HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

November 2025

We would like to welcome Sarah and Rachel to Hastings House. Sarah is our new First Contact Physiotherapist (FCP) who will be in the surgery on Fridays, working alongside Louise who already works Tuesdays with us.

An FCP is an experienced physiotherapist who can assess diagnose and treat musculoskeletal problems, such as back, pain, joint pain and sprains. They can prescribe pain medication and refer you for x-ray's etc. when necessary. We are excited that these extra appointments mean that you will be seen swiftly by the right person and you will not have to see a GP or wait for a referral to the hospital.

Rachel is our new 'Mind' active monitoring practitioner she will be working with us on Mondays and Wednesdays.

Active monitoring is a guided self-help programme for individuals with mild to moderate mental health difficulties. She is able to offer an initial assessment and then up to six follow up sessions on the following topics for anyone aged 11 upwards: Anxiety, Stress, Low Mood, Self-Esteem, Anger, Loneliness and Grief.

Please complete an eConsult if you feel that you could benefit from either of these services.

Patient Participation Group Survey

Please help us improve our services by completing a short feedback form. Simply scan the QR code with your phone to get started. Or alternatively use the link to the survey. Paper copies are available from reception. https://forms.gle/JM3cKYFBsa7Bauri8

We raised an amazing **£255.46**







WEAR IT PINK

BREAST CANCER NOW The research & care charity

Our **Wear it Pink** week was a huge success. Thank you to everyone who donated, guessed the socks and bought bracelets. The winner of our pink hamper was Gemma who guessed correctly with 65 socks.

Information and leaflets are still available in the surgery on the notice board and in the leaflet holder, please help yourself.

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Dispensary News

Please do not approach the hatch to order your prescriptions. It is extremely time consuming for us. If you cannot use the NHS app, email or web form then please pop your repeat slip in the box to the right of the front door.

We would also like to remind you to allow 5 working days for prescriptions to be processed. Whilst we are often much quicker than this, issues with sourcing medication, queries that have to be sent to a doctor and simple things like staff sickness have an impact on how quickly we can issue your medication.

To download the NHS App, scan here

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 26th November

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

MOVEMBER®

Is anyone growing a MO? This month is men's health awareness month or Movember! It is widely recognised that men do not take care of their health in the same way that women do and will die on average 4.9 years earlier than women for reasons that are largely preventable. So all you men out there here are 5 things you should know and do when it comes to your health.

- Spend time with people who make you feel good. Your mates are important to you and spending time with them is good
- Talk more! Men sometimes aren't comfortable reaching out and opening up about life's challenges – or they think they'll be burdening their friends if they do.
- Prostate cancer is the most common cancer in men over 45. Make sure you don't ignore the signs.
- Testicular cancer is the #1 cancer in younger guys. But good news: it's highly curable when caught early. Make sure you know what is normal for you so that you spot any changes early.
- Move, More. Add more activity to your day, cycle instead of drive, take the stairs, walk to work.



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