

SURGERY NEWSLETTER



WATERSIDE MEDICAL CENTRE - APRIL 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

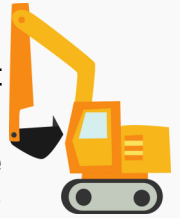
PRACTICE BUILDING WORK

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

We are currently offering both face-to-face and telephone appointments to manage the number of patients in the building. Please speak to reception if you would prefer to book to see a clinician face-to-face.

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.

For more information about the **building work** visit our practice website: www.watersidemc.nhs.uk.



STRESS AWARENESS MONTH

April is **Stress Awareness Month**, which is about increasing awareness of the causes of stress and ways in which it can be managed.

There are many **positive steps** to take to help deal with **stress** and when you may be feeling **overwhelmed**:

- Try to adopt a positive mind-set
- Don't be a slave to technology
- Adopt a well balanced diet
- Make sure you get a good nights sleep
- Do some daily exercise to help combat negativity and stressful thoughts
- Learn to say no when undertaking something that you know will cause you additional stress and you are already feeling overwhelmed
- Organise your time or write a daily 'to-do' list. Breaking up your day into smaller tasks can help when you feel overwhelmed with your workload as it enables you to direct your focus onto key tasks
- Practice meditation or breathing for relaxation
- Make your health and mental wellbeing a priority. You will perform better when you feel your best!
- Drink plenty of water each day and take regular breaks from computer and phone screens
- Have some outdoor time each day

#BetterTogether
Stress Awareness Month
April 2022

WATERSIDE MEDICAL CENTRE

EASTER OPENING HOURS

THURSDAY 14TH APRIL - NORMAL HOURS

FRIDAY 15TH APRIL - CLOSED

SATURDAY 16TH APRIL - CLOSED

SUNDAY 17TH APRIL - CLOSED

MONDAY 18TH APRIL - CLOSED

TUESDAY 19TH APRIL - NORMAL HOURS

IF YOU NEED NON-EMERGENCY MEDICAL ADVICE WHILST WE ARE CLOSED, PLEASE CALL 111

WELLBEING CAFÉ—LEAMINGTON SPA

The renewal 'Wellbeing Café' in Leamington Spa is now open and will provide a safe space for the local community to enjoy having a chat, refreshments, participating in activities or just a quiet space to reflect and have a calm moment.

There is plenty of space for people to turn up and volunteers on hand to support if needed.

Location: St Paul's Church, Leicester Street, l/spa

Monday morning's 10-12:30

For more information on the wellbeing café and to find out what is taking place please visit the following websites:

<https://www.renewwellbeing.org.uk/our-centres>

<https://www.stpl.org.uk/Groups/306896/Home.aspx>



RenewWellbeing

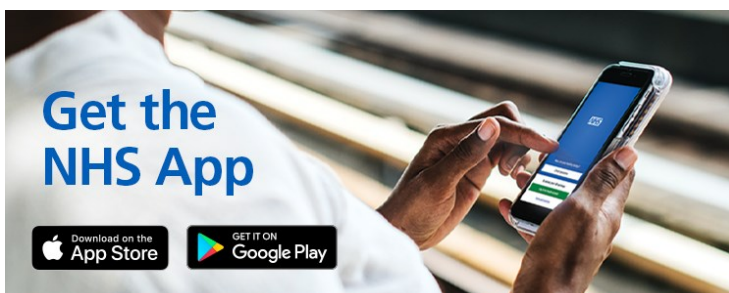
STAFF TRAINING DATES FOR 2022

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

- 28th April 2022
- 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