



# WATERSIDE MEDICAL CENTRE

## SURGERY NEWSLETTER - FEBRUARY 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!



### EATING DISORDER AWARENESS WEEK

27th February - 5th March

Approximately 1.25 million people in the UK have an eating disorder with numbers on the rise.

Although many eating disorders develop during adolescence, it is not unusual for people to develop them earlier or later in life. In fact, we are aware of cases of anorexia in children as young as 6 and some research reports cases developing in women in their 70s. When people are outside of the stereotypical age bracket, they are less likely to be appropriately diagnosed due to a lack of understanding and awareness.

- Do you ever make yourself **Sick** because you feel uncomfortably full?
- Do you worry you have lost **Control** over how much you eat?
- Have you recently lost more than **One** stone in a three month period?
- Do you believe yourself to be **Fat** when others say you are too thin?
- Would you say that **Food** dominates your life?

If you have answered two or more of these questions with a yes - book an appointment with your GP. For more information go to [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk).

## 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

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**

NHS



## Menopause

Are you struggling with symptoms of the menopause?



Would you be interested in coming along to a support group with other ladies going through similar experiences?

New Menopause Support group starts Tuesday 28th February, 6-7pm and will run fortnightly to start with.

For further information about the group and how to book a place, get in touch with Theresa on 01926 422123 or via email: [theresataylor@brunswickhlc.org.uk](mailto:theresataylor@brunswickhlc.org.uk)



## Adventure Babies

The sensory storytelling classes for little ones have started up again for a new term. For information on these fun and interactive sessions, or to book a place for a term, visit [www.adventurebabies.co.uk/classes/warwickshire-coventry/](http://www.adventurebabies.co.uk/classes/warwickshire-coventry/)



## RECENT PATIENT FEEDBACK

"Thank you for your help on Tuesday. You were incredibly helpful in securing a change to prescription moments before the pharmacy were due to close. I was incredibly impressed with how professionally you dealt with a difficult and time-restrictive problem."

"Wonderful GP practice, lovely receptionists and they are so helpful and all the doctors are brilliant."

## 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](https://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:

- 22nd March
- 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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