

LOXWOOD MEDICAL PRACTICE

Your partner for a healthier future

Friends of Loxwood Medical Practice Newsletter September 2015

Time for a cuppa?

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

OUR COMMUNITY SPIRIT

This edition focuses on a coming together of our local community and those patients who may be more vulnerable than others and the carers that support them.



Inside this issue

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MACMILLAN

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CAKE TASTES BETTER TOGETHER

OUR BIGGEST COFFEE MORNING EVENT 25th SEPTEMBER 2015

DIARY DATES

Sometimes the Practice will close for staff training. During the coming months we will be closed on

- 10th September and 10th November from 1.00pm for the whole afternoon
- 8th October from 1.00pm until 5.00pm

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.

As in previous years we are proud to support the amazing work done by Macmillan Cancer Support and will again be hosting a coffee morning in the waiting room on Friday 25th September 2015 between 10.00am and 12.00 noon.

As we all know 'Cake tastes better together', therefore we invite you to come and meet some of the team of healthcare professionals who are your partners for a healthier future, and have a refreshing cup of tea or coffee and sample some melt in the mouth home baked treats.

If you are a home baker then we would love to receive some of your cakes, biscuits or loaves so we can sell them to raise funds for Macmillan. Please deliver any donation of goodies to the surgery reception, it is all greatly appreciated.



EXPERT PATIENTS PROGRAMME

We are delighted to inform you that Mr Stan Pearce, a representative from the Expert Patient Programme will be joining our coffee morning too. He will be available to answer any questions you may have on the courses that they have developed to help patients with long term chronic health conditions. The aim of their support is to help you take more control of your health by learning new skills to manage your condition on a daily basis. For more information, telephone them on 01403 227000, or you can visit www.sussexcommunity.nhs.uk/epp

The next course in Horsham runs on Wednesdays from 9th September to 14th October between 10.00am and 12.30pm, booking is essential.

Sussex Community NHS Trust



Expert Patients Programme

Helping you to live well
A free self-management course for adults living with a long-term health condition

www.sussexcommunity.nhs.uk/epp

CARERS SUPPORT

Many carers often miss out on services, support, advice and benefits which may be available to them because they do not see themselves as a carer, because they are a parent, spouse or partner, daughter or son, friend or neighbour. 1 in 10 of the population is a carer, are you?

Carers Support West Sussex are also coming along for a cuppa and will be available to answer any questions you may have. Please ensure that if you are a carer you let us know, it is important that we have accurate medical records and we can support you and the person you care for more efficiently. More information is available on 0300 028 8888 or www.carersupport.org.uk



Carers Support
Working with West Sussex Carers



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WAITING ROOM DISPLAY

Much of the information you see in this newsletter will be on display in our waiting room. We hope to add a new display every other month to coincide with this newsletter.

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**CANCER SUPPORT
DENTAL HELPLINE
FIT FOR WORK
SHINE
WORLD HOSPICE
DAY
DID YOU KNOW**

SHINE

If you are aged 18-25 and are helping to look after a family member, partner, friend, relative or neighbour, Shine is a service for Young Adult Carers in West Sussex designed to support you in your caring role.

To speak with a Young Adult Care Worker call 0300 028 8888 or email shine@carerssupport.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



CANCER

Marie Curie
Cancer Care



Whilst we support Macmillan this coming month it is important not to forget the fantastic work happening around our local area by other agencies and charities.

Marie Curie are there for patients living with a terminal illness not just cancer. Their support line is 0800 0902309 or you can take a look at their website www.community.mariecurie.org.uk.

Just a short drive away you can attend an informal drop-in session held by 'Heathers' Horsham Cancer Support. They meet on the 1st and 3rd Monday of each month between 2pm and 4pm at Unitarian Church Hall, Worthing Road, Horsham RH12 1SL.

For more information contact Sue on 01403 823858 or Yvonne 01293 512378 or email heathershorsham@hotmail.co.uk

FIT FOR WORK

Each year around 11 million people in the UK take sickness absence from work and for around 900,000 people this lasts for four weeks or more. This not only means a loss of earnings but can feel quite daunting once you decide to return to work. Fit for Work offers one to one support to help you stay in or get back to work.

Support is provided by occupational health professionals who will listen to your concerns and help you with a personalised and practical step by step Return to Work Plan. You can access their advice centre for free on 0800 0326235 or visit www.fitforwork.org.

Referral can be made by your GP or employer, you must give your consent.



DENTAL HELPLINE

Are looking for an NHS Dentist in our area, or do you need urgent, emergency dental treatment?

Then call the NHS Dental Helpline and they will be able to assist you on 0300 123 1663. Your GP cannot provide dental care.



HOSPICE CARE



**World hospice & palliative care day
10 October 2015**

World Hospice and Palliative Care Day is on 10th October this year. If you have a head for heights join the Phyllis Tuckwell charity fundraiser and abseil down the ArcelorMittal Orbit in London's 2012 Olympic Park. To register call 01252 729446 or email fundraising@pth.org.uk

DID YOU KNOW?

For the month of **August only** we had a total of number of **111** patients DNA (Did Not Attend) their scheduled appointment. The varying amount of appointment types together accumulate to over **28 hours** of consultation time. For example, a routine blood test appointment lasts approximately 7.5 minutes, 20 of these were missed during August that is the equivalent to a whole mornings blood clinic!

A routine Doctors appointment lasts 10 minutes, 30 of these were missed, that is 5 hours, a whole day of GP appointments wasted during August. **If you cannot attend your appointment please cancel it so it can be used for someone else who needs it!**