HASTINGS HOUSE MEDICAL CENTRE
SURGERY NEWSLETTER
July 2026

New Bereavement Support at Hastings House Medical Centre



Friends of Hasting House are funding a 7 week bereavement course, starting on Monday the 3rd of August at 7pm.

The Bereavement Journey is offered by AtaLoss (please visit their website for more information and support) and will be run by Heidi Williams, who many of you will know from working at the surgery.

The Bereavement Journey consists of seven weekly sessions of films and guided discussions, each one themed to a different aspect of coming to terms with the loss of a loved one and navigating your way through grief. Attendees will receive a workbook and journal, for their own private notes and reflections.

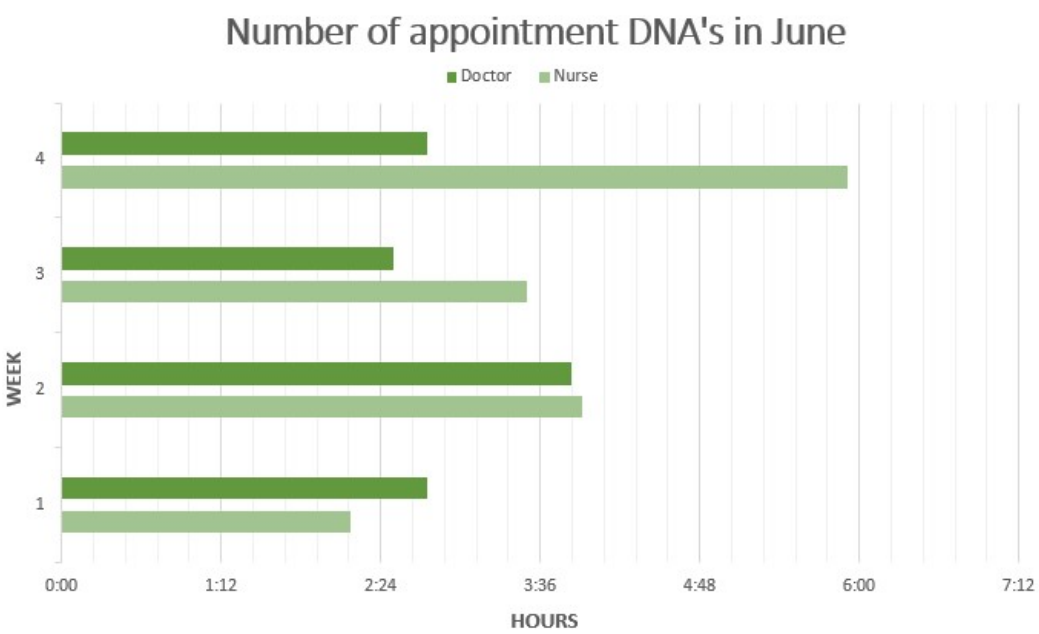
The course is limited to 20 people, for more information and to book your place, please contact the surgery and someone will be in touch to discuss.

Do not worry if you don't think this is for you just yet, after the initial pilot the plan is to run the course several times a year.

FRIENDS OF HASTINGS HOUSE
supporting your wellbeing

Spotlight on missed appointments!

In the first 4 weeks of June we had 27 hours of appointments that people did not attend.



HASTINGS HOUSE MEDICAL CENTRE

Barrier feedback



We have had some feedback and we understand that you are not happy that the barrier to the surgery is closed on a Saturday morning.

Unfortunately we had some issues with cars being left in the car park past 1pm so we were unable to close it when the surgery and chemist closed. This then becomes a security issue as it has to be left open.

We are working on a way to keep it open for you, please bare with us as we appreciate it is an inconvenience.



CPR

Watch this space for September. We will beholding a basic life support training session for parents or anyone who lives or cares for a child.

Kindly being funded by Friends of Hastings house, the session will cover all the basics of life support from babies to teenagers.

Feel free to bring your teenagers along to learn for themselves how to resuscitate their younger siblings or even a friend.

Information on how to book will be available soon.

Greener Hastings House

Dr Becket will be meeting with the PPG soon to discuss how we can be "greener."

In 2020 the NHS became the world's first health system to commit to reaching net zero and take action to reduce the future impacts of climate change.

The "Delivering a net zero NHS strategy" set 2 targets against a 1990 baseline:

- Net zero by 2040 for the emissions the NHS controls directly (the NHS Carbon Footprint), with an 80% reduction by 2028 to 2032.
- Net zero by 2045 for the emissions the NHS can influence (the NHS Carbon Footprint Plus), with an ambition to reach an 80% reduction by 2036 to 2039.

At Hastings House we are already trying to do "our bit." In general, we recycle as much as we can, we dispose of food waste correctly, we have gone paperless with your records and the building has light sensors and solar panels.

The dispensary have targeted medication waste and dispose of unwanted medication correctly, including asthma inhalers and they offer recycling for insulin pens.

Stay posted for new ideas.

NHS HEALTH CHECK

Helping you prevent

diabetes | heart disease | kidney disease | stroke & dementia

Starting from the 1st of July we are able to offer NHS Health checks again. They are offered to everyone between the ages of 40 and 74 who do not have any pre existing health conditions. The appointment takes 20 to 30 minutes and includes height, weight and blood pressure tests as well as cholesterol and blood sugar tests. It looks at your lifestyle and you are given your cardiovascular risk score, which shows your risk of developing a heart or circulation problem, such as heart disease, stroke, type 2 diabetes or kidney disease, over the next 10 year .

There may be no concerns but if your score is slightly high then the nurse can give you advice on diet, exercise and life style choices, including referrals to places that you can get support.

We will be inviting people to book these appointments by text or telephone so please wait to be contacted.

HASTINGS HOUSE MEDICAL CENTRE



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

The PPG



Want to get more involved in how Hastings House Medical Centre operates? Then why not consider joining the Patient Participation Group (PPG). This is a group of patients that meet about once a month at the Medical Centre to discuss any ideas and issues that may have arisen based on feedback from patients and updated protocol. This is an opportunity to meet with doctors, nurses and other members of the management team to hear views on the challenges facing the medical staff as well as sharing suggestions from the PPG on opportunities for improvements. This is by no means an onerous task and current members of the PPG find it to be a great way to gain a better understanding of how our local medical practice works. We are striving to ensure that the group represents people of all ages who are registered at Hastings House and reside in one of the many local villages as well as Wellesbourne itself. Interested in knowing more, then why not **contact Heidi Williams on *hastingshouseppg@gmail.com*** for more information.

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