

Patient Newsletter

Winter 2016



WHAT'S NEW?

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.

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.

CHRISTMAS COUNTDOWN



Now we're in to December and the countdown to Christmas has begun, we are advising patients not to leave it too late to order and collect repeat prescriptions.

We have limited opening hours between Christmas and New Year, patients are advised not to leave it too late to order any repeat prescriptions they may need over the festive period. If you have asked your local pharmacy to order your repeat medicines on your behalf, ensure you contact them to tell them exactly what you need.

And don't forget that pharmacies can provide useful advice and deal with minor ailments without you having to see your GP about winter bugs like coughs, colds, sore throats, stomach upsets and flu.

For more information about looking after yourself this winter, visit www.nhs.uk which provides up-to-date and expert advice on a range of illnesses and complaints

Sat 24 December	Closed
Sun 25 December	Closed
Mon 26 December	Closed
Tues 27 December	Closed
Weds 28 December	8.30 – 18.30
Thurs 29 December	8.30 – 18.30
Fri 30 December	7.30 – 18.30
Sat 31 December	Closed
Sun 1 January	Closed
Mon 02 January	Closed
Tues 03 January	8.30 – 19.00
Weds 04 January	8.30 – 18.30



Do you have difficulty Getting in to the surgery?

CTLA Dial-A-Ride

Lewes Area Community Bus (Dial-a-Ride) is a door to door transport service for people living in the Lewes area (Lewes Town and surrounding villages in the Lewes District Council area) who find it difficult to use ordinary bus services.

Services can be used by anyone unable to easily access public transport. This could be due to unsuitable scheduled times, mobility issues, additional need requirements, location and more.

Registration for the service is FREE and trips can be booked (subject to availability) up to the day before travel.

Look for a leaflet in the surgery or go to <http://www.ctla.org.uk>

Between Oct and Nov 2016

No. of pts seen by a GP	5351
No. of pts seen by a Nurse	1609
No. of patients seen by an HCA*	2015

*Health Care Assistant

No. of patients who did not turn up for their appointment with a GP	124
No. of patients who did not turn up for their appointment with a Nurse	81
No. of patients who did not turn up for their appointment with an HCA	117

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Would you like loads of tips and help to make changes for a healthier future?

These days, 'modern life' can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to.

Change4Life for kids

Nine out of 10 of our kids today could grow up with dangerous amounts of fat in their bodies. This can cause life-threatening diseases like cancer, type 2 diabetes and heart disease.

Change4Life for adults

By the time we reach middle age, the majority of us could do with losing at least a bit of weight. Being overweight isn't just about the way we look. It can lead to more aches and pains, problems sleeping and people report a loss of energy and confidence. It also increases our chances of getting heart disease, type 2 diabetes and some cancers.

But it doesn't have to be this way.

Registration is free

<https://registration.change4life.co.uk>

The benefits of vaccination

Vaccination is different from giving medicine to an unwell child to make them better. The benefits of vaccination are invisible. The idea is that your child won't become ill with measles or end up in intensive care with meningitis.

It may be tempting to say "no" to vaccination and "leave it to nature". However, deciding not to vaccinate your child puts them at risk of catching a range of potentially serious, even fatal, diseases.

In reality, having a vaccination is much safer than not having one. They're not 100% effective in every child, but they're the best defence against the epidemics that used to kill or permanently disable millions of children and adults.

These are the routine vaccinations that are offered free of charge on the NHS to all babies and children in the UK.

5-in-1 vaccine

Protects

against: diphtheria, tetanus, whooping cough, polio and Hib (Haemophilus influenzae type b)

Given at: 8, 12 and 16 weeks of age

Pneumococcal or pneumo jab (PCV)

Protects against: some types of pneumococcal infection

Given at: 8 weeks, 16 weeks and one year of age

Rotavirus vaccine

Protects against: rotavirus infection, a common cause of childhood diarrhoea and sickness

Given at: 8 and 12 weeks of age

Men B vaccine

Protects against: meningitis (caused by meningococcal type B bacteria)
Given at: 8 weeks, 16 weeks and one year of age

Hib/Men C vaccine

Protects against: Haemophilus influenzae type b (Hib) and meningitis caused by meningococcal group C bacteria

Given at: one year of age

MMR vaccine

Protects

against: measles, mumps and rubella
Given at: one year and at three years and four months of age

Children's flu vaccine

Protects against: flu

Given at: annually as a nasal spray in Sept/Oct for ages two, three and four and children in primary school years one, two and three

4-in-1 pre-school booster

Protects

against: diphtheria, tetanus, whooping cough and polio

Given at: three years and four months of age

HPV vaccine (girls only)

Protects against: cervical cancer

Given at: 12-13 years as two injections at least six months apart

3-in-1 teenage booster

Protects

against: tetanus, diphtheria and polio

Given at: 14 years

Men ACWY vaccine

Protects against: meningitis (caused by meningococcal types A, C, W and Y bacteria)

Given at: 14 years and new university students aged 19-25

Read more about the Men ACWY vaccine

Hepatitis B vaccination

Protects against: hepatitis B

Who needs it: children at high risk of exposure to hepatitis B, and babies born to infected mothers

Given: at any age, as four doses are given over 12 months – a baby born to a mother infected with hepatitis B will be offered a dose at birth, one month of age, two months of age and one year of age