HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

September 2026

September is traditionally the first month of Autumn and we would like to welcome some faces old and new!

Its great to have Dr Hannah Morgan back with us, she has returned to us for a year to complete her GP training. We would also like to welcome Dr Eje Omokhuale and Dr William Swift who will both be here for a 4 month placement and Dr Thomas Naismith who will be here for a year.

Finally we welcome Fran Saunders to the admin team as our new reception manager.

WEAR JEANS AND CHANGE LIVES THIS SEPTEMBER

Your support will make a real difference to thousands of children affected by a genetic condition.

Jeansforgenes.org

Hastings House will be donning our denim on Friday 18th September to show support for and raise awareness of the 1 in 10 families in the UK that are affected by a genetic condition – so we will probably be helping support someone we know!

JEANS FOR GENES

Jeans for Genes is all about raising awareness of the daily challenges faced by those living with genetic conditions AND raising money to fund projects that make a tangible different to the lives of those affected.

Child CPR & First Aid Training

Learn to save a child's life



Would you know what to do if your child stopped breathing?

What would you do if your baby was choking?

Join us for a morning of paediatric first aid

Saturday 19th September 10am until 12pm

Open to parents, carers, grandmas, uncles, aunts and older teens with younger family.....
just come along

Kindly funded by Friends of Hastings House

FRIENDS OF HASTINGS HOUSE supporting your wellbeing

HASTINGS HOUSE MEDICAL CENTRE

Spotlight on Asthma

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

WHAT IS ASTHMA?

- Asthma is a long -term condition.
- 1 in 12 people in the UK have asthma.
- It often starts in childhood but can start in adulthood too.
- You cannot "grow out of asthma": Symptoms can go away, often in the teens, but can return at any time.

Asthma affects the airways (breathing tubes) that carry air in and out of your lungs.

- The airways become inflamed and swollen.
- This makes them narrower, so less air gets in and out of the lungs.
- Symptoms include breathing difficulty, wheezing, tight chest, cough.
- These symptoms can be triggered by many things, everyone is different.
- Symptoms can get worse quickly if not controlled.
- Asthma is treated mainly with inhalers.
- Most people can keep their symptoms under control with treatment.

BUT…….**Did you know**……

- Sadly, 4 people die every day in the UK because of asthma attacks.
- 2 out of 3 asthma deaths are preventable.
- Asthma is a very manageable condition but needs to be taken seriously.

We want to reduce the number of unnecessary asthma attacks and deaths. The best way to lower these risks is to take the medication as prescribed.

How is asthma treated?

- The most important treatment is a steroid containing inhaler as it reduces the inflammation in the airways.
- It lowers your risk of asthma symptoms and attacks. You are prescribed the lowest dose possible to keep your symptoms away.
- Traditionally people were given a separate reliever inhaler (which may still be suitable for some asthmatics) …. **BUT…**
- The most recent asthma guidelines launched in 2024 introduced some exciting changes for the management of asthma in adults and children age 6+.
- It is known that most of the causes of death from asthma attacks have been due to the over reliance on the Salbutamol (blue) inhaler. Many people think the blue inhaler is the most important one as they see immediate effect to relieve their asthma symptoms, **HOWEVER** it does **NOT** treat the inflammation (which is causing the symptoms).
- The new guideline supports the use of combination therapy called Maintenance and reliever therapy (MART) An inhaler that contains a long- acting reliever and a steroid (anti-inflammatory)
- It is normally used twice a day regularly and then as needed up to 6 more times a day (for a short period)
- This means that when symptoms occur you get the fast-acting symptom reliever to treat the symptoms (same as if you used the BLUE inhaler) but also the steroid to **TREAT THE INFLAMMATION**

Spotlight on Asthma, cont.

Please look at the ASTHMA and LUNG UK website, there is a lot of information regarding asthma and its management that I don't have the room to include here.

If you have asthma, you will receive an invitation for an annual review in your birthday month which will include a review your medication.

You may find that we automatically change your medication to the MART system, if we do, we will, of course, inform you and send information for you to read. If you appear uncontrolled then we may ask you to come in for a 20-minute face-to-face appointment. If you prefer, you can request face to face by telephoning reception once you have received the invite and booking it.

If you think you may have asthma then please phone the surgery and book a 20 minute face to face "suspected asthma" appointment with one of the asthma nurses (there are 4 of us), we will be able to do a simple helpful diagnostic test in the appointment if we feel that you may have asthma.

Asthma and Flu and Covid Vaccines.

You qualify for a flu vaccine, if you need continuous or repeated use of steroid inhalers or tablets, or if you have previously been admitted to a hospital for an asthma attack or lung flare-up and we have allocated you one . Mild asthma that only occasionally uses a reliever (blue) inhaler does not automatically qualify. Having asthma—even if managed with regular medication—no longer automatically places you on the COVID-19 vaccine list.



HASTINGS HOUSE MEDICAL CENTRE



Flu vaccines for children and pregnant people will be available this month with the roll out for everyone else in October. Vaccines have now been ordered for you and we are expecting delivery on the 12th October. Watch this space next month for flu clinic information.

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:

- Wednesday 23rd September
- Thursday 15th October
- Thursday 26th November

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

Those eligible for the flu vaccine include

- pregnant women
- all children aged 2 or 3 years on 31 August 2026
- *primary school and secondary school-aged children (from reception to year 11)* ***Given at school***
- *(individuals 17 years and over attending a special education needs (SEN) school and who are in a clinical risk group may also be vaccinated alongside their peers)* ***Given at school***
- all children in clinical risk groups aged from 6 months to less than 18 years
- those aged 65 years and over
- those aged 18 years to under 65 years in clinical risk groups
- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- frontline workers in a social care setting without an employer-led occupational health scheme.

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