



LOXWOOD MEDICAL PRACTICE

Your partner for a healthier future

Friends of Loxwood Medical Practice Newsletter May 2015

WELCOME TO OUR NEWSLETTER FOR 2015 DESIGNED TO KEEP YOU INFORMED OF UPDATES OR CHANGES TO PRACTICE WORKING

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**RECENTLY
BEREAVED?**

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DIARY DATES

Periodically the Practice will close for staff training. During the coming months we will be closed from approximately 12.30 - 5.30 on

- Tues 12th May
- Tues 30th June
- Wed 16th July (this date has changed).

During this time you will need to call the 'Out of Hours' team. Their telephone number does change please call our reception and listen to the message which will give the correct telephone number for these events. During the weekend or evening you must call 111.

We will also be closed for the whole day on 4th and 25th May for the Bank Holidays.

LOCAL NEWS

This edition is so full of local news that effects people of all ages at different stages in their lives, we have created a second page. Please see the display board in the waiting room for further leaflets and information.

GOING FOR A WALK?

Do you have a good sense of humour and enjoy a relaxed, easy going walk in the countryside with other local people? As part of the Horsham Leisure Walks scheme, you can join trained, experienced leaders and stay fit. Many of the walks start in our car park, a list of all the times and dates is on our notice board or you can call Pete on 01403 784042. The next walks from Loxwood are Sunday's May 3rd and June 7th at 10.00am, Wednesday's May 6th, 13th, and 20th at 7.00pm.

Alternatively HeartSmart Walks, are free guided walks in the Chichester area. For more details see our notice board or contact the Community Wellbeing Team telephone 01243 534589 or email health@chichester.gov.uk. You can also visit www.chichesterwellbeing.org.uk

CALLING ALL WIDOWS AND WIDOWERS

A local resident and patient found that a support group was very helpful when she became widowed, but struggled to find anything local, so she started her own group.

IKP Social Group is for the over 50's who have lost their loved one. Anyone who lives in Ifold, Kirdford, Plaistow and the surrounding villages is welcome to join. Starting on 7th April at 11.00am you can go for a chat and a coffee at Foxbridge Golf Club. For further details contact Elaine at Foxbridge on 01403 753303 or Bridget on 07519 329678.

chichester wellbeing

**PRICE
CHANGE
£8.20**

DOC READY LAUNCHES

DOCREADY

Young people can find it particularly difficult to talk to GP's and healthcare professionals, even more so if they struggle with Mental Health issues. www.docready.org is a new website that has information and advice about what to expect and how a young person can plan for a visit with a clinician.

DISCOVER VOLUNTEERING

Do you have some spare time?

- ★ Help make a difference to families.
 - ★ Share your skills and learn new ones.
 - ★ Explore opportunities and career ideas.
- The local Children and Family Centre offers information and advice to families, play and learn sessions for under 5's, health services, employment support and more. For more information contact Julie Dutton on 07872 420500, julie.dutton@westsussex.gov.uk and Maria Maloney on 07834 44416 maria.maloney@westsussex.gov.uk



DID YOU KNOW?

These are the reasons why we ask for 48 hours to process your repeat prescription requests, and sometimes a little longer during busier times.

The main reasons are for your safety, and that we do not stock every drug on our shelves.

We receive about 3,500 requests each month which equates to roughly 9,000 separate items. This is what happens when each request is received;

- ★ The request is accurately added to your medical record.
- ★ The request is added to a 'Dispensary Pending' electronic list.
- ★ Your prescription is printed out, signed by the GP and any 'out of stock' drugs are ordered from the supplier
- ★ Your medicines are pulled from the shelf and matched to your prescription by a member of staff, then checked and bagged by another, ready for collection
- ★ Of course in between this are all the prescriptions that have been issued immediately during a GP appointment



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WAITING ROOM DISPLAY

Because this edition is so full we have included all the information here on a new display board in the waiting room, which contains more literature, posters and leaflets about these events.

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U3A

SUSSEX RECOVERY COLLEGE

GREAT CARE?

DYING MATTERS

RUNNING LATE?

NAPP BULLETIN

DYING MATTERS

Talking about dying may not always be easy, but it can help you make the most of life and to support those you care about.

Every year in May, Dying Matters and their coalition members host a fantastic range of events and activities around the country with the aim of getting people talking about dying, death and bereavement and making plans for their end of life.

This year sees the sixth annual Dying Matters Awareness Week, which runs from 18 - 24 May. Find out how you can support this fantastic charity and call 0800 021 44 66 or visit www.dyingmatters.org

Dying Matters

Let's talk about it

U3A

The University of the Third Age is a self-help learning organisation which gives purpose and stimulus to those in retirement.



Over 350,000 men and women already gather together in over 950 local U3As across the UK to share their experiences, knowledge, philosophies, values and ideas. They learn from each other, an experience for all Third Agers.

For more information you can telephone 020 8466 6139, visit www.u3a.org.uk, or email info@u3a.org.uk

PURSUE YOUR INTERESTS, KEEP ACTIVE AND MAKE NEW FRIENDS.

LATE FOR YOUR APPOINTMENT?

If you arrive slightly late for an appointment with us, the reception staff will check with the GP or Nurse to see if you can still be seen. However if you are more than 10 minutes late you will have to rebook your appointment. If you feel you must be seen, please speak to the receptionist who can update the GP or Nurse.

NAPP BULLETIN

The National Association of Patient Participation are holding their annual conference 'Really Putting Patients First: Practices and Patients Working Together', on 6th June, 10am to 4pm at The Woodland Grange Hotel and Conference Centre, Leamington Spa. PPG Awareness Week is 1st to 6th June. Visit www.napp.org.uk for national Patient Participation Group information.



WEST SUSSEX RECOVERY COLLEGE

Sussex Recovery College offer inspiring education courses about mental health and recovery, designed to increase your knowledge and skills and to promote self-management.

All course are FREE for adults of all ages with mental health related challenges, their supporters (relatives and carers).

To find out more about the courses on offer or to register you can telephone 0300 303 8086, email enquires@sussexrecoverycollege.org.uk or visit www.sussexrecoverycollege.org.uk

Sussex Recovery College

Co-production and learning about mental health and recovery

DID YOU GET GREAT CARE TODAY?



Please tell us about your care. Good or bad, your comments are important and will help improve our services.

To leave a review or feedback visit www.iwantgreatcare.org and search for Loxwood Medical Practice.

Here is what some people have said;

"Would not hesitate to recommend this surgery. Easy to get appointments, very helpful friendly team doing a great job for the local community."

One comment received recently, asked why Nurse appointments were not available to book online? Whilst we continue to monitor our online services due to the complexity and variety of Nurse appointments which vary in duration considerably this is currently not possible to implement without booking errors occurring.

Have your voice heard!