HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER
October 2025

Flu Vaccine Eligibility

Over 65 years of age

Chronic respiratory disease: Asthma, COPD, Bronchiectasis, Cystic Fibrosis, Interstitial lung Fibrosis

Chronic Heart Disease: Heart Failure, Ischaemic Heart disease, Atrial Fibrillation, Peripheral Arterial disease

Chronic Kidney Disease: CKD Stage 3,4 or 5, Kidney transplant

Chronic Neurological Disease: Stroke, TIA, Polio, Cerebral palsy, Learning disability, Downs, MS, Dementia, Parkinson's, MND

Diabetes

Adrenal insufficiency: Addison's, Regular steroid use

Immunosuppression due to disease or medication, on chemotherapy, organ transplants, HIV, Lymphoma, Myeloma, Lupus, No Spleen, Sickle cell, Coeliac

Morbid obesity: BMI over 40

Pregnant women

Household contact of people with immunosuppression

Carer: Those who are the sole carer or primary carer of an elderly or disabled person whose welfare may be at risk if the carer falls ill



All children aged 2 and 3 on 31 August 2025 (born between 1/9/2021 and 31/8/2023)

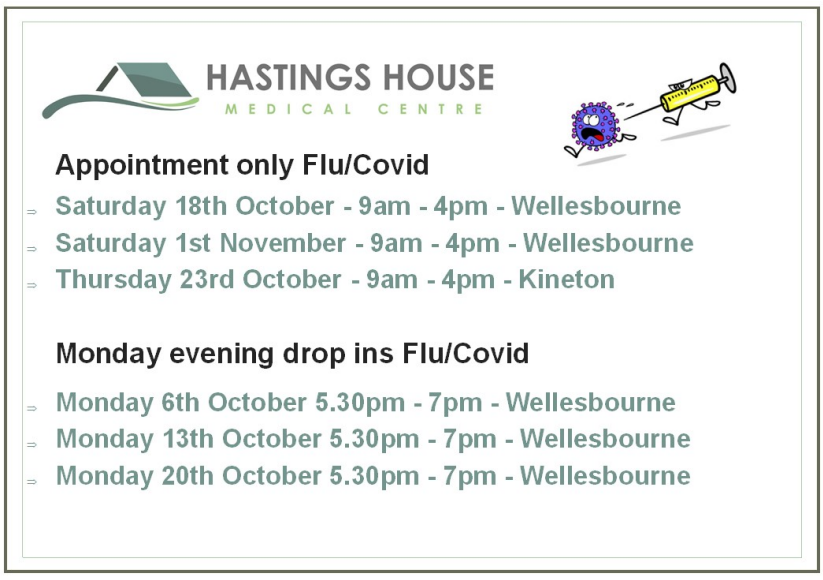
Children from 6months of age to under 18 who have medical eligibility (see above)

People with Learning difficulties between 18 and 25 who also attend a special school

Covid Vaccine Eligibility differs

Residents of care homes for older adults Over 75

Aged 6 months and over and immunosuppressed - Due to disease or treatment, chemotherapy, organ transplants, bone marrow or stem cell recipients, HIV, multiple myeloma, history of leukaemia, myeloma or lymphoma



If you are eligible for your Flu/Covid vaccine then you will be invited to book via text and can click on the booking link to select a convenient time, or you can telephone the surgery (avoiding busy times please).

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STOPTOBER

Stopping smoking is one of the most important actions anyone can take to improve their health. It doesn't matter how long you have been smoking, stopping will almost always have **significant health benefits** as well as **saving you money** to spend on other things.

Did you know, you're **three times more likely to quit successfully** with expert support.

You can find support to stop smoking at https://smokefreecw.co.uk/

How to get support:

- complete a self referral form https://fitterfutures.everyonehealth.co.uk/stop-smoking-self-referral-form/
- call 0333 005 0092
- text QUIT to 60777

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:

- Thursday 16th October
- Wednesday 26th 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



This month is Breast Cancer Awareness month and this year we will be hosting an extravaganza. The surgery will be pink for the week from Monday 20th of October culminating in the staff in all their pink finery on Friday the 24th!

Whilst we have a lot of fun dressing up, the aim is to raise awareness of breast cancer, the signs and symptoms and to raise money for the Breast Cancer Now charity.

Did you know that breast cancer is the most common cancer in the UK with 1 in 7 women developing it in their lifetime and it is one of the leading causes of death in women under 50!..... Yet over 50% of women don't check their breasts regularly!!

If you check your breasts routinely, you will know what is normal for you and should spot any changes quickly. The common breast cancer signs and symptoms to look out for include:

- A **lump or swelling** in the breast, upper chest or armpit. You might feel the lump, but not see it.
- **Changes in the size or shape** of the breast
- A **change in skin texture** i.e. puckering or dimpling of the skin
- A **change in the colour** of the breast - the breast may look red or inflamed
- **Rash, crusting or changes** to the nipple
- Any **unusual discharge** from either nipple

We are inviting you to join us to Wear it Pink with us! As well as information on breast cancer and how to check your breasts, there will be donation pots in the surgery and a guess it pink game for you to enter and win some pink goodies!!

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, available 8am—6.30pm Monday-Friday (6-6.30pm routine matters only).

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