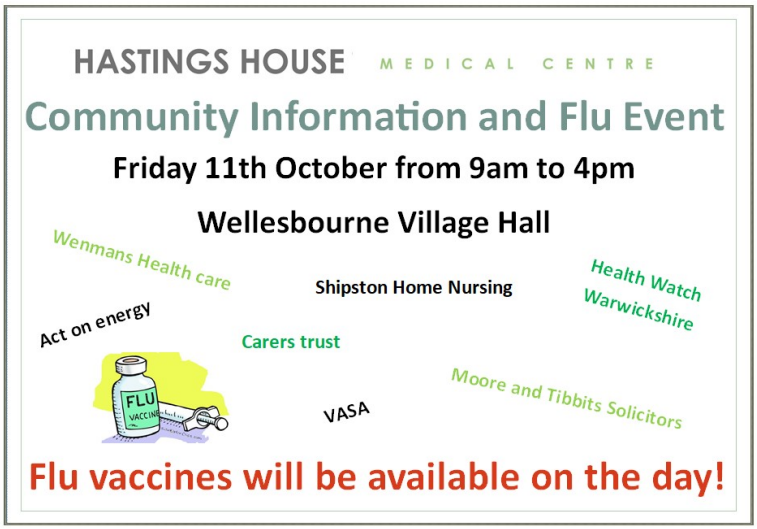
HASTINGS HOUSE MEDICAL CENTRE
SURGERY NEWSLETTER
October 2024

FLU!

Its what's on everyone's minds. We are sending links to book, to eligible patients apart from those at Kineton who will need to phone in to book a slot there. Alternatively join us in the village hall on the 11th October where you can get a cuppa too!



Please display your blue badge when parking in the disabled bays outside the surgery. These spaces are very important for many of our patients and there is plenty of free parking to the rear of the building for everyone else.





Spotlight on Contraception

If you take the contraceptive pill it is really important that you have a yearly check, before another years contraception is issued. It is important that you answer several safety questions regarding your lifestyle and health as well as ensuring that we have an up to date blood pressure and weight recorded for you. Even though these pills are very safe, using the combination pill can slightly increase your risk of health problems. Complications are rare, but they can be serious and the pill check is important to ensure that they don't happen to you.

When you request your pill you will be sent a questionnaire via text message to complete. This will then be reviewed by the clinical team, and you will receive a response within 3 working days. You will just need to pop into the surgery to record your blood pressure on our machine and let us know your weight and you will be all done for another year.

Our very own Nurse Sophie Noon is training to be able to insert coils. This fabulous news means that we will be able to run more coil clinics and have a shorter waiting list. If you are interested in this type of contraception, give the surgery a call and we will book you in for a chat with the nurse.

HASTINGS HOUSE MEDICAL CENTRE

'STOP SMOKING FOR STOPTOBER AND YOU'RE FIVE TIMES MORE LIKELY TO QUIT FOR GOOD'

Stoptober is back, calling on smokers in England to join the 2.5 million others who have made a quit attempt with the campaign previously. Over 5 million adults in England still smoke. Smoking causes 64,000 deaths a year, making it the biggest cause of preventable illness and death.

Quitting smoking is one of the best things you can do for your health. Quit smoking for 28 days and you're five times more likely to quit for good!!



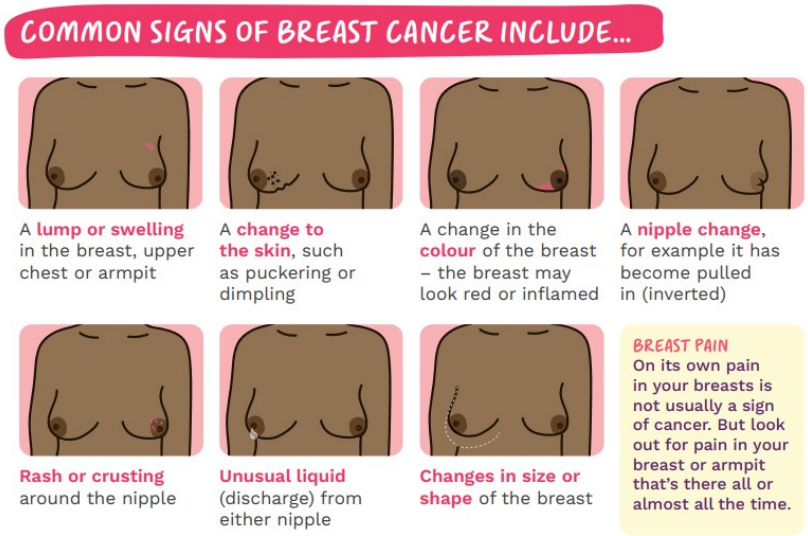
When you stop smoking good things start to happen – quitting will allow you to start moving better, breathe more easily and give you more money to spend.

Stoptober offers a range of free quitting tools including the NHS Quit Smoking app, daily email support, Facebook support group, information about quitting smoking with a vape and expert support from local stop smoking services. Simply search 'Stoptober' for more information or visit the Better Health Quit Smoking Website.

WEAR IT PINK — BREAST CANCER NOW The research & support charity

On Friday the 18th October Hastings House will be "Wearing it Pink" for Breast Cancer Now.

Check your breasts regularly, that goes for men too!



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:

- Wednesday 16th October
- Thursday 14th November

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