



# WATERSIDE MEDICAL CENTRE

## SURGERY NEWSLETTER - JULY 2023

### PRACTICE WEBSITE

Please take a look at our fantastic practice website:

[www.watersidemc.nhs.uk](http://www.watersidemc.nhs.uk)

Here you can find lots of information on our recently finished build and renovation project, as well as important health pathways and information on how to access the services you need.

You can also find information on prescriptions, our practice catchment area and a newly updated 'meet the practice team' page!



### International Self-Care Day - 24th July

Self-care is the practice of looking after our own mental health. Self-care looks different for everyone but it can help us all to manage stress and improve our self-esteem and to look after our mental health.

Head to

<https://nshcs.hee.nhs.uk/training-support/healthcare-science-self-care-handbook/self-care-ideas-to-get-you-started/>

to find out more or, if you're reading a physical copy of this, scan the QR code below to find suggestions for getting started with self-care.



### WATERSIDE MEDICAL CENTRE IS AN ENHANCED ACCESS HUB

Our practice is very pleased to continue offering our patients access to our 'enhanced access' hub through the Leamington North Primary Care Network. This hub offers a **mixture of telephone and face-to-face GP appointments, as well as Nurse and Clinical Pharmacist appointments** available for you to **utilise in the evenings (18:30-21:00) and at the weekend (Saturday 9:30-16:30pm)**. If you need an appointment outside of normal hours, please **ask a receptionist** who would be happy to support you with booking an **EA appointment** which suits you and your availability.

#### Leamington North PCN

4. Waterside Medical Centre,  
Court Street,  
Leamington Spa, CV31 2BB

#### Leamington South PCN

5. Croft Medical Centre,  
Calder Walk, Sydenham,  
Leamington Spa CV31 1SA

## We're here for you, for longer

NHS

Additional GP appointments are now available in your area during the evenings and at the weekends

Please speak to reception to find out more

Your NHS, here for you



## Alcohol Awareness Week ( 3-9th July)

Alcohol Awareness Week aims to encourage people to think about their drinking habits. A recent survey found that 1 in 7 drinkers are worried about the amount they are drinking. Alcohol can have a negative impact on our health and wellbeing and can also impact on our relationships with loved ones.

Head to <https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1> to find out more or, if you're reading a physical copy of this, scan the QR code to get more information.



### RECENT PATIENT FEEDBACK


“Thank you ever so much, you are always so supportive and so kind”

### WE VALUE YOUR FEEDBACK!


The team at Waterside Medical Centre work very hard to provide a **high quality** and **responsive** service to our patients but we are always looking for ways to improve our service and listen to what our patients have to say.

There are lots of ways for patients to have their say and we would love to hear from you with any comments you may have as to how we can **improve** our service to you.

 [admin@watersidemc.nhs.uk](mailto:admin@watersidemc.nhs.uk)

 @LeamingtonGPs

 [www.facebook.com/WatersideMedicalCentre](http://www.facebook.com/WatersideMedicalCentre)

 01926 428321

**Comments cards** are available in reception and we have a patient participation group who meet regularly.

### STAFF TRAINING DATES FOR 2023

Please be aware that practices across South Warwickshire will be **closed** from **12:30pm** on the **following dates** for important staff training:

- 20th September
- 12th October
- 22nd November



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

### USEFUL CONTACT NUMBERS

Out of Hours Service	111
NHS Direct 24/7	111
Mental Health Helpline	0800 161 171
Warwick Hospital	01926 495321
UHCW Hospital	02476 964000
Ambulance Transport	01926 310312
District Nurses	0845 608 0275

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