



# WATERSIDE MEDICAL CENTRE

## SURGERY NEWSLETTER - JUNE 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!



### World Blood Donor Day (14 June)

One donation of blood can save up to three lives. The blood you donate can be used to save up to three lives of critically ill patients and also those involved in emergency service responses. By becoming a blood donor, you can act as a first responder in accidents without even being present.

Head to <https://www.nhsbt.nhs.uk/> to find out more information or, if you're reading a physical copy of this, scan the QR code below to find out how you can help or for more information.



### 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



## Men's Health Week (12th -18th June)

This year's theme emphasises the impact of technology and social media on men's mental health. Mental health is an important aspect, in 2019, 76% of suicide in England and Wales were men, where suicide is the biggest killer of men under the age of 45. Social comparisons stem from social media, screen time can disrupt sleep and other factors can promote negative experiences such as inadequacy about men's life and appearances. To support men's health you can volunteer and fundraise, or even educate yourself and those around you.



Head to <https://www.nhsprofessionals.nhs.uk/health-and-wellbeing/helpful-links/mens-health-week> to find out more information or, if you're reading a physical copy of this, scan the QR code to find out more information.

## GOING ON HOLIDAY?



### RECENT PATIENT FEEDBACK

"Answered the phone quickly, very helpful receptionists. Everyone was being very helpful and kind."

"Excellent, helpful reception staff. Good interpersonal skills. Caring."

### 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:

- 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](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.

### 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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