WATERSIDE MEDICAL CENTRE

Surgery Newsletter - OCTOBER 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!



Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, an opportunity to raise awareness, support people affected by breast cancer, and encourage everyone to check their breasts regularly.

Breast cancer can affect anyone, so it is important to know what is normal for you. Possible signs include:

- A new lump or swelling in the breast, upper chest or armpit.
- Changes in breast size or shape.
- Skin changes, such as dimpling, redness or puckering.
- Changes to the nipple, including discharge, a rash or the nipple turning inward.
- Persistent pain in the breast or armpit.

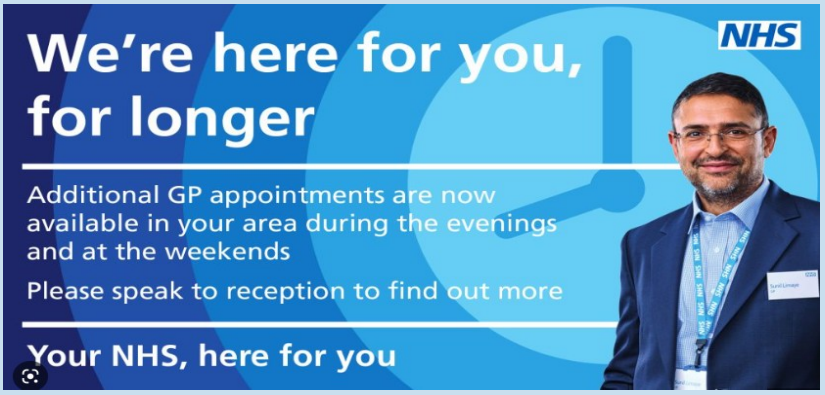
Most breast changes are not cancer, but please contact the practice promptly if you notice anything unusual. Do not wait for routine screening.



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**.





STOPTOBER

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.

After 20 minutes

Check your pulse rate, it will already be starting to return to normal.

After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.

After 48 hours

Your carbon monoxide levels have dropped to that of a non-smoker. Your lungs are clearing out mucus and your senses of taste and smell are improving.

After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.

After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.

After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.

After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.

After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

Recent Patient Feedback

'Always so helpful and efficient and kind'

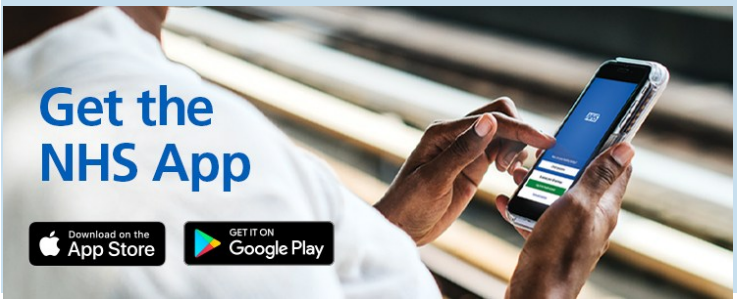
Staff Training Dates for 2026

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

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