

WATERSIDE MEDICAL CENTRE

SURGERY NEWSLETTER - SEPTEMBER 2022

FLU SEASON 2022 - PATIENT INFO

Waterside Medical Centre's **flu jab clinic dates** have been arranged and dates and times can be found below:

Saturday 24th September 9-12

Saturday 1st October 9-12

Saturday 8th October 9-12

The flu clinics will be ran at Waterside Medical Centre in our brand new building which has plenty of space to ensure a safe and quick service for our patients.

If you are a **patient who is 50 years and over** you can **book your flu jab** appointment either **online via your NHS app** under 'book appointment' or by **calling our reception team**, who would be happy to help you book your flu jab over the phone.

It is more important than ever this year to book in your flu jab to help stop the spread of flu and protect yourself and other people who may be unwell or vulnerable.

For more information on the seasonal flu jab and whether you are eligible please visit: <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>



PRACTICE UPDATE

Waterside Medical Centre is pleased to announce we have a new female GP starting with us towards the end of September.

Dr Wiggett will be working as part of the practice team for six sessions a week and her particular interests are in training future GPs, dermatology and asthma.

She has been working as a GP for six years in Redditch and is looking forward to joining our practice in the heart of Leamington.



19-25TH SEPT - ORGAN DONATION WEEK



Organ donation is when a person decides to give an organ to **save or transform the life of someone else**. You can donate organs whilst you are still alive such as a kidney or part of your liver and this is called 'living donation'.

However most donations happen after somebody has died. **Not many people** die in circumstances that make it possible for them to donate their organs, which is why **every potential donor is precious**.

If you would **like to register your decision (either way)** please follow the link: <https://www.organdonation.nhs.uk/register-your-decision/>

Which will also give you more information on how to make your decision and importantly **talking to your loved ones** about your decision.



13TH SEPT - WORLD SEPSIS DAY

47 - 50 million cases per year¹

Sepsis arises when the body's response to an infection injures its own tissues and organs. This could lead to **shock, multi-organ failure or death** - especially if not **recognised early** and **treated promptly**. Sepsis is the most

common final pathway to death from most infectious diseases world wide. **Sepsis is a medical emergency** - if you or someone you know shows the signs of sepsis **call 999 immediately** to seek medical help as every hour counts.

Please see below the **signs** that may indicate sepsis:

These signs may indicate sepsis:



RECENT PATIENT FEEDBACK

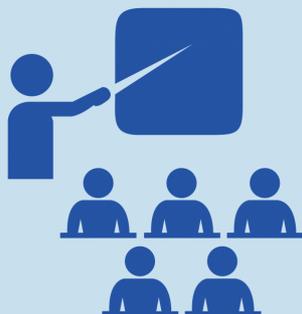
"Everyone was so kind and helpful. I had a very helpful face to face appointment with the GP I wanted to see and good advice given. Thank you everyone so much for all your care given so politely and cheerfully"

"Reception are always kind, polite and helpful with issues"

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:

- 22nd **September** 2022
- 19th **October** 2022
- 24th **November** 2022



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

Get the **NHS App**



30TH SEPT - MACMILLAN WORLD'S BIGGEST COFFEE MORNING

The world's biggest coffee morning is Macmillan's biggest fundraising event to **support** people living with cancer. People all over the UK host their own coffee morning and **donations raised** on the day are made to Macmillan cancer support. In 2021, they raised over **£11 million** and hope to top that this year.

Whatever your reason to host, no reason is too small or too big. All you have to do is follow this link: <https://coffee.macmillan.org.uk/> to **sign up to host a coffee morning** and you will be sent a **fundraising kit** and top tips on how to get you started.

If you do not want to host an event but would like to join one, follow this link to **find an event close** to you: <https://coffee.macmillan.org.uk/about/search/>

MACMILLAN
CANCER SUPPORT

WORLD'S BIGGEST
COFFEE MORNING

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