



Your Health, Our Priority — Croft Medical Centre Newsletter
Summer 2025 Edition

Welcome from the Team

Dear Patients,

Welcome to the summer edition of our GP Surgery newsletter! We hope you are enjoying the warmer weather and longer days. This newsletter keeps you updated on practice news, highlights useful services in our community, and shares helpful tips for your health and wellbeing.

Our team is committed to providing you with the best possible care. Thank you for being part of our practice community!

Practice News

- Dr Nick Tait has decided to retire from the practice after 23 years. Dr Tait has been a key figure at the practice and will be greatly missed. The partners, management and all practice staff wish him all the very best in his next chapter. Dr Tait will continue to work at the practice as a locum.
- Dr Caitlin Imray is currently on maternity leave. The GP's covering are Dr Sarah Whaley and Dr Luke Thomson
- Dr Sukhi Dhesi will be leaving the practice on June 20th 2025. We would like to thank Dr Dhesi for her hard work over the years and wish her all the best

Extended Hours Appointments

We now offer evening and weekend appointments as part of our extended access service. This helps busy patients find a convenient time to see a GP or nurse through the Leamington North Primary Care Network. Appointments are either telephone or face-to-face GP appointments with a variety of clinicians such as GP's, Nurse's and Clinical Pharmacists. Appointments are available in the evenings (18:30-21:00) and at the weekend (Saturday 9:30- 16:30pm). For assistance in booking these appointments please speak with a member of the reception team.

- Croft Medical Centre - Tuesdays and Fridays - 17:30 – 20:00
- Waterside Medical Centre – Saturdays – 09:30 – 16:30

Contact Details

To support improved communication with patients, please advise us of your latest mobile number, landline and email by informing reception or by emailing us at cwicb.croftadmin@nhs.net

Repeat Prescriptions — Now Easier!

Our new online system makes ordering repeat prescriptions simpler than ever. Visit our website www.croftmedical.co.uk or use the NHS App to request your medications. Please remember to allow 72 working hours before collection.

Practice Learning Time closures 2025

GP Practices across South Warwickshire will be closed from 12:30 for important staff training on the following afternoons:

- Thursday 12th June 2025
- Wednesday 17th September 2025
- Thursday 16th October 2025
- Wednesday 26th November 2025

Local Community Services

If you're looking for advice on mental health, social support, or financial wellbeing, the local Community Wellbeing Hub offers free drop-in sessions.

Visit:

[Brunswick Hub](#)

<https://brunswickhlc.org.uk/>

[The Sikh Cultural & Sports Community Centre](#)

https://www.warwickdc.gov.uk/directory_record/2968/sikh_cultural_and_sports_community_centre_leamington_spa

[Sydenham Community Centre](#)

<https://www.sydney.org/>

Would you like support making lifestyle changes?

We have groups 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 18:20pm: Walk Talk, 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>

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/>

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.moveagainstcancer.org/5k-your-way/>

For further details, send an email to:

leamingtongroup@5kyourway.org

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>

Flu Clinics – Book Early!

Our flu vaccination clinics will start on 1st October. Keep an eye on our website and posters in reception for booking details. Clinics will be held at both the practice and Ahmadiyya Community Centre Adelaide Road, Leamington CV32 5AH. Protect yourself and your family this winter!

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

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.

Support for Carers

Are you a carer? The Carers Support Teams offer advice, respite opportunities and social events. Contact:

[Brunswick Hub - SEND Parent and Carer Support Group – SearchOut](#)

[Warwick and Leamington Spa Kinship Carers - Kinship](#)

[Memory Club \(Leamington Spa\) - Help and support in your local area – Living Well With Dementia](#)

Healthy Eating on a Budget

Our local council runs free food banks for families, communal kitchens and community grocery food schemes. For more information please visit <https://www.warwickshire.gov.uk/managing-money-debt/feeding-your-family/4>

Stay in Touch

Follow us on our website: www.croftmedical.co.uk

Call us: 01926 421153

Email: cwicb.croftadmin@nhs.net


Thank you for your ongoing support. Together, let's stay healthy and well!

👉 Next Edition: Look out for our Autumn 2025 newsletter with more health tips, updates and community news.

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/>