

Warwick Gates Family Health Centre

PRACTICE NEWSLETTER



Issue No: 4

Date: January 2025

www.warwickgatesfhc.co.uk

Happy New Year from Partners and Staff at Warwick Gates Family Health Centre, our patient newsletter has been really successful to date with excellent feedback received, please let us know if there is anything you would like us to include and this will be shared with Partners and Patient Members Group.

Dementia Coffee Mornings



Many thanks to patients and staff who supported our first **Dementia Coffee & Cake Morning** held November 2024. This was an invaluable opportunity for patients to gather to discuss their own dementia diagnosis, or someone else's, and think about what it means for the future. Also really useful for family and friends/carers to meet and learn from other people in similar situations.

We have agreed with patient group members to hold these **bi-monthly** moving forward following feedback from patients and carers who attended.

Next gathering; Saturday 15 February 2025 10.30am – 12pm

GP Update

Dr Hazel Polge is currently on maternity leave. The GPs covering are Dr Charles Parrott (Thursdays) and Dr Jenny Martin (Fridays).

Follow our Facebook Page



To stay up to date with practice news and events, follow our facebook page:



<https://www.facebook.com/warwickgatesfamilyhealthcentre>

Practice Learning Time closures 2025:

GP Practices across South Warwickshire will be closed for important staff training on the following afternoons:

- Wednesday 29th January 2025
- Thursday 27th February 2025
- Wednesday 19th March 2025
- Thursday 10th April 2025



Prescription Requests

When making repeat prescription requests, we kindly ask that you do not add extra items in the free text box as these will not be actioned.

Contact Details



To support improved communication with patients, please advise us of your **email address** if we do not already hold this on your medical record .

Patient Survey

Please click on the link below to complete this years' Patient Survey overseen by our Patient Group.



<https://s.surveypal.com/xsej5nro>

We are carrying out a patient survey for the month of February 2025. We would be most grateful if you would take a few minutes of your time to complete some questions.

If you are unable to complete the survey online, hard copy versions are available from reception.

Missed Appointment Data



Please remember to let us know if you no longer require your appointment

Appointments not attended	GP Appointments	Nursing Appointments	Physiotherapist Appointments	Total missed appointments per month
November 2024	9 (this is much reduced since new appointment system introduced)	54	7	70
December 2024	12	84	9	105



Follow us on Social Media

[@WarwickGatesFamilyHealthCentre](https://www.facebook.com/warwickgatesfamilyhealthcentre)

[@LeamingtonSpaPrimaryCareNetwork](https://www.facebook.com/LeamingtonSpaPrimaryCareNetwork)



Cancer Screening



Breast Screening

From March 2025, the Warwickshire, Solihull & Coventry Breast Screening Service breast screening service will be sending open invitations to eligible women at the practice to attend for a breast screening appointment.

About NHS Breast Screening:

NHS breast screening uses X-rays, called mammograms, to look for cancers that are too small to see or feel. Anyone registered with a GP as female will be invited for NHS breast screening every 3 years between the ages of 50 and 71. You'll get a letter in the post inviting you. If you're a trans man, trans woman or are non-binary you may be invited automatically, or you may need to talk to your GP surgery or call the local breast screening service to ask for an appointment.

If you have not been invited for breast screening by the time you are 53 and think you should have been, contact your local breast screening service.

For support with appointments please contact the local breast screening service: 024 7696 7200

You should book to see a GP if you have any symptom of breast cancer. Even if you have recently had a clear breast screening. **Do not wait for your next breast screening appointment.**

What happens at your breast screening appointment:

During breast screening you'll have 4 breast X-rays (mammograms), 2 for each breast. The mammograms only take a few minutes. The whole appointment should take about 30 minutes.

Breast screening is often uncomfortable and can be painful for some people. You can talk to the mammographer, who is trained to help you feel more comfortable and give you support. You can also ask to stop at any time.

For more info: <https://www.nhs.uk/conditions/breast-screening-mammogram/>

Cervical Screening

Cervical screening is offered to people aged 25 and over who have a cervix. Having your smear test helps to catch pre-cancerous changes and can prevent around 70% of cervical cancers.

If you've received your cervical screening invite, book via reception or attend the PCN **drop-in clinic without an appointment on Saturday 1st March 2025 at Waterside Medical Centre (CV31 2BB).**



Child & Young Person Mental Health Care Coordinator



Our Leamington PCN Children & Young Person Mental Health Care Coordinator is **Courtney McCabe**. Courtney will be attending the practice once a fortnight to support children and younger patients with mental health issues via referral from our GPs.

Reminder



Requests for GP Letters and Medical Reports (non-NHS work) take 2-3 weeks and efficiency can be affected by capacity constraints at the surgery.

Have you signed up to the NHS App?

- ✓ View your medical record
- ✓ Check your test results
- ✓ Order and track repeat prescriptions

✓ Communication you can trust stored securely

✓ Turn on your notifications in Account and Settings to set up



Need help or support?

For more info about the App visit:
<https://www.nhs.uk/nhs-app/>

or the NHS App help page:
<https://www.nhs.uk/nhs-app/nhs-app-help-and-support/>

Share your Feedback!





Lifestyle Support in Leamington

If you are keen to improve any aspect of your lifestyle, there are numerous services and activities across Leamington PCN to support you. These are open to all patients across Leamington's 8 GP practices.

Lifestyle Change Support:

Would you like support making lifestyle changes? We have group clinics run by a Health and Wellbeing Coach and Lifestyle GP to help support you on that journey. For more information and to join one of our groups, click here: <https://tinyurl.com/3w2bw32j>



Physical Activity Support

For support in getting more physically active, check out our walk and run groups as part of Leamington PCN Fitness Club

Monday 10:00am: Spa Pramblers (buggy walking group). Location: Warwick Gates Family Health Centre. We meet every Monday morning, with the final Monday of the month including a post walk tea/coffee and health care speaker. All ages welcome.

Click on the link for more details: <http://tinyurl.com/2u4zcx8>



Monday 18:20pm: Walk Talk Walk & Run Talk Run at Clarendon Lodge Medical Practice Car Park

Thursday 11:20am – Walk Talk Walk at Croft Medical Practice Car Park. Click on the link for more details: <https://tinyurl.com/yu32pnx6>



If you can't currently run 5km, but would like to, we have a new **NHS Couch to 5km group** starting on 10th March 2025 alongside our regular Run Talk Run group. Click here for more details and to book on:

<http://tinyurl.com/bdw5cyu9>



Saturday 09:00am: Leamington Parkrun & walk at Newbold Comyn. All GP practices in Leamington are parkrun practices and we promote walking, jogging, running and volunteering at Leamington parkrun.

Click on the link for further details and to register: <https://www.parkrun.org.uk/leamington/>



Swim Together

If you would like to experience being in the water to help your physical and mental health, then our 'Swim Together' adult sessions could be for you (18 years old and over)! Leamington PCN have teamed up with Mental Health Swims, Swim England and Everyone Active to deliver these sessions. We will provide a safe space for you to enjoy the benefits of water, especially if swimming is something you've not tried before or for a very long time. To register your interest please click on the link: <https://tinyurl.com/y35cnkbh>



5k Your Way

Jo Fleming, the **PCN Health and Wellbeing Coach** is also the local Ambassador for 5k your Way: Move Against Cancer, and holds a group on the last Saturday of every month at Leamington parkrun for anyone living with or beyond cancer. Be part of a supportive group, where we walk, jog or volunteer (or even just spectate) at Leamington parkrun.

For more details click on the following link: <https://www.moveagaincancer.org/5k-your-way/>



For further details, send an email to: leamingtongroup@5kyourway.org

