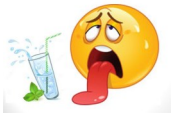
HASTINGS HOUSE MEDICAL CENTRE
SURGERY NEWSLETTER
August 2025

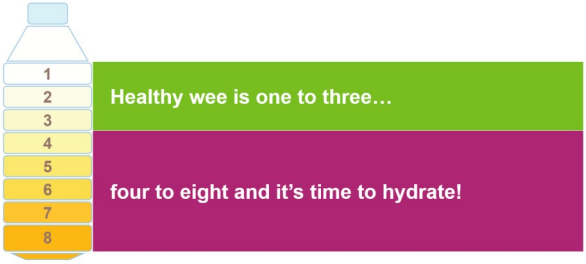


We have had some really hot weather this summer and its probably far too late to remind you about hot weather safety but please remember to stay hydrated. You should be consuming 3 litres of fluid a day when the weather is hot. Look out for your friends and neighbours too. Many people are more susceptible to becoming dehydrated; older people; those with chronic conditions; people with mobility problems; those who are already poorly from an infection and people on certain medications.

If drinking large amounts is hard for you then think about taking small sips regularly and remember fluids aren't just about drinking water. You can hydrate by drinking tea, coffee, milky drinks, squash and juices.

Fluids found in foods can also help you to stay hydrated. Ice lollies, jellies, yoghurts, soups and stews are all good ways of including fluids, as well as some fruits and vegetables, such as melon, tomato and cucumber.

Finally, do not wait until you feel thirsty to drink. By this time you are already starting to dehydrate and the thirst mechanism reduces as you get older.



The best way to check that you are drinking enough, is the colour of your urine. If it is dark yellow then you need to drink more but pale urine suggests that you are drinking plenty.

Even when the weather isn't hot you should be trying to consume between 1.5 and 2 litres of fluids a day to ensure that you stay healthy. Follow the same tips and advice above.

Meet the Team – Who Might You See at Your GP Practice?

To help ensure patients receive the right care as quickly as possible, you may be offered an appointment with one of our highly trained healthcare professionals instead of a GP. This helps free up doctors' time for patients with more complex needs. Here's a quick guide to some of the roles you may encounter:

Advanced Clinical Practitioner (ACP) & Nurse Prescriber: Experienced healthcare professionals who can assess, diagnose, treat, and prescribe for a wide range of health conditions.

Pharmacist: Clinical pharmacists in GP practices are experts in medicines and can help manage long-term conditions, carry out medication reviews, and answer any medicine-related questions.

Pharmacy Technician: Supports both patients and pharmacists by helping with medication queries, managing repeat prescriptions, and ensuring medicines are used safely and effectively.

Practice Nurse: Provides a wide range of services such as vaccinations, health checks, managing long-term conditions (like asthma or diabetes), and wound care.

Healthcare Assistant (HCA): Supports the nursing team by carrying out important health checks such as blood pressure, blood tests, ECGs, and more.

First Contact Physiotherapist (FCP): A specialist you can see directly if you're experiencing muscle, joint, or bone problems. They can assess, diagnose, and help you manage these issues without needing to see a GP first.

HASTINGS HOUSE MEDICAL CENTRE

World Breastfeeding Awareness week
1-7 August 2025



Breastfeeding provides all the nutrition a baby needs for the first six months and also helps build a strong emotional bond between a mum and her baby. Breast milk also helps boost a baby's ability to fight illness and infection by passing on the mother's immune defences.

Breastfeeding is a skill that takes time to get the hang of. Lots of mums wonder if their baby's feeding well and getting enough – especially in the first few days.

It is not uncommon for mums to experience challenges with breastfeeding and these problems can often be unanticipated, meaning that when they occur mums can tend to give up and instead switch to formula feeding.

Breastfeeding rates suggest that just 44% of mothers are still breastfeeding at 6-8 weeks. Breastfeeding is something that a mother and her baby learn together, and getting the right support can help enable mums to breastfeed for longer.

For support visit

Better Health Start for Life Breastfeeding

https://www.nhs.uk/start4life/baby/feeding-your-baby/breastfeeding/

And in other news!

Once you have completed your diabetic part 1, blood test and foot check, it is really important to remember to book your diabetic part 2. This is a 30 minute Face to face appointment with the nurse.

We are exrememly disappointed to find that we are missing a lot of the BP machines. We started with 20 and now only have a handful left, If you have one at home please return it asap. The cost of the deposit to borrow one has now been raised to £20.

Keep your eyes and ears open for this Autumns flu vaccination Campaign, we will be having our usual event in the village hall with a drop in for flu vaccines and this will be the 10th of October . We are waiting for information regarding the Covid vaccines and we will let *you* know as soon as we know.

Please remember to let us know if your contact details have changed. It is important that this information is up to date to ensure that we can invite you to have vaccines etc.

To download the NHS App, scan here

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