



LOXWOOD MEDICAL PRACTICE

Friends of Loxwood Medical Practice Newsletter July 2014

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

Inside this issue:

- SAFEGUARDING
- EMAIL AND TEXTS
- SAFETY IN THE SUN
- DATES FOR YOUR DIARY

SAFEGUARDING OUR PATIENTS

Safeguarding is everyone's responsibility. As a GP surgery we not only tend the sick we must also be aware of the vulnerability of all of our patients whether they are young or old, even if they appear fit, well and healthy and have a duty of care to ensure their wellbeing is also considered. This may arise in many shapes or forms from the obvious such as risk of falls, being able to do simple daily tasks such as wash, dress and feed oneself a healthy diet to bullying, neglect or abuse. We can sign post you in the right direction to receive the specialist attention or help you may need. All our staff have regular 'safeguarding' training to ensure they are aware of any possible signs of a patient or family in need. Our website holds a wealth of information too here are a few examples of details you may not have considered looking for at a GP surgery;

INTERNET SAFETY www.digizen.org/cyberbullying
T 020 7639 6967 F 020 7639 7027 E info@childnet.com

GAMBLING www.gamcare.org.uk T 0845 6000 133
www.gamblersanonymous.org.uk

CARERS www.carerssupport.org.uk
Dove Lodge, 49 Beach Road, Littlehampton West Sussex BN17 5JG
T 0300 028 8888 E info@carerssupport.org.uk

HEALTHY DIET www.westsussex.gov.uk (meals on wheels)
T 01798 343773 (Petworth) E socialcare@westsussex.gov.uk
Or www.chichester.foodbank.org.uk
T 01243 773687 E info@chichester.foodbank.org.uk

TRAVEL SAFE www.fitfortravel.nhs.uk

DOMESTIC ABUSE T 0808 2000 247

HELP AT HOME TEAM (FROM AGE UK) T 01903 731800

ADULT SOCIAL CARE www.surreyinformationpoint.org.uk
T 0300 200 1005 or for West Sussex T 0345 60 80 191

We have a separate room next to our reception if you would like to speak to a member of our team in confidence about any matter.

EMAIL AND TEXTS?

If you would like to receive newsletters via email please send us a message loxwood.billingshurstxt@nhs.net with your name and email address and we will add you to our mailing list. This email address can also be used for any other non urgent communications you may wish to make. If you share your email address with a partner or other members of your family we cannot guarantee privacy or confidentiality, although nothing will be sent that is medical, and in some instances this may result in you reading an email that is not intended for yourself.

You can receive text reminders and confirmations of any appointments if you inform us of your mobile phone number.

SAFETY IN THE SUN

This time of year brings us our summer holidays. Please remember to drink plenty of water especially if you are coming to the surgery for a blood test. Don't forget sun cream too for you and the rest of your family. Children can burn very quickly and wearing a hat is essential.

