

LOXWOOD MEDICAL PRACTICE

Your partner for a healthier future

Friends of Loxwood Medical Practice Newsletter November 2015



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

WEBSITE UPDATE — NEW PAGE LAUNCHES

We are very proud to announce the launch of a totally new section on our web site

www.loxwoodmedicalpractice.co.uk/Young_Adults.php



Inside this issue 1
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Young Adults seem to fall into a category all of their own when it comes to healthcare. Some are too old for paediatric services and some too young for adult services. Living in a rural, yet beautiful part of the country does come with some compromises for these patients. So with this in mind, we have created a section just for Young Adults aged about 15-25 years of age who we hope will find lots of information designed specifically for their needs.

We want to embrace technology that will help you all receive timely and appropriate information and care and want to encourage you to pass on this news.

Please feel free to contact us via email with any questions and comments you may have at any time regarding any matter to loxwood.billingshursttxt@nhs.net If you would like your email address attached to your medical record please let us know.



DIARY DATES

There are currently no further closures planned this year or early next year for staff training.



However, remember that this year we will be closed for the Christmas and New Year holidays on 25th and 28th December and 1st January 2016. If you need to speak to a doctor when we are closed call NHS 111.

Please ensure you have enough medication to last through the holiday season. Can we have any repeat prescription requests before Friday **18th December** and most importantly, always allow at least **2**

working days before you collect your medicines.

DISABLED PARKING

We are fortunate at the surgery to be able to provide free parking for all patients and staff. We have created a new disabled parking bay by the front door on level ground, with ample of space on either side, as the two previous parking bays were removed due to their unsuitable position on a slope and did not provide space to safely get in and out of a car.

Some patients have requested more disabled parking bays. Unfortunately, this is currently not possible. If in the future

we get an opportunity to provide more parking we will ensure that more disabled parking bays are provided.



TRAVEL VACCINES

Please look on our website or ask at reception for information on foreign travel and vaccinations. We provide this as an additional service for you and in return we ask that you follow our guidelines on completing a form first, allowing 4 working days for processing before making any appointments. If you are travelling in less than 3 weeks, we cannot always accommodate your appointments needs.



WE ARE MACMILLAN CANCER SUPPORT
CAKE TASTES BETTER TOGETHER
THANK YOU to everyone who supported our 'Big' coffee morning for Macmillan Cancer Support. We raised a total of £350.73

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WAITING ROOM DISPLAY

The display board in our waiting room will be updated this November to include further information covered on the topics within this edition of our Newsletter.



MENTAL HEALTH

To coincide with information included on the launch of our new Young Adults section on our website, 'Right Here' have produced some new literature that you can find in our waiting room. Although based in Brighton their website has a wealth of information for not only young people, but their parents and carers as well. www.right-her-brightonandhove.org.uk is well worth a visit if you are concerned about a young persons mental or emotional wellbeing. The guides are designed by Young People and give really good tips on how parents and carers can communicate better to support their children as conversations are much better if they are two-way.

“**Time to Talk 01243 812537 and Sussex Mental Health 0300 5000 101** are right on our doorstep however, you can refer yourself to their services if you do not want to see a GP or Nurse first, but you do need to be over 18 years of age. If you are feeling down, anxious or stressed you can call a trained operator who will be prepared to listen to your problems and explore ways of coping or suggest alternative avenues.”

LIVING WELL SERVICE

For an informal chat and more information about the support this local mental health charity can offer people over the age of 60, call 07495077298 or email livingwellchichester@coastalwestsussexmind.org

SLINFOLD DEMENTIA CLUB

Every Wednesday between 10.00am and 3.00pm at The Cobblers, Hayes Lane, Slinfold RH13 0SA, well trained staff and volunteers run a small friendly club, dedicated to providing high quality care for those living with dementia. In a supportive and relaxed atmosphere, activities are provided that are tailor made to suit individual members interests, hobbies and abilities. A two course hot lunch is also provided, giving carers access to good quality respite care. For more information or to register a place contact 01403 751327.

If you are worried about your memory or that of a friend or relative you can also contact the Alzheimer Society on 0207 423 3500 or email info@alzheimers.org.uk who will be able to send you free information booklets. We have lots of information in our waiting room or seek advise from our Doctors or Nurses.

CCG SURVEY

Some of you may have been contacted by telephone from our CCG. Coastal West Sussex CCG are currently conducting a survey on Primary and Urgent Care 2015 and have already received over 4000 responses so far, but there is still time for you to give them your views about GP services in the local area and how you use urgent care. We have paper copies that you can complete here in the waiting room or alternatively you can go online www.coastalwestsussexccg.nhs.uk/ we welcome your feedback.

DID YOU KNOW?

You do not have to come to the surgery to have a consultation with a Doctor or Nurse, we offer telephone consultations too. For non urgent comments and questions you can also email us at;

loxwood.billingshursttxt@nhs.net

We can also send you text messages or email you information if your correct mobile telephone number or email address is on your medical record. How convenient is that during the busy build up to Christmas or on dark cold days?



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**MENTAL HEALTH
LIVING WELL
DEMENTIA CLUB
HEADSMART
CCG SURVEY
DID YOU KNOW**



HEADSMART

'Be brain tumour aware' is the message, from this organisation.

Run in partnership with the Children's Brain Tumour Research Centre, Nottingham and The Brain Tumour Charity and The Royal College of Paediatrics and Child Health, they have produced some handy cards showing what symptoms may look like for children of different ages.

Fortunately Tumours in children are rare, but they still happen and you will need to seek medical help, you can contact;

info@headsmart.org.uk
0808 800 0004
www.headsmart.org.uk

**Did you get
great care
today?**

[IWantGreatCare.org](http://www.IWantGreatCare.org)

Have your voice heard and
leave a review at
www.iwantgreatcare.org