# HASTINGS HOUSE MEDICAL CENTRE

# SURGERY NEWSLETTER

## February 2026

**We are excited** to bring you a new project to improve support for neurodivergent patients. Partnering with Choose Your Way, led by counsellor and coach Hannah and funded by Friends of Hastings House, we will be providing group-based and individual therapeutic support for neurodivergent adults.

ND BrainSpace

NHS HASTINGS HOUSE MEDICAL CENTRE

FRIENDS OF HASTINGS HOUSE supporting your wellbeing

### Amazing things happen when neurodivergent minds come together!

Whether you're diagnosed, self-identified, or simply curious about neurodivergence (ADHD, autism, dyslexia etc.), this is for you.

ND BrainSpace is a relaxed, friendly community group for patients of Hastings House, aged 16+. It's a space to connect with others, share experiences, explore everyday challenges, swap ideas, and build confidence together.

**What to expect**
A monthly theme with a couple of open questions to get things started. You're welcome to listen, join in, or dip in and out — whatever feels right on the day.

**Upcoming dates & topics**

- Wednesday 18th February 2026 – Anxiety
- Wednesday 18th March 2026 – Wellbeing
- Wednesday 15th April 2026 – Relationships

**7:00–8:30pm** **Hastings House Medical Centre**

The group is free of charge, kindly supported by the Friends of Hastings House.

Speak to Reception to find out more & register or visit: https://www.chooseyourway.co.uk/hastingshouse

SCAN ME!

**Connect • Share • Grow • Thrive**

**A few words from Hannah**

*"Choose Your Way is rooted in the belief that there is no one 'right' way to be. When people are supported to understand how they work best, value their strengths, and feel safe to be themselves, it can have a powerful impact on wellbeing."*

*"I'm really looking forward to working with Hastings House Medical Centre to create neurodivergent-affirming spaces where people feel safe, understood and welcome. I'm thankful to Friends of Hastings House for supporting this work at a time when it's so needed."*

**About Choose Your Way**

Choose Your Way offers flexible counselling and therapeutic coaching for neurodivergent adults, young people, and those navigating periods of change. Hannah is a qualified counsellor (CPCAB) and coach (CMI). Her work is shaped by professional training and lived experience of neurodivergence, with a strong emphasis on autonomy, choice and c ollaboration.

Choose Your Way works with people who are diagnosed, self-identified, or exploring neurodivergence, including ADHD, autism and dyslexia.



**New from February:** ND BrainSpace events with our first session on the 18th February.

Amazing things happen when neurodivergent minds come together ND BrainSpace events are for registered patients at Hastings House Medical Centre aged 16 and over. They offer a welcoming, low-pressure space for neurodivergent adults — whether diagnosed, self-identified, or exploring neurodivergence (including ADHD, autism and dyslexia). Sessions focus on connection and shared lived experience. There's no pressure to speak, no need to mask, and no "right" way to take part — you can listen quietly or join in, whatever feels right on the day.

# HASTINGS HOUSE MEDICAL CENTRE

Saturday the 28th of February is Rare Disease Day. The staff will be donning there multi coloured outfits on Thursday the 27th February to raise awareness for the 300 million people worldwide living with a rare disease.

Over 6,000 rare diseases are characterised by a wide range of conditions and symptoms that can vary not only between diseases but also among individuals with the same condition.

**Seventy-two per cent of rare diseases are genetic, and nearly one in five cancers is classified as rare.**

These conditions can impact daily life due to their long-term, evolving nature. In many cases, there are limited treatment options, highlighting the need for continued research and support for individuals and families affected.

The long-term goal of the Rare Disease Day campaign is to ensure equitable access to diagnosis, treatment, healthcare, social support, and opportunities for those affected by rare diseases.

## 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 25th February
- Thursday 12th March
- 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.




In January we held a morning of appointments to help people get connected to the NHS App. The morning was a HUGE success and we had some great feedback. If you would be interested in some help then please let us know as we will keep a waiting list and put on another session if there is enough interest.

## 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