

SURGERY NEWSLETTER



JULY 2021

PRACTICE BUILDING WORK

We currently have only have disabled parking at the practice for patients during the building work. Disabled parking for Blue Badge holders will remain in place. We kindly ask that patients walk or cycle to the practice if possible. Alternatively there is a public car park located a very short walk away on Court Street.

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



COVID TESTING

As the lockdown restrictions are eased, it is more important now than ever to continue to do regular lateral flow tests if you have no symptoms, or arrange a PCR test if you develop any symptoms of COVID.

Visit: www.nhs.uk/conditions/coronavirus-covid-19/testing/

COVID VACCINATION PROGRAMME

The Leamington Spa Primary Care network is continuing to deliver the COVID vaccination programme.

We have now invited all patients aged 18 and over for their COVID vaccine. If you haven't yet had your vaccine and would like to book an appointment, please contact the practice. Alternatively please follow @LeamingtonSpaPrimaryCareNetwork on Facebook for information about walk-in clinics,

If your first dose of COVID vaccine was more than 8 weeks ago and you haven't yet had your second dose, please contact the practice,



PRACTICE TEAM UPDATES

Dr Moyo Olasope is finishing her time at Waterside Medical Centre this month. Dr Olasope has been working with us over the past year and has been a fantastic part of the practice team.

Tracey Murphy, one of the team's practice nurses, has also left the practice team. Tracey is moving on to an exciting research role.

We would like to thank Tracey and Dr Olasope for their time at the practice and it has been a real pleasure working with them both. Over their time with us, both clinicians received some lovely patient feedback.

DO YOU NEED NON-MEDICAL SUPPORT?

The practice works with a team of 'Social Prescribers' based in Leamington Spa who are available to support our patients with non-medical needs.

Social prescribing, also sometimes known as community referral, is a means of enabling health professionals to refer people to a range of local, non-clinical services.

Recognising that people's health and wellbeing are determined mostly by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Our team of social prescribers have links to many different organisations including local services and centres. Social prescribers are able to support people access the services they need, whether it be help with debt and housing issues to meeting new people and getting active.

The Leamington Primary Care Network also offers a range of free physical activity groups such as Run Talk Run and a walking group which aim to bring people together to talk about how they're feeling at the same time as enjoying exercise outdoors .

If you would like support from our social prescribing team, speak to reception today who will be able to arrange for a social prescriber to get in touch with you to see how they can help.

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

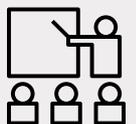
STAY WELL THIS SUMMER

STAY SHADED	Stay shaded and out of the sun from 11am and 3pm, wear a hat and light clothing to cover up.
STAY SENSIBLE	If you are having a summer BBQ, ensure that food is stored and cooked safely.
STAY AWARE	Be a good neighbour and look after those who may need a helping hand during the hot weather.
STAY SAFE	Pharmacies can be found locally. Your local pharmacist can give you medicine to help with hayfever.
STAY PROTECTED	Always make sure you are protected from the sun, choose a sun protection factor (SPF) of 30 or higher.
STAY HYDRATED	Keep yourself hydrated, by drinking plenty of water and avoid excess alcohol and caffeine.

STAFF TRAINING DATES

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

- Wednesday 15th September
- Thursday 14th October



Out of hours info 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

@WatersideMedicalCentre

01926 428321



Comments cards are available in reception and we have a patient participation group who meet regularly.