HASTINGS HOUSE MEDICAL CENTRE
SURGERY NEWSLETTER
November 2026



This month is **National Diabetes Month** with World Diabetes Day on November the 14th. Did you know that 1 in 9 people have diabetes and most of these have type 2 diabetes? 1 in 4 of these

Type 2 diabetes can develop over time, and not everyone experiences noticeable symptoms. Understanding your risk can help you take positive steps towards protecting your health.

There isn't always an obvious sign that your health needs attention. Several factors can influence your risk of developing type 2 diabetes, including your age, family history, weight and physical activity levels.

Smoking doesn't just affect your lungs. Research shows that people who smoke have a 30 - 40% higher risk of developing type 2 diabetes than people who don't smoke. The risk increases with the amount smoked.

An NHS Health Check can help assess your risk of type 2 diabetes alongside your cardiovascular health, including your risk of heart disease and stroke.



Positive changes to your diet, physical activity and other lifestyle habits can help reduce your risk.

If you're aged 40 to 74 and don't have certain pre-existing health conditions, you may be eligible for a free NHS Health Check. We'll contact you if you're eligible.





Thank you for everyone who donated on Friday 23rd at our village hall event and our “Wear it Pink” day we raised an amazing **£208!!**

Breast Cancer Now is the UK’s largest breast cancer charity, dedicated to funding world-class research, providing life-changing patient support, and campaigning for better care. Through their expert nurse helpline, peer support networks, and vital health campaigns, they provide a lifeline to anyone affected by the disease. They continuously fights for faster diagnoses and fairer access to life-saving treatments and with several staff members having had personal experience of their support we find its a charity close to our hearts.

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Spotlight on COPD

Do you, a family member or a friend have COPD or suspect they have? If YES then read on….

What is Chronic Obstructive Pulmonary Disease (COPD)?

It is a broad term for a group of lung conditions that include Chronic Bronchitis and Emphysema. Often a combination of both conditions

Chronic = it's a long-term condition and does not go away

Obstructive = your airways are narrowed, so it's harder to breathe out quickly and air gets trapped in your chest

Pulmonary = it affects your lungs

Disease = it's a medical condition

Around 17 million people in the UK have COPD

A lot of people do not know they have it

Is COPD the same as Asthma? NO it isn't

Although the symptoms may be similar, in COPD, your airways are narrowed permanently, but with asthma the narrowing comes and goes.

Inhaled medicines are used for both conditions but they have different actions

What Causes COPD?

COPD happens when your lungs and airways are damaged by something you breathe in. This damage is usually linked to harmful substances like

Smoking (the most common cause) – this includes cigarettes, roll ups, pipes, cigars, Marijuana (weed) and second-hand smoking (passive smoking)

Chemicals at work

Being exposed to high levels of indoor air pollution like wood or coal burning

If you smoke as well as are exposed to other risk factors, this increases your risk of COPD

Rarely, some people have a condition called Alpha-1 antitrypsin- this is a hereditary disease which causes lung symptoms like COPD

Your lungs grow and develop until you reach your early twenties, anything that affects your lung growth increases your risk of developing COPD as an adult. This includes

Infections

Diet

Being exposed to cigarette smoke

Symptoms

Breathlessness: often gradual and gets worse over time. You might feel breathless when doing things, you used to be able to do easily.

Cough: lasts a long time or goes away and comes back

Coughing up phlegm (sputum)

Frequent chest infections

Wheezing

NEVER IGNORE THE SYMPTOMS ABOVE

If you have these symptoms, are aged over 35 and

Smoke or have smoked

Had chest trouble when you were younger or

Have worked in a job where you were exposed to dust, fumes or chemical

HASTINGS HOUSE MEDICAL CENTRE

Spotlight on COPD cont.

NEVER IGNORE THE SYMPTOMS

If you have these symptoms, are aged over 35 and

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Had chest trouble when you were younger or
Have worked in a job where you were exposed to dust, fumes or chemical

Then

Book a 20-minute appointment with one of the COPD nurses (there are 4 of us).

Getting diagnosed with COPD and starting treatment early can help to prevent the lung problems getting worse.

If you already have COPD and the symptoms are worsening, please also make an appointment- don't wait for your annual review.

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 26th November

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

Our next bereavement course funded by friends of Hastings House will be starting on Monday the 4th January. If you would like a place on the course please contact the surgery. You must be able to commit to all 7 weeks.



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