HASTINGS HOUSE MEDICAL CENTRE
SURGERY NEWSLETTER
November 2024



Stay safe this November the 5th! It is predicted that this year 500 children and their families will join the growing number of people who will remember bonfire night for the wrong reasons. They will have been injured as a result of an accident with fireworks. Most of these injuries happen at family displays.

Keep sparklers away from young children. A sparkler can reach temperatures 20 times that of boiling water!

If the worst happens follow the NHS advice below:

Treating burns and scalds

- **immediately get the person away from the heat source** to stop the burning
- **remove any clothing or jewellery** that's near the burnt area of skin, including babies' nappies, but do not move anything that's stuck to the skin
- **cool the burn** with cool or lukewarm running water for 20 to 30 minutes – do not use ice, iced water, or any creams or greasy substances like butter
- **make sure the person keeps warm** by using a blanket, for example, but take care not to rub it against the burnt area
- **after cooling the burn, cover the burn** by placing a layer of cling film over it – a clean plastic bag could also be used for burns on your hand
- **raise the affected area if possible** – this helps to reduce swelling

if it's an acid or chemical burn, dial 999, carefully try to remove the chemical and any contaminated clothing, and rinse the affected area using as much clean water as possible

Reception News

You may have noticed that the surgery has been posting some data on missed appointments on our Facebook page.

With the average appointment costing around £30 the average cost of missed GP appointments costs the NHS approximately £216 million a year.

That's 7.2 million appointment's and if each appointment is 10 minutes that's 50 thousand days!!

Its very easy to cancel an appointment; you can respond to the text message reminder that is sent; telephone the surgery at any time of the night or day, press option 1 and leave a message on the answer service; pop in to the surgery in person; or even email us.

MOVEMBER® Raising awareness of men's health

GUYS, NAIL THE FIVE

Men will die on average 4.5 years earlier than women and for reasons that are largely preventable, which means that it doesn't have to be that way. Here's five ways you can give yourself the best chance at living a healthy and long life.

1. Spend time with people who make you feel good.
2. Talk, more.
3. Know the numbers.
4. Know thy nuts. Simple.
5. Move, more.

For more information visit https://uk.movember.com/mens-health/general

HASTINGS HOUSE MEDICAL CENTRE



Screening is available at this practice. See reception for details
or contact the Coventry and Warwickshire AAA Screening Programme on 01788 663428,
email aaascreeningprogramme@uhcw.nhs.uk, or visit www.nhs.uk/aaa

We have gone paperless!
New patients please register at the surgery by scanning the QR code or simply visiting

https://hastingshouse.org.uk/joinpractice

Scan me!



Thank you for our lovely poppy display. It looks quite stunning when you enter the surgery.

Please remember that if you are visiting us or the chemist on November the 11th at 11am, we will be holding our usual 2 minute silence in memory of all those lives tragically lost in the 1st World War.





Staff Training dates 2024

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 14th November**

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

WEAR IT PINK BREAST CANCER NOW The research & support charity

We are pleased to say that on Friday 18th October our pink shenanigans did not go unnoticed. We had many lovely comments and hope that we raised some awareness of this amazing charity.

We managed to raise a fabulous £91.63 and wanted to thank those of you who donated on the day.

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