



LOXWOOD MEDICAL PRACTICE

Your partner for a healthier future

Friends of Loxwood Medical Practice Newsletter December 2018

WELCOME TO OUR NEWSLETTER FOR 2018 DESIGNED TO KEEP YOU INFORMED OF UPDATES OR CHANGES TO PRACTICE WORKING

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FESTIVE COFFEE
MORNING

DIARY DATES

RURAL NORTH
CHICHESTER
PRACTICE
PARTICIPATION
GROUP



**WE WOULD LIKE TO WISH
ALL OUR PATIENTS A MERRY
CHRISTMAS AND A HAPPY,
HEALTHY NEW YEAR.**



You are warmly invited to join us and celebrate the festive season on Friday 21st December between 10.00am and 12.00pm.

Dr Emma Woodcock's daughter, Millie will be hosting a festive, coffee morning at the surgery with all proceeds going to VSO, Voluntary Services Overseas.

'The Patient Singers', who are a group of patients that sing in various local choirs have kindly donated their time to come to the surgery and sing some Christmas Carols.

The Surgery team will be dressed in Christmas festive attire to support the morning's activities.

Your donations of cakes and mince pies will be gratefully received.

DIARY DATES

As we approach the end of the year we do have some surgery closures planned that we need to notify you about.

Friday 21st December between 12.30 and 2.30 only.

If you need to speak to a doctor or nurse during this time please listen to our telephone message which will direct you to the correct 'out of hours' team.

**Tuesday 25th and
Wednesday 26th
December and
Tuesday 1st January
closed all day.**

During these days please call NHS 111 for GP or nurse assistance. In a medical emergency only call 999.

Alternatively you could visit our website or NHS Choices, www.nhs.uk which have guidance and useful tips on self care.



RURAL NORTH CHICHESTER PRACTICE PARTICIPATION GROUP MENTAL HEALTH IN OUR RURAL COMMUNITY (MIND)

Rural North Chichester Practice Participation Group is a patient representation group for 4 rural GP Surgeries; Loxwood, Petworth, Midhurst and Pulborough.

On 13th November we held our first patient group education and information evening. MIND Coastal West Sussex gave us a mental health awareness talk which prompted many questions and answers between those attending.

MIND is a mental health charity with a statement of 'we won't give up until everyone experiencing a mental health

problem gets support and respect'. A representative from Coastal West Sussex MIND taught us all to understand what mental health is in it's many different forms including loneliness, anxiety and bereavement, that can affect us all. The talk helped us understand the choices about treatment, our rights and what support is there for everyone to access.

Our next event will be held during Carers Support week in June and there will be a presentation by Carers Support West Sussex. Age UK will also be present.





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PLEASE HAVE YOUR REPEAT PRESCRIPTION REQUESTS TO THE SURGERY BEFORE 17TH DECEMBER TO ENSURE YOU HAVE ENOUGH MEDICATION OVER CHRISTMAS.

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CERVICAL CANCER

Jo's cervical cancer trust



CERVICAL CANCER PREVENTION AWARENESS

We are kicking off 2019 with Cervical Cancer Prevention Week. From 21 to 27 January 2019, we'll be raising awareness of all the ways cervical cancer can be prevented and supporting you to make positive decisions about your health. Our Doctors and Nurses can provide you with lots of information and advice and they are happy to answer any questions you may have via email or have a chat on the telephone, you do not always need to come into the surgery. Please don't ignore your cervical screening reminder letter. Jo's Cervical Cancer Trust have a website dedicated to helping you understand all you need to know about cervical cancer too or you can call them on 0808 802 8000.



FOOD BANK

Once again we are supporting the local food bank this Christmas. Our nurses have been very creative this year and there will be the 'Polar Express' train in the waiting room. Your donations into the carriages would be most welcome by those in need locally.



Carers Support West Sussex for family and friend carers

CARERS RIGHTS DAY

Carers Rights Day was on 30th November and this year we were fortunate to have Carers Support West Sussex here at the surgery with a display of many leaflets and information to raise awareness for you, our patients.

We have been building closer working relationships with Carers Support West Sussex who also participated in our Health and Wellbeing Fayre in September and were present at the evening talk in Wisborough Green last month.

We hope that you will find all their information both helpful and supportive and we want to thank all of you who provide an amazing job caring for family, friends and neighbours. If you need more information call 0300 028 8888 or they will be at the surgery on Friday 21st December during our coffee morning.



KEEP ANTIBIOTICS WORKING

Antibiotics are a vital tool used to manage infections. A Public Health England report highlights how more than 3 million common procedures such as caesarean sections and hip replacements could become life-threatening without them.

Antibiotics are essential to treat serious bacterial infections, but we are frequently being asked to prescribe them to treat illnesses such as coughs, earache and sore throats that can get better by themselves. Taking antibiotics encourages harmful bacteria that live inside you to become resistant. That means that antibiotics may not work when you really need them.

There is a TV advertising campaign at the moment alerting us to the risks of antibiotic resistance, urging patients to always take the doctor, nurse or healthcare professional's advice on antibiotics. For information on self care and medicines at home you can visit our website or www.selfcareforum.org or your pharmacist.



OLD PRINTER TONERS

The staff at Loxwood Medical Practice are delighted to have donated old unused printer toners to St Wilfrid Hospice, Grosvenor Road, Chichester, West Sussex PO19 8FP.



St Wilfrid's Hospice
Making a difference to local lives