HASTINGS HOUSE MEDICAL CENTRE
SURGERY NEWSLETTER
August 2026

After several incidents locally we decided that it would be good to run a first aid course aimed at anyone who looks after children. Knowing what to do whilst you wait for the ambulance means that you are giving that child a better chance of recovery. So please come along to our Saturday session.

Child CPR & First Aid Training

Learn to save a child's life



Would you know what to do if your child stopped breathing?

What would you do if your baby was choking?

Join us for a morning of paediatric first aid

Saturday 19th September 10am until 12pm

Open to parents, carers, grandmas, uncles, aunts and older teens with younger family..... just come along

Kindly funded by Friends of Hastings House

FRIENDS OF HASTINGS HOUSE supporting your wellbeing



Spotlight on missed appointments!

Disappointingly we have again had 27 hours of missed appointments in July. If this trend continues then by this time next year we will have had 324 hours of missed appointments, that is nearly 2 full weeks! Or if you take a working day as 8 hours and you work 5 days a week then that is nearly 9 working weeks of appointments.

Please write your appointments in your diary so you don't forget, or check the NHS app to see when they are. **Remember to cancel appointments** that you no longer need. You can do this and also check your appointment time by **ringing the surgery and pressing option 1** when you are prompted.

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When booking a blood test you will be asked who your blood test was requested by. If a doctor requested it we need to ensure your form is on our system. If your consultant requested it then you must remember to bring the form they gave you with you. We can do nothing without form.

Before your blood test remember to drink plenty of water. Good hydration makes your veins easier to find and will make the test easier and less painful.



If your BMI is high and you are at an increased risk of health issues. Warwickshire's FREE, Healthy Lifestyles Service offers a 12 week programme with advice and expert local support to help you feel better and live healthier.



If you are looking to make the leap and quit smoking then we can help. Fill in an admin eConsult on our website and we will pass your information on to our local smoking cessation team who will contact you to offer support.

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 23rd September
- Thursday 15th October
- Thursday 26th November

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



Following an analysis of our phone data we are proud to say that our caller waiting times are lower than the national average.

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