WATERSIDE MEDICAL CENTRE

Surgery Newsletter - July 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!



Alcohol Awareness Week 6th-12th July 2026

Many people enjoy alcohol socially, but regular drinking—even at moderate levels—can impact both physical and mental health. Drinking above recommended limits can increase the risk of high blood pressure, poor sleep, anxiety, liver disease, and some cancers.

The UK Chief Medical Officers advise that to keep health risks low, adults should drink no more than 14 units per week

It can sometimes be difficult to know how many units are in a drink:

- Pint of beer (4%) = around 2.3 units
- Large glass of wine (175ml) = around 2.3 units
- Single spirit measure = 1 unit

Simple ways to reduce alcohol intake include:

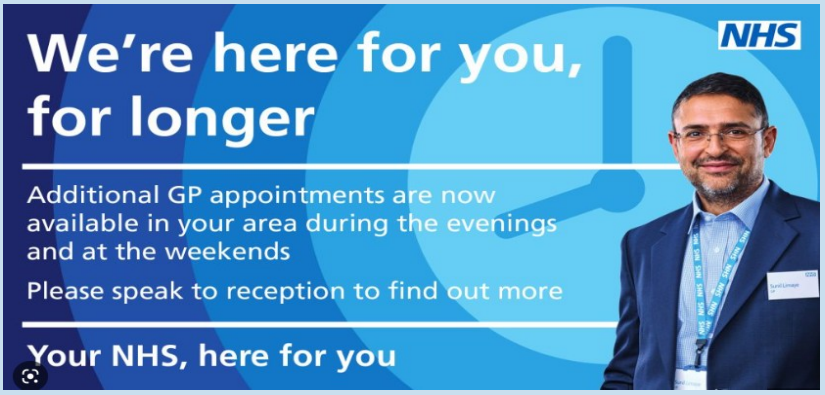
- Having alcohol-free days each week
- Choosing smaller servings
- Alternating alcoholic drinks with water or soft drinks
- Trying low- or no-alcohol alternatives

If you're concerned about your drinking, or worried about someone close to you, support is available. Please speak to a member of our practice team—we are here to help without judgement.

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**.





Staying Safe in the Sun and Heat

With warmer weather upon us, it's important to take extra care to protect yourself and those around you from the effects of heat and sun exposure.



To stay safe during hot weather:

- Drink plenty of fluids, especially water, throughout the day
- Avoid spending long periods in direct sunlight, especially between 11am and 3pm
- Wear loose, light-coloured clothing and a hat
- Use sunscreen with at least SPF 30 and reapply regularly
- Keep indoor spaces cool by closing curtains during the hottest part of the day

Look out for signs of heat-related illness, including dizziness, headaches, tiredness, nausea, or confusion. If you or someone else feels unwell in the heat, move to a cool place, drink water, and seek medical advice if symptoms worsen.

Recent Patient Feedback

'All well and treated with respect. The doctors listen. Reception are good at helping me'

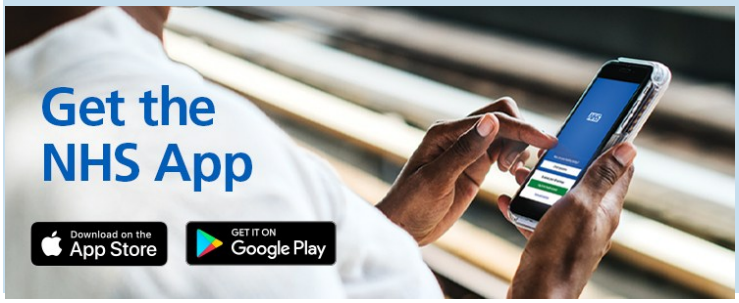
Staff Training Dates for 2026

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

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