WATERSIDE MEDICAL CENTRE

Surgery Newsletter - January 2026

PRACTICE WEBSITE

Please take a look at our fantastic practice website:

www.watersidemc.nhs.uk

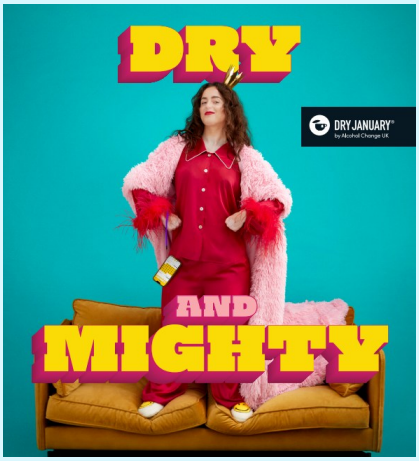
Here you can find lots of information on our recently finished build and renovation project, as well as important health pathways and information on how to access the services you need.

You can also find information on prescriptions, our practice catchment area and a newly updated 'meet the practice team' page!



Dry January 2026

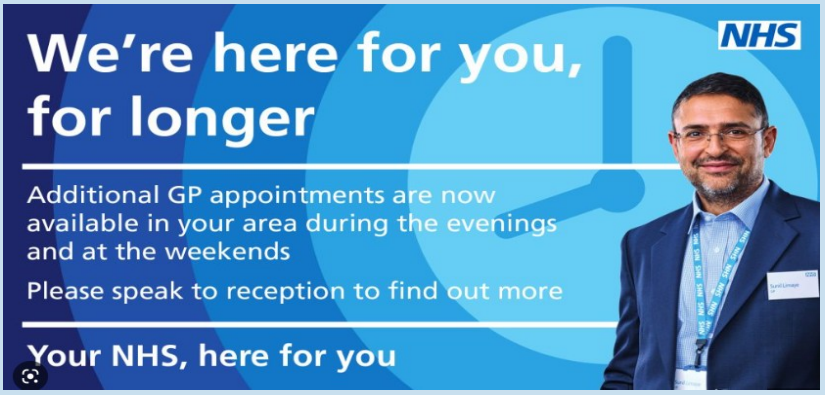
Whether it's to give your fitness goals a boost, put a few pounds back in the bank account or to feel fresher as you boss that alcohol-free streak, *the Dry January® challenge* is your chance to reset your relationship with alcohol at the start of the year and beyond. Try the Try Dry® app and daily motivational emails will keep you inspired every step of the way.



Waterside Medical Centre is an Enhanced Access Hub

Our practice is very pleased to continue offering our patients access to our 'enhanced access' hub through the Leamington Primary Care Network. This hub offers **a mixture of telephone and face-to-face GP appointments, as well as Nurse and Clinical Pharmacist appointments** available for you to **utilise in the evenings (18:30-21:00) and at the weekend (Saturday 9:30-16:30pm).** If you need an appointment outside of normal hours, please **ask a receptionist** who would be happy to support you with booking an **EA appointment which suits you and your availability**.







New Year, Small Steps: A Health Reset That Sticks

January is a natural time to reset—but lasting health changes don't have to be dramatic. Small, consistent habits often make the biggest difference. Whether it's staying hydrated, prioritizing sleep, or keeping up with routine check-ups, progress comes from steady steps, not perfection. Our team is here to support you throughout the year!

Recent Patient Feedback

In the midst of much negativity around our NHS, our family wanted to share how happy we are with the practice since moving to the area.

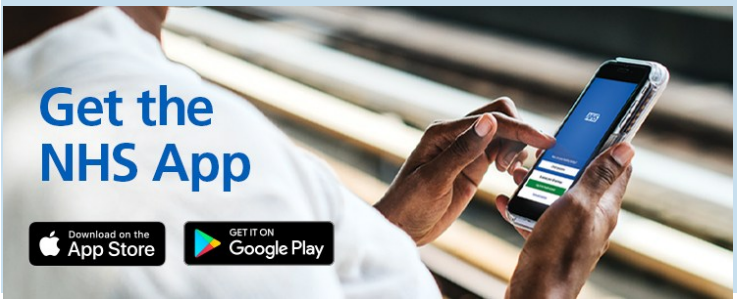
Staff Training Dates for 2026

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

22nd January
25th February
12th March
29th April
21st May
17th June
23rd September
15th October
26th November



Out of hours information 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

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