

NewsLetter



Live Through This

MACMILLAN
CANCER SUPPORT

January: Cervical Cancer Prevention WEEK



February: Oesophageal cancer

World Cancer Day



WINTER WARM HUBS

Lighthorne Heath Village Hall
Every Tuesday 15th Nov-13th Dec - 10am-2pm

Wollesbourne Sports & Community Centre Every Mondays - 2-3.30pm
Wednesdays 10.30-1pm St.Peters Church

Shipston Scout Hut
Every Thursdays morning - 9am-1pm

Stratford Thursdays 9.30-12.30 Foundation House Masons Road

With the cost of living crisis kicking in 'Warm Hub' is a free, warm, welcoming, safe space for everyone. Free hot drinks, a chance to chat to others in the community and relax.



Worried about the rise in your energy bills? CALL US ON OUR FREE ADVICE LINE 0800 988 2881

We ensure that we handhold the most vulnerable householders through all their energy needs and aim to empower others to make ongoing decisions that will provide better health and economic outcomes for residents of Warwickshire, Worcestershire, Coventry, Solihull and surrounding areas.

Meet & Grieve
A new support group has been set up for people who has suffered a bereavement and are experiencing loneliness & loss.
Sunday 22nd January Arrow Village Hall B495PJ
2pm-4pm

Staff Update

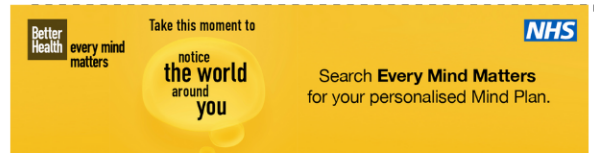
Big welcome to new Staff members this month: **Wendy** is our new Social Prescriber and will be based at **Hastings House**

Lizzie is our new Health and Wellbeing Coach and will also be based at **Hastings House**

We say Goodbye to **Vicki** our Health and Wellbeing coach and wish her well.

Coventry and Warwickshire Mental Wellbeing Line 0800 616171

Our phone line is available 24 hours a day, seven days a week. 365 days a year including Christmas Day and Bank Holidays. There is no change over the winter period.



Protect yourself and others Book your vaccines

Covid Vaccines

South Warwickshire GP Federation are providing clinics at various venues for your up to date Covid Vaccines

See if your eligible @ www.nhs.uk

Flu Vaccines

Anyone aged: Over 65
Eligible 18-64years
2-3 year olds

Please contact your GP practice to book your flu vaccine.

Patients to benefit from Enhanced Access Service

Patients across South Warwickshire can now take advantage of a new 'Enhanced Access' service offering GP, nurse, healthcare assistant and pharmacy appointments during evenings and weekends. Enhanced Access is designed to make it easier for patients to access care at a time and location that is convenient for them.
Dene & Stour PCN hubs:

- Hastings House Medical Centre
- Shipston Medical Centre

Opening times, days and appointment types vary. For more details visit:

<https://southwarwickshiregps.nhs.uk/ur-services/patient-services/swgp/>

Kick start Your New year with a Healthier You!

BOOK IN WITH OUR HEALTH AND WELLBEING COACHES FOR TIPS ON WEIGHTLOSS AND HEALTHIER LIFESTYLE ADVICE!