



WATERSIDE MEDICAL CENTRE

SURGERY NEWSLETTER - JANUARY 2023

UPDATED PRACTICE WEBSITE

Please take a look at our newly updated and refreshed 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!



DRY JANUARY

Dry January is an increasingly popular campaign in which people don't drink alcohol for the whole month. It is a great way to save money and improve your health.

Don't worry if you didn't take part! You can reduce your alcohol intake at any time. The recommended maximum units of alcohol per week for an adult is 14. It should be spread out over at least 3 days. 14 units is the equivalent of approximately:

- 6 pints of beer OR
- 6.5 medium glasses of wine OR
- 7 double gin and tonics

Are you exceeding this? You may want to consider cutting down. Long-term excess consumption can lead to an increased risk of:

- Heart disease
- Bowel cancer
- Stroke

If you are concerned about your own or somebody else's alcohol consumption, have a look at the website below.

<https://www.nhs.uk/conditions/alcohol-misuse/>

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



Stay warm – stay well



Heat your home well. By setting your heating to the right temperature (between 18-21°C) you can still keep your home warm and lower your bills.



Use a hot water bottle or an electric blanket to stay warm in bed – but not both.



Wrap up warm when you go out and ensure your shoes have a good grip.



Eat well and have plenty of fluids. Try to make sure you and your family have hot meals and drinks regularly throughout the day.



Keep your medicine cabinet well stocked. If you're on medication, make sure you get your repeat prescriptions in time so you don't run out.



Look after yourself and others. If you have an older neighbour or relative, look out for them during periods of cold weather to make sure they are safe and well.

RECENT PATIENT FEEDBACK

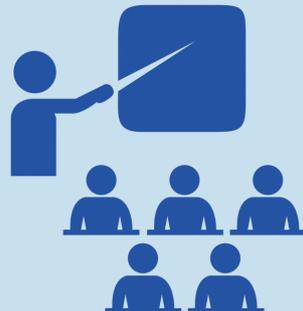
"Thank you for your help on Tuesday. You were incredibly helpful in securing a change to prescription moments before the pharmacy were due to close. I was incredibly impressed with how professionally you dealt with a difficult and time-restrictive problem."

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

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:

- 16th February
- 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.

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.

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

Get the
NHS App

