HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

May 2026

Stroke Association

FRIENDS OF HASTINGS HOUSE
supporting your wellbeing



Friends of Hasting House Easter Raffle raised an amazing £1153. Several lucky winners were drawn seen here in the photo with Heidi.

Thank you to all the amazing volunteers who took time out of their day throughout March, to sell tickets at the surgery and to all the local businesses who donated the hampers and prizes.

Heads up and watch this space!

We are looking to fund and run a children's basic first aid course.



Using an eConsult is the fastest and most efficient way to ensure that you are seen by the right person within the right timeframe.

In most instances you will be contacted on the same day by phone or text and either offered an appointment or referred to the correct service for your condition.

eConsults can be accessed via the NHS App or on our website www.hastingshouse.org.uk

Spotlight on Hay Fever

Spring is firmly with us and whilst the fine weather is welcomed there are some people who will be finding it miserable…….Those with Hay Fever! I conducted an interview with our very own nurse Jo Featherstone, who came up with these top tips for coping with hay fever.

Keep your windows shut on high pollen days; don't dry your washing outdoors; change your clothes after being outside and don't walk through mown grass or areas with long grass…. Your local chemist can advise you on the best hay fever remedies; tablets, nasal sprays and eye drops are all available over the counter and it is best to start them as soon as possible, don't wait until symptoms become severe.

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Stroke Awareness Month takes place every May to raise awareness of the devastating impact of stroke. It also highlights the importance of providing vital support for stroke survivors and those who care for them. On May the 7th we will be wearing purple to raise awareness of the stroke association and the work that they do.

Stroke Association

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:

- 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.

Every day in May, another 240 people will face the life-changing impact of a stroke.
A stroke can change a life in seconds, leaving survivors unable to walk, speak, or live independently

Make May Purple

A stroke happens when the blood supply to part of the brain is cut off, killing brain cells. Damage to the brain can affect how the body works. It can also change how you think and feel. The effects of a stroke depend on where it takes place in the brain, and how big the damaged area is.

Stroke can be life-changing. It can happen to anyone of any age and affects everyone in different ways.

A stroke is a medical emergency. If you spot the signs of stroke, call 999.

If you spot any one of these stroke signs, Act FAST and call 999 now.



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