



# LOXWOOD MEDICAL PRACTICE

## Friends of Loxwood Medical Practice Newsletter February 2014

WELCOME TO OUR NEWSLETTER FOR 2014 DESIGNED TO KEEP YOU INFORMED OF UPDATES OR CHANGES TO PRACTICE WORKING

### WELCOME TO 2014

This is our first newsletter for the new year. Please pass it on to your friends and neighbours and if you would like more information about us please visit our website [www.loxwoodmedicalpractice.co.uk](http://www.loxwoodmedicalpractice.co.uk).



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# Thank you

### DONATION

We have been very fortunate to receive a kind donation from the Alford and Loxwood Relief in Sickness Fund. This will be used to purchase a piece of equipment called a dermatoscope, which will enhance our dermatology (skin related) diagnoses and referrals. We also hope to purchase Pulse Oximeters for our team of nurses. A huge thank you to everyone who continues to support us.

### FOOD BANK

The Chichester Food Bank have now set up a 'satellite' branch in Petworth. The doctors or health visitor here can issue 'food vouchers' to any family in crisis who meet the eligibility criteria. To find out more just call reception.

### DRY JANUARY?

Although a topical subject at the moment we are not referring to our recent very wet weather. Did you know that last month West Sussex County Council supported Alcohol Concern's Dry January Campaign.



## Alcohol units?

Dry January aims to start new conversations about alcohol and give people a different perspective on their use of alcohol and the risk of drinking on a regular basis.

It aims to challenge people to stay off the 'booze' for the month of January.

**It's a chance to lose weight, feel better, save money and make a difference.**

If you did not succeed in starting this campaign or that new year's resolution has waived we can support you through any month. If you visit our website, click on the 'support' tab at the top of the page and then select 'NHS Tools' you will find a number of ways to calculate what is a 'unit', how much alcohol is safe to consume and how to keep a drinks diary. There are lots of other self help guides too.



You can also receive help from Families and Friends Network who support anyone affected by someone else's drinking or drug use.

### CARERS SUPPORT

Do you look after someone who could not manage without your help? If you look after a partner, relative, child, neighbour or friend who has a long term illness or is disabled or frail then you are a carer.

Many carers do not see themselves as such, but did you know that 1 in 10 of the population are carers. As a result you may be missing out on services, support, advice and benefits which may be available to you.

Carers Support Workers can provide you with information on the Carer Wellbeing Fund, access to financial support as well as practical and emotional support to help you in your caring role. For more information you can pop into the surgery for a leaflet, or visit [www.carerssupport.org.uk](http://www.carerssupport.org.uk) or call 0300 028 8888.

There are a number of informal Support Groups giving you an opportunity to meet up with other carers. The Midhurst Carers Support Group meet on the second Tuesday of each month from 11am to 12.30pm at St Annes Hall, St Anne's Hill, Midhurst or the Horsham Carers Group meet at Lavinia House, Dukes Square, Denne Road in Horsham on the last Wednesday of the month from 2.30pm to 4.00pm.



### DATES FOR YOUR DIARY

Periodically the Practice will close to enable us to meet with other NHS clinicians and administration staff to update any skills and training.

For the coming year we will close on 11th February, 12th March, 20th May, 18th June, 9th July, 14th October, and 19th November from about 1.00pm until 5.00pm. During this time you will need to call the 'Out of Hours' team which is NHS 111.