# HASTINGS HOUSE MEDICAL CENTRE

# SURGERY NEWSLETTER

## June 2026




Whilst we all look forwards to the long nights and warm weather of summer please remember your sun safety, wear a hat and sunglasses, stay in the shade or cover up between 10am and 4pm and remember the sun cream!

Sunburn is the leading cause of skin cancer because it seriously damages skin cell DNA. And the risk of is cumulative. Just 5 sunburns in a lifetime doubles the risk of melanoma. Look after yourself in the sun, sit in the shade in the heat of the day, between 10 am and 4pm and wear factor 30 sun cream with UVA protection of 4 or 5 stars .

## Strike Out Stigma




8 out of 10 people living with diabetes say they've faced negative attitudes because of their diabetes - people passing judgement, making sweeping statements, or blaming and shaming people living with diabetes.

This is diabetes stigma. And it causes real harm to millions.



Diabetes comes in a few main types, and they all involve problems with insulin, the hormone that controls blood sugar. Type 1 diabetes happens when the body stops making insulin altogether. Type 2 diabetes is more common and develops when the body doesn't use insulin properly. Gestational diabetes appears during pregnancy and usually goes away afterward.

Does this look like a reason to stigmatise people — a medical condition they never asked for and work hard every day to manage? Diabetes is a health condition, not a personal failure, and no one should feel judged for something they didn't choose. When we drop the blame and assumptions, people feel safer asking questions, getting support, and managing their health without shame. It creates a kinder, more informed community where everyone can live well with diabetes.

**There are many risk factors which can increase your likelihood of Type –2 diabetes**

- If you carry excess weight or are obese then you are at a higher risk
- Over 40— hitting the big four zero increases your risk
- High blood pressure
- Your Ethnicity impacts your risk
- Did you have gestational diabetes? Up to 50% of women who had gestational diabetes develop type 2 diabetes
- Family history—If you have a blood relative with Type-2 diabetes you are more likely to develop it yourself

**Annual reviews are important**

When you receive your letter or text for your yearly review, make sure you telephone to book in. You should be having a blood test and foot check, followed by a phone call with the nurse to ensure you are on the right Medication dose to control your diabetes..

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**One Appointment One Problem**

I think that one of the biggest issues talked about in doctor's surgeries is the inability to get an appointment and then the wait you have when you are sat in the waiting room.

Our clinicians will always endeavour to be on time but an emergency in the surgery or having to spend extra time with a patient on several issues can put them behind.

One appointment one problem ensures that the clinician can deal with each medical problem to the highest standard and this proves impossible if you try to discuss multiple issues. Think about what you need to discuss and then please pick the most important problem. If the doctor is having to rush through problems, not only is it unsafe, but it can also lead to the condition not being managed in the best possible way!

Most appointments are only 10 minutes and in this time the clinician needs to listen to your concerns, ask questions, organise medication, tests and referrals, if necessary, perform any examinations and then finally write a comprehensive consultation note to your medical record. Add onto this the time taken for patients to get into the doctor's room and sit down, 10 minutes even for one problem is very little time to carry out all that is required. .

So next time you make an appointment….think it through. One appointment one problem!

## 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 17th June
- Wednesday 23rd September
- Thursday 15th October
- Thursday 26th November

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

FRIENDS OF HASTINGS HOUSE
supporting your wellbeing

Watch this space for new bereavement group funded by Friends of Hastings house. The group will run for 7 weeks starting in August with the aim of running 3 times a year.

If you are interested in joining the group please let reception know.

## Useful Contact Numbers

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|---|---|
| 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