

Patient Newsletter

Autumn 2016

WHAT'S NEW?

Congratulations to Dr Helen Price and her family on the birth of their baby daughter in June this year.

THE FUTURE

As our practice population is growing, the building from which we provide our services is becoming increasingly less fit for purpose. An exciting opportunity and possible solution is the proposed "Health Hub" being built as part of the North Quarter development in Lewes. We are working with School Hill Medical Practice and Riverlodge Surgery to look at improved ways of delivering a service which incorporates all three practices and other health care providers such as the community nursing team, adult and child social care, child and mental health teams, voluntary services, paramedics and midwives in one campus. We are taking part in a project over the next two months which will bring together all the staff from the three practices to look at how we work now and how we could work in the future to bring this vision to reality. This process will involve input from the residents of Lewes and surrounding areas, there will be a public consultation to ensure the opinions of the practices' population are heard in due course.

Have you had your flu vaccination?

CAUTION
COLD & FLU
SEASON

Flu vaccination is available every year to help protect adults and children at risk of flu and its complications.

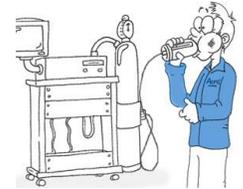
Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week. However, flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (particularly long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to protect them.

The children's flu vaccine is offered as a yearly nasal spray to young children to protect them against flu. Flu can be a very unpleasant illness for children with potentially serious complications, including bronchitis and pneumonia. Some children will be receiving the vaccination at school. If your child is eligible for a free flu vaccination here at the surgery we will be inviting you to bring them this month.

ARE YOU AT RISK OF CHRONIC RESPIRATORY DISEASE ?



NHS statistics show that we are not identifying as many

patients at risk of future respiratory problems, particularly chronic obstructive pulmonary disease (COPD) as we should be.

If you are a smoker you may benefit from a free lung function test (spirometry) to detect problems early and see if we can offer advice on stopping smoking or any other appropriate treatment.

Please phone the surgery on 01273 476216 to make an appointment with our Health Care Assistant for a lung function test as soon as possible.

Between July and Sept 2016

No. of pts seen by a GP **8552**

No. of pts seen by a Nurse **1131**

No. of patients seen by an HCA* **2747**

*Health Care Assistant

No. of patients who did not turn up for their appointment with a GP **180**

No. of patients who did not turn up for their appointment with a Nurse **119**

No. of patients who did not turn up for their appointment with an HCA **151**

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STAY WELL THIS WINTER

The national Stay Well This Winter initiative from NHS England and Public Health England is back again for 2016/17. The campaign aims to help those that are most vulnerable to falling seriously ill with winter ailments to avoid needing hospital treatment by providing simple advice to protect them, including:

- Getting a flu vaccination
- Heat your home to at least 18o C (65f), if you can
- Seeking immediate advice and help from a pharmacist as soon as they feel unwell, before it gets too serious
- Keeping an eye on elderly or frail friends, neighbours and relatives
 - Getting prescriptions before Christmas Eve
- Take your prescribed medicines as directed. East Sussex County Council is working with National Energy Action (NEA) and Osborne Energy to offer a Winter Home Check Service. This year-round service is available to targeted groups on low incomes who are at greater risk of the impacts of fuel poverty, including older people, families with children, disabled people or those with long terms health conditions.

For more information phone free on 0800 085 1674, email

whc@osborneenergy.co.uk or visit

www.eastsussex.gov.uk/keepwarm

The Winter Home Check service offers:

1. A full assessment of the home and how best keep it warm
2. Small preventative works, such as improving insulation or repairing boilers
3. Installation of replacement boilers, central heating systems or home insulation (additional eligibility criteria apply for this element, and availability is limited)
4. Emergency temporary heating
5. Advice on getting help with the cost of heating the home

Quit 51

Quit 51 is an exceptional stop smoking service that uses the latest research, evidence and licensed medication to support you to achieve your goals.

All their staff are highly qualified, very experienced advisers, many with other relevant qualifications such as nurses and midwives.

Quit 51 is one of only 4 services in the whole country to be awarded Approved Provider status, which gives you confidence that the service you are getting is effective and evidence based.

We work with leading academics in the field to make sure that we are delivering cutting edge services that lead the field.

You may self refer to Quit51

By Phone : 0800 622 6968

By Text : smokefree to 66777

By email contact. quit51@nhs.net

Alternatively please ask at the reception desk

 Know Dementia
education, advice & support

Memory Moments Café

Symons Hall in Ringmer Village Hall, Lewes Road,

Ringmer,

BN8 5QH

Every Thursday,

9.30am-12.30pm

Memory Moments Cafés provide FREE support for persons living with a dementia and their carers enhancing well-being through advice, information and activity. Some of the aims of the Cafés are to provide an opportunity to chat, to develop carer support networks and offer information and advice to those living with a dementia and their carers. If you would like to attend the Café please ask your GP to refer you.

Reducing the risk of Diabetes

The incidence of Diabetes in the UK is increasing. We are looking at ways of reducing risk and preventing the onset of diabetes in our patient population. Some people are at increased risk of diabetes due to weight, family history and other factors. If that is you we will write to you soon and invite you for a blood test and information about a new "Diabetes Prevention Programme" designed to better inform our patients about reducing the likelihood of developing diabetes and improving your health in other beneficial ways.

YOUR PATIENT REFERENCE GROUP NEEDS VOLUNTEERS

- Would you like to have a say about the services provided at your surgery?
- Would you like to be involved in the decisions about the quality and range of services we provide?
- Do you want to be involved with deciding what new services could be provided in the future?

The Patient Reference Group meets every two months with the Practice Manager and a GP Partner and communicates mainly via email.

It is an opportunity for you to provide valuable feedback on the practice. If you would like to become involved please fill out the form on our website: www.thestandrewssurgery.co.uk