



# WATERSIDE MEDICAL CENTRE

## SURGERY NEWSLETTER - OCTOBER 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 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 has been working hard over the last three months to ensure the practice is resilient and staffing levels are a really important factor.

The practice is pleased to announce that we have three new members joining the team over the coming months. Dr Wiggitt started in September and there will be a new practice nurse starting in October and a trainee practice nurse starting in November.



### STOPTOBER



Stoptober is all about encouraging the nations smokers to make an attempt to quit and making sure people are aware of the dangerous and long term effects of smoking.

Whether you want to start breathing easier, get back your energy or even have a little more money to spend, there has never been a better time to quit smoking.

Research has shown if you can make it to 28 days smoke free, then you are five times more likely to quit for good!

There are many different tips and ways to cut down your smoking and you can also try the NHS Quit Smoking app to track your progress.

For more information and ways to stop today, please visit: <https://www.nhs.uk/better-health/quit-smoking>

## 10TH OCTOBER— WOLRD MENTAL HEALTH DAY

For over 70 years the World Health Organisation has been working to make sure mental health is treated the same as any physical health problems. Mental Health problems exist in our lives, families, workplaces, communities and **impacts everybody** no matter what background, age or ethnicity.

World Mental Health Day is a chance to talk about mental health in general, **how to better look after it** and **how important it is to get help** if you are struggling.

For more tips and information visit: <https://www.nhs.uk/every-mind-matters>



### RECENT PATIENT FEEDBACK

“GP was really attentive and I really felt listened too and did not rush me off the phone.

I think given the pressure everybody is under—it is only right to share positive moments as well as negative ones”

“Prompt call back from the duty GP and the nurse fitted me in for an emergency appointment on the same day”

### 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:

- 19th **October** 2022
- 24th **November** 2022



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

## OCTOBER IS BREAST CANCER AWARENESS MONTH

**BREAST  
CANCER  
NOW** The research  
& care charity

Every October, people all over the world show their support for everyone affected by breast cancer. More than a **third of women don't regularly check their breasts**. Checking your breasts whilst in the shower or laying down **regularly** can help you notice any changes and get these **changes checked** by your GP.

For more information on the importance of this and how to **find support**, please visit: <https://breastcancer.org/get-involved/breast-cancer-awareness-month>


**TOUCH YOUR BREASTS**  
**LOOK FOR CHANGES**  
**CHECK ANY CHANGES WITH YOUR GP**

### 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](mailto:admin@watersidemc.nhs.uk)

 @LeamingtonGPs

 [www.facebook.com/WatersideMedicalCentre](https://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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