keep your eye out in the surgery and on our Face Book page for ways to manage stress in your life.

Be the change builds self-efficacy.
Self-efficacy reduces stress.

Quick Actions You Can Take Today

Try a 5-minute mindfulness or breathing exercise.

Example: Close your eyes, inhale for 4 counts, hold for 4, exhale for 6. Repeat for five minutes to calm your mind.

Set one small achievable goal for your day.

Example: Instead of "finish all my work," aim for "complete the first report and send it by noon."

Staff Training dates 2026

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 29th April
- Thursday 21st May
- Wednesday 17th June
- Wednesday 23rd September
- Thursday 15th October
- Thursday 26th November

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

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Easter Opening Hours

The surgery will close at 6.30pm on Thursday 2nd April and re-open at 8am on Tuesday 7th April.

The eConsult service will be unavailable from 6.30pm on Thursday 2nd April until 8am on Tuesday 7th April.

If you require medical advice over the holiday period please dial 111.

Happy Easter from everyone at Hastings House



Useful Contact Numbers

Hastings House	01789 840245
Out of hours service	111
NHS Direct 24/7	111
Mental Wellbeing Line	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