

SURGERY NEWSLETTER - JULY 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!



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/selfcare-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.





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"

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.

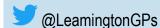


WE VALUE YOUR FEEDBACK!

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 vou.





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

Mental Health Helpline 0800 161 171

Warwick Hospital 01926 495321

UHCW Hospital 02476 964000

Ambulance Transport 01926 310312

District Nurses 0845 608 0275