HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

May 2025

Hastings House Medical Centre are delighted to announce that we are now co-owners of 'Wellesbourne Pharmacy"

We hope that this provides stability to the pharmacy during what are currently very challenging times for Pharmacies and the NHS alike. We are confident that this exciting new opportunity will enable us to provide more pharmacy-based services to our patients, thus freeing up more time with our clinicians and providing more holistic care to the patients of Wellesbourne and the surrounding area

Spotlight on Blood Pressure

It is important that you check your blood pressure. If you have an annual review, for your medication then we will ensure that you check it. If you don't have a review then high blood pressure can often go unnoticed.

High blood pressure can lead to serious health problems

Normal pressure is important for the proper flow of blood from the heart to the body's organs and tissues. Take your blood pressure at home but to get an accurate reading make sure you sit quietly for 5 to 10 minutes before, don't drink caffeine, put your feet flat on the floor and do not talk or move whilst taking the measurement. Your home blood pressure should be under 135/85

You can also visit Wellesbourne or Kineton Pharmacy who can refer you to a clinician if there are any concerns.

Covid

Spring boosters are available at the surgery please give us a call or pop in to book.

You must be over 75 **or** have a weakened immune system for example:

Have blood cancer

Have had an organ transplant

Have HIV

Are having long term immunosuppressive treatment for a condition such as lupus, rheumatoid arthritis, inflammatory bowel disease (IBD), scleroderma or psoriasis

Have a genetic disorder that affects your imune system



Hay Fever

Please do not contact us for hay fever remedies. Your local chemist can advise you on the medication that you can take and all medications can be bought over the counter or on line for a very small amount, including some of the stronger medications that only used to be available on prescription.

Remember that medication needs time to work and what works for one person might not work for another, or you might need a combination of different medications. Your Pharmacist will be able to help you with this and advise on the best things to try .

The doctors will only prescribe hay fever medication in extreme cases.

To download the NHS App, scan here

HASTINGS HOUSE MEDICAL CENTRE

This month we "Make May Purple" for stroke awareness

Stroke is a **medical emergency** that requires **immediate** attention as every minute is vital. If you experience or spot **any** of the below, **don't wait**. Call **999 straight away**. The FAST acronym (Face, Arms, Speech, Time) is a test to quickly identify the three most common signs of stroke.

Face weakness: Can the person smile? Has their mouth or eye drooped?

Arm weakness: Can the person raise both arms fully and keep them there?

Speech problems: Can the person speak clearly and understand what you say? Is their speech slurred?

Time to call **999**: if you see **any one** of these signs.

Stroke Support Helpline: 0303 3033 100

The Stroke Association is the only charity in the UK providing lifelong support for all stroke survivors and their families. It's only thanks to the generosity of our supporters that we can provide that vital support.

Every day in May, **240 people** will wake up to the life-changing impact of a **stroke**.

Stroke Association



This **#StrokeAwarenessMonth**, help raise awareness of the impact of stroke so that more people can find strength through support.

Get involved: stroke.org.uk

Scan the QR code below

Staff Training dates 2025

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 21st May
- Thursday 12th June

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

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