

SURGERY NEWSLETTER



WATERSIDE MEDICAL CENTRE - MAY 2022

PLEASE BOOK YOUR SPRING BOOSTER APPOINTMENT VIA YOUR SMS LINK

Your previous COVID vaccine must have been 6 months before your spring booster

Book via the link in your SMS from your GP practice to arrange an appointment at the Ahmadiyya Centre, CV32 5AH



PRACTICE BUILDING WORK

We currently have **no parking on site** whilst the extension project is underway.



From **Monday 25th April**, our **reception area and entrance to the building has been moved temporarily to the left hand side of the building**. When you attend the surgery please **follow the red signs on the fencing to point you in the right direction**.

Please be aware when you visit the practice, **our reception team are unable to book any appointments or discuss any private information with you at the front reception desk**. This is due to **patient confidentiality** and the COVID screens on the reception desk which can make it **difficult to hear patients clearly**. **If you would like to make an appointment, please call the practice and reception will support you with this.**

MENTAL HEALTH AWARENESS WEEK

The **9-15th May** is 'Mental Health Awareness Week'. Each year the mental health foundation focus on a theme or area of mental health to promote better understanding. **This years theme** for the awareness week is **loneliness**.

Loneliness is **affecting more and more people in the UK** and has a huge impact on our physical and mental health. According to the red cross more than **9 million people in the UK say they often, or always feel lonely** and since the start of the pandemic, this has risen.

A key part of **tackling loneliness is understanding and being able to spot the symptoms**. As not everybody experiences this in the same way. The most common symptoms of loneliness can be:

- Loss of confidence
- Tiredness
- Feelings of isolation or being 'trapped'
- Feeling that you or your life lacks a purpose
- Frustration
- Depression/anxiety

Everybody will feel isolated or lonely at some point in their lives, so it is good to have an idea of what you can do to **get support and help coping with loneliness**:

- Talking to somebody experienced (Ask to speak to a social prescriber in the practice)
- Building confidence and learning a new skill
- Connecting or re-connecting to your local community

If you **feel you need support** then call the **Red Cross support line: 0808 1963651** (Calls are free and confidential 10-6pm daily).

WATERSIDE MEDICAL CENTRE

MAY BANK HOLIDAY OPENING HOURS

SATURDAY 30TH APRIL CLOSED

SUNDAY 1ST MAY CLOSED

MONDAY 2ND MAY CLOSED

TUESDAY 3RD MAY NORMAL HOURS

IF YOU NEED MEDICAL ATTENTION WHILST WE ARE CLOSED PLEASE CALL 111

SUN AWARENESS WEEK 2– 8TH MAY

National Sun Awareness Week helps to **de-bust the myths surrounding sun exposure** and help people become aware of the dangers of sun exposure and how to keep safe when enjoying the sunshine. Sun exposure is not only **directly linked to an increase likelihood of skin cancer** but it also poses other health risks, such as **dehydrating, skin ageing and eye damage**.

There are common myths around sun exposure such as tanning is safe as long as you don't burn or you do not have to wear sunscreen if you have a darker complexion. These are not true and you **should follow the advice in the picture below on how to stay safe in the sun**.

For **more information** on this please visit: <https://www.skinhealthinfo.org.uk/>



STAFF TRAINING DATES FOR 2022

Please be aware that practices across South Warwickshire will be **closed from 12:30pm on the following dates** for important staff training:

- 18th **May** 2022
- 23rd **June** 2022
- 22nd **September** 2022
- 19th **October** 2022
- 24th **November** 2022



Out of hours information will be available on our phone system.



REMINDERS

40-74 yr olds please book your NHS Health Check!

The NHS Health Check is **available to patients between the ages of 40-74** and is **designed to spot early signs** of stroke, kidney disease, type 2 Diabetes and dementia. As we get older, we have a **higher risk of developing one of these conditions**. This check helps find ways to lower this risk.

If you are in this age group and **do not have a pre-existing condition such as diabetes, heart or kidney disease** you should receive a letter from your GP surgery inviting you to book your free test. Alternatively, **please call the practice** and ask to book your **'NHS Health Check'** with our health care assistant, who will complete a **routine blood test** and go through the health check in your appointment.



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