



WATERSIDE MEDICAL CENTRE

SURGERY NEWSLETTER - MARCH 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!



OVARIAN CANCER AWARENESS MONTH

- Do you often feel bloated?
- Persistent stomach pain?
- Difficulty eating or feeling full more quickly?
- Needing to wee more frequently?

Suffering with these issues as a woman can be indicators for less serious conditions but they are the main symptoms of ovarian cancer. Other symptoms might include:

- Indigestion
- Back pain
- Changes in bowel habits (going more or less often)
- Unexplained weight loss
- Post-menopausal vaginal bleeding
- Extreme tiredness

If your symptoms are:

- Persistent
- Severe
- Frequent
- Out of the ordinary

Head to
ovarian.org.uk for
more information.

Make an appointment with your GP as soon as possible. Keep a record of the symptoms you are experiencing and have your notes to hand when you speak to your doctor, to help them make a diagnosis.

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



Wednesday 8th March

NATIONAL NO SMOKING DAY

Quitting smoking can be a real challenge but there is plenty of help out there.

Enter your postcode on this website <https://www.nhs.uk/better-health/quit-smoking/find-your-local-stop-smoking-service/> to find your nearest service.

Alternatively, download the **NHS Quit Smoking** app on your phone and improve your health.



RECENT PATIENT FEEDBACK

"My doctor was fantastic. They took time to listen to me, gave excellent advice and were very kind, compassionate and understanding in their approach."

"Very friendly staff"

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.

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](https://twitter.com/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

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