

WATERSIDE MEDICAL CENTRE

SURGERY NEWSLETTER - APRIL 2023

PRACTICE WEBSITE

Please take a look at our fantastic practice website:

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!



STRESS AWARENESS MONTH

Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues, immune system challenges etc to more serious mental health disorders such as anxiety and depression.

Head to
<https://www.stress.org.uk/individual-stress-test/> to see if you're stressed and find ways to help yourself or, if you're reading a physical copy of this, scan the QR code below.



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





Warwick District Children & Family Centres Timetable
 Monday 3 April to Friday 14 April



Providing activities for under 5s and advice and support on a wide range of issues for families with children and young people aged 0-19 (up to 25 with SEND)

Tuesday 11 April

Lillington C&FC
 Family Time
 10:00-11:30

Wednesday 12 April

Westgate C&FC
 Family Time
 9:30-11:00

Thursday 13 April

Kingsway C&FC
 Family Time
 10:00-11:30



Please remember to Book! Follow this link to book your place: <https://warwickdistrictcfc.eventbrite.com/>
 Scan the QR Code or contact your local Children & Family Centre.

RECENT PATIENT FEEDBACK

“Friendly,
 flexible
 and
 helpful.”

“Receptionists
 and nurses are
 very
 welcoming and
 nice.”

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

 @LeamingtonGPs

 www.facebook.com/WatersideMedicalCentre

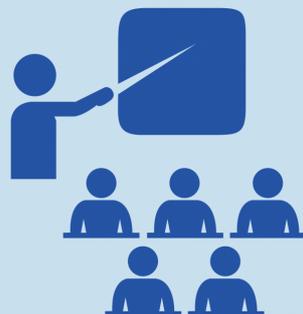
 01926 428321

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 April
- 10th May
- 29th June
- 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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