

Mid Sussex Health Care

Practice and Patient Participation Group Newsletter.

**Newsletter Date:
September 2017**

The Health Centre
Trinity Road
Hurstpierpoint
West Sussex
BN6 9UQ

The Health Centre
Windmill Avenue
Hassocks
West Sussex
BN6 8LY

The Health Centre
Lewes Road
Ditchling
East Sussex
BN6 8TT

Open 8:30am - 6:00pm 5
days a week
Late night, Monday 6.30-
9.30 by appointment.

Telephone number:
01273 834388

Website:
<http://www.midsussexhealthcare.co.uk/>

Practice Team News

We are happy to welcome two new GP Registrars to our team. Dr. Matthew Standen will be training under Dr. Terry Lynch and will be with the practice for the entirety of his final year of GP training. Originally from Essex, Matthew trained at Southampton University and completed his first few years as a doctor in the south of Wales. Now having lived in Sussex for 2 years, he is enjoying all the region has to offer and looks forward to experiencing a wide variety of both challenges and rewards in his work.

Dr. Charles Clark, GP Registrar to Dr. Joanna Thomson, trained for medicine at St. George's, University of London and worked in Woolwich before moving to Brighton to complete his foundation training. He liked it so much in Brighton that he decided to stay and train for General Practice here. His first degree was an undergraduate masters in Physics at Christ Church, Oxford, after which he worked as an IT consultant for several years before deciding to embark on his career in medicine.

Collaboration

Watson and Crick; Lennon and McCartney; Ben and Jerry; sometimes working together is better than working alone.

For the last eight years Mid Sussex Health Care has been running an extended access clinic, providing bookable appointments in the evenings. This has been very popular with patients and has been run locally, initially in Hassocks and now in Hurstpierpoint surgery. It is, however, limited both in terms of day of operation – Mondays mostly – and type of staff – GPs only.

In 2016 NHS England launched a key document which outlined future plans for General Practice. Entitled "[GP forward View](#)" it outlined how access to GPs should be extended to cover the times of 8am to 8pm, Monday to Friday, as well as at weekends. Despite being the second biggest practice in the area we would struggle alone to meet the demands of these new access requirements and our local colleagues in smaller practices would not be able to meet the requirements for extended access.

Which brings me to collaboration - Over the last few months we have been working with our colleagues in practices in Burgess Hill to deliver a three month pilot of extended access to all of our communities.

Cont...

*"Serving the
local
community."*

We hope to be able to offer patients registered with Mid Sussex Health Care access to bookable appointments up until 8pm, Monday to Friday and on Saturday mornings and appointments not just with our local GPs, but with our wonderful chronic disease nurses and our excellent health care assistants too.

We are planning to start our extended access pilot in November 2017 from a base in Burgess Hill. It will run for three months and will be used to determine how we might deliver extended access to patients in the long term.

This is the start of a collaboration that I hope will show that working together is better than working alone.

Dr. Terry Lynch

Flu Season Starts in September



Influenza, or as we know it “flu” is an infectious disease caused by an influenza virus. Symptoms include a high temperature, aches & pains, a cough, tiredness and weakness. It is an unpleasant virus even for otherwise healthy people, but will usually clear up within a week. However, people in any of the risk groups mentioned below are at higher risk of getting more severe symptoms and complications from flu e.g. pneumonia. Therefore, we offer flu vaccinations to patients in these groups to help protect them from flu and its complications.

If you are in one of the below groups, you are eligible for a free flu vaccination at one of the walk-in clinics being held on Saturday mornings across our three sites.

Patients who are at risk:

- 65 years and over (including those becoming 65 years by 31 March 2018)
- From six months old to less than 65 years of age with a serious medical condition, for example:
 - Chronic long-term respiratory disease, such as asthma, chronic obstructive pulmonary disease (COPD) or bronchitis
 - Chronic heart disease
 - Diabetes
 - Splenic dysfunction
 - A weakened immune system due to either disease or immunosuppressive treatment
- All pregnant women (including those women who become pregnant during the flu season)
- People living in long-stay care homes or other long-stay care facilities where rapid spread is likely to follow introduction of infection. *Please note: This does not include prisons, young offender institutions, or university halls of residence.*
- People who are in receipt of carer’s allowance, or those who are the main unpaid carer of an older or disabled person whose welfare may be at risk if the carer falls ill.

Vaccination is also available to all those aged two, three and four (but not five years or older) in August 2017.

Flu Clinic Dates

Hurstpierpoint Health Centre

Saturday 23 September 2017 08.30 – 11.00 Adults only.

Please note: Children's vaccinations will not be available this weekend.

Hassocks Health Centre

Saturday 30 September 2017 08.30 – 11.00

Ditchling Health Centre

Saturday 07 October 2017 08.30 – 11.00,

If you are not able to attend any of the clinics mentioned above, please do contact us and we can still arrange a flu jab for you.

Coping with Bereavement



Most people will lose a loved one at some stage in their life, especially as they get older, but no matter how many times you're affected by bereavement, the experience doesn't get any easier, and those feelings of grief can be unexpectedly powerful.

One of the most helpful things you can do after losing someone is to talk about your feelings. It's never a good idea to bottle up negative emotions, even if you find expressing your sadness difficult. If you don't feel you can talk to friends or family members about what you're going through, try contacting Cruse Bereavement Care, a charity that specialises in bereavement counselling (visit www.cruse.org.uk or call 0808 808 1677).

Also remember there's no right or wrong way to experience grief after the loss of a loved one, so try not to compare yourself to others who have suffered a loss too. You may also find that some days you don't feel too bad, then suddenly feel you can't cope again. Remember, it will take time, and eventually your feelings will become less intense. However, if you feel down for a long time, speak to your GP, especially if your emotions are affecting your health (if you're not eating or sleeping properly, for instance).

Message in a Bottle



If the situation arises where emergency services have to visit you in your home, it is important for them to have quick access to vital information.

'Message in a Bottle' provides an easily identifiable source of medical information, which goes in your fridge door in the clearly identifiable container provided.

Information includes:

- *Medical details - prescriptions, allergies, medical conditions, blood.*
- *Your Doctors details in case they need to be contacted.*
- *Emergency contact details.*

If you would like a bottle for your own use please ask at reception.



Did you know...?

Between 3rd July 2017 and 3rd Aug 2017, we lost 149 Doctors' appointments totalling 28 hours and 162 nurse appointments at 43 hours in total. This equates to roughly 7 days of lost time for one clinician.

We appreciate that sometimes things do happen that mean you can't make your appointment, but please remember to cancel it in good time so that someone else who needs the appointment can have it.

Even if you phone on the same day we will still be able to allocate that time to someone else who needs it!

To cancel an appointment phone us on 01273 837981.

Are you ready to quit smoking?

Now is the perfect time, with Public Health England's **Stoptober** campaign just round the corner. This challenges you to stop smoking for 28 days during October and if you can succeed, you are five times more likely to quit for good.

At Mid Sussex Health Care, many of our nurses are trained as smoking cessation advisers. We offer an initial 12-week support package that includes advice and encouragement along with prescriptions for a choice of aids such as patches, gum, sprays or tablets depending on your personal circumstances.

Using a smoking cessation aid along with support from a healthcare professional has been shown to increase your chances of quitting by four times, compared to trying to stop on your own. On average, according to Public Health England, ex-smokers are saving £250 per month. How will you spend this extra cash?

So are you ready to take the challenge? To take the first step towards a big change for the better in your health and wellbeing, just ask for an appointment with a smoking cessation nurse adviser.



Patient Participation Group (PPG)

*Are you interested in finding out more about Mid Sussex Health Care?
Would you like to influence the development of local health services?*



All GP Practices are required to have a Patient Participation Group (PPG), as NHS England encourages communication between Practices and their patient population. This can assist our busy GPs and nurses to know what patients feel works and is helpful, and what might be less appreciated or understood. Similarly, patients need to know what we can do to assist the Practice in their work. It is an important role of any PPG to support the Practice.

To this end we have regular health information events, open to anyone registered with MSHC, often with a speaker who is ready to answer questions. In July 2017 the Chair of West Sussex Pharmaceutical Committee came to speak about future changes in prescribing and how important it is to support our local chemists. Pharmacists are well qualified and often can give prompt advice on matters such as winter ailments.

The PPG has arranged its next Health Information Event for Saturday October 14th 2017. This will be at the Adastra Hall in Hassocks between 9.30 and 12.00 midday. There will be a variety of health-related stalls with representatives from many organisations to answer questions and share information. Details of those attending can be found below. We look forward to seeing you there.

The Patient Group helps to pass on patients' views to the Practice, so please use our message boxes to leave any comments, suggestions or concerns. (Comments on strictly medical matters should be addressed to the Practice Business Manager and handed in at Reception) There are message boxes for the PPG in all three surgeries, which are checked regularly. Whilst comments and suggestions are important to us we were not able to support the recent requests for a swimming pool and cookies in the waiting room!

Your views beyond the surgery, to locally provided services, are also very important. There have been many changes in how and where we get treatment away from the surgery, for example Muscular Skeletal services, Mental Health provision and Minor Injuries Units.

The time of day you can see a local GP will be more flexible under the Extended Hours system. This should be very helpful for people who need to see a GP but are not able to take time off work easily or who are carers during the daytime. You might have to travel to a surgery in Burgess Hill rather than your usual one. Again please let us know how this works for you.

We welcome new members to the PPG and there are membership forms for you to complete beside our message boxes. Alternatively, you can contact either Joyce Manning PPG Chair on ppc@jem19.plus.com or Vice Chair Celia Lindsay at celia.lindsay@icloud.com. The PPG Committee welcomes people who can offer practical help as well as ideas.

HEALTH INFORMATION MORNING

The Adastra Hall, Hassocks

Saturday 14th October

9.30 am - 12.00 noon

With refreshments & raffle

Organisations taking part include:

Chailey Heritage Foundation

Support 4 Diabetes, Mid-Sussex

Know Dementia

ReMEember

St Peter & St James Hospice

Age Concern

Prostate Cancer Support Group

Mid-Sussex Wellbeing

Disability Trust

Organ Transplant Nurses

Action for Deafness

Multiple Sclerosis Society

Parkinson's Society

Sussex Oakleaf

ALL WELCOME