

SURGERY NEWSLETTER



WATERSIDE MEDICAL CENTRE - MARCH 2022

NEW ADDITIONS TO THE PRACTICE

Waterside would like to welcome two new additions to the surgery since December.

Firstly, we have a new practice manager called Leah. Leah will be in charge of the daily operation of the surgery alongside Tim as the business manager.

Secondly, we would like to extend a warm welcome to Dr Jeevan Bala, who has joined the practice as a sessional GP from February.

Welcome to both!

OVARIAN CANCER AWARENESS MONTH

March is Ovarian Cancer awareness month. Ovarian cancer is a disease that can disrupt the normal function of the ovaries. If it is left unchecked, it can affect other parts of the body too.

Ovarian cancer has four main symptoms:

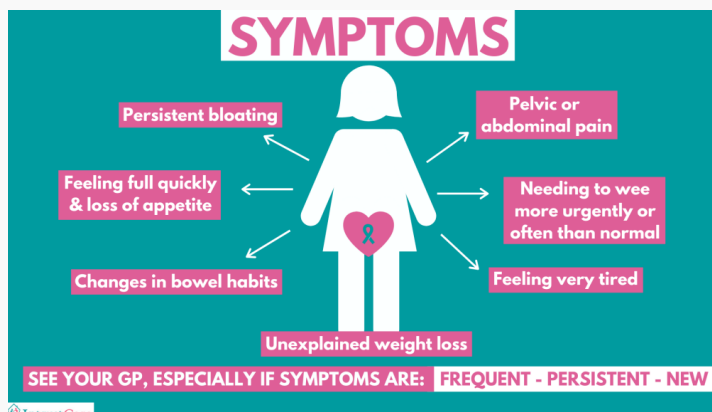
- Persistent stomach pain
- Persistent bloating
- Difficulty eating/feeling full
- Needing to wee more frequently



If your symptoms are **severe, persistent, out of the ordinary or frequent**, then it is best to book a GP appointment to get checked.

For more information on these **symptoms** please visit: <https://ovarian.org.uk/ovarian-cancer/ovarian-cancer-symptoms/>

And for **more information on Ovarian Cancer**, visit ovarian.org.uk which has a really helpful FAQ page with lots of questions and answers. Speak to your GP if you develop any new or worrying symptoms. It's always best to get advice early.



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.



We have also temporarily moved consultation rooms across to a new refurbished section of the extension from the end of February, whilst the existing rooms are being refurbished.

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.

Social Prescribing Day



Thursday 10th March is 'Social Prescribing Day'. Waterside Medical Centre is able to refer patients to see Social Prescribing link workers who work closely with the surgery.

Social Prescribing link workers can **support people** with lots of different things such as **debt, finances, housing, loneliness & social intervention, physical activity, community groups, and mental wellbeing**.

Social Prescribing Link workers **work closely with local organisations** and groups and can help you access different services to help meet your needs.

If you would like to speak to a member of the social prescribing team, **please ask our reception team or a GP for a referral**. During an appointment at the practice, you may also be offered a referral for further support.

NO SMOKING DAY

Wednesday 9th March 2022 is 'No Smoking Day'. We all know that **quitting smoking** improves your **physical health** and **reduces your risk of developing certain cancers and diseases**. But quitting is also proven to **boost your mental health and wellbeing** and it can improve mood and help relieve stress, anxiety and depression.



If you are thinking about quitting but finding it difficult to start then you could try a combination of the **small changes below** that may help you **resist the temptation** to light up:

- Think positive
- Make a simple plan to stop smoking with easy to achieve steps
- Consider your diet and eating habits
- Change your drinking habits
- Identify when and why you crave cigarettes
- Take up some exercise like cycling or walking
- When out and socialising, stick with the 'non smokers'
- Keep your hands and mouth busy, consider using nicotine replacement patches or an e-cigarette which allows you to control and reduce the amount of nicotine inhaled.
- Make a list of reasons to quit and read them when you need extra support.

For more information on how to quit smoking visit:

<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>.

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:

- 16th March 2022
- 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

Book your Cervical Screening appointment!

The practice will **contact you** if you are **due your smear test**. When you get these reminders please **call the practice to book** in your smear test with our nurse. These appointments are **quick and easy** and the **most effective way of preventing cervical cancer**. For more information on cervical screening and why it is so important to book your appointment visit:

www.jostrust.org.uk



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

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