



LOXWOOD MEDICAL PRACTICE

Your partner for a healthier future

Friends of Loxwood Medical Practice Newsletter March 2018

WELCOME TO OUR NEWSLETTER FOR 2018 DESIGNED TO KEEP YOU INFORMED OF UPDATES OR CHANGES TO PRACTICE WORKING

Inside this issue 1

RNC LCN

MEASLES

FOODBANK

LIVING WELL
COURSES

BILLINGSHURST
LIONS

DIARY DATES

PAYMENTS

DIARY DATES

2018 is well underway and spring is just around the corner. This means Easter and bank holidays are coming soon.

We are closed for the whole afternoon on Thursday 22nd March from 12.30 for staff training.

We will then be closed for the forthcoming public holidays on Friday 30th March, Monday 2nd April and Mondays 7th and 28th May.

If you need to speak to a doctor or nurse during this time please call 111. In a medical emergency only call 999.

Alternatively you could visit our website or NHS Choices, www.nhs.uk which have guidance and useful tips on self care.

PAYMENTS

Please note that we no longer accept the old £1 coins or £10 notes.



RURAL NORTH CHICHESTER LOCAL COMMUNITY NETWORK (RNC LCN)

Some of our avid readers, may have realised that our bi monthly newsletter has been missing this year so far, it's been a very busy few months. Sit down, put your feet up and read the first edition of 2018.

It's not all doom and gloom news for the NHS, which seems to be the only type of news publicised so often by the media.

See overleaf for an update on what's been happening with our Rural North Chichester Local Community Network (RNC LCN).

MEASLES

Public Health England have issued advice to the public to ensure they have had the MMR vaccine after recent outbreaks of measles in the UK. Reigate, Surrey and the Brighton area are included as areas where incidents of this highly contagious viral infection have been reported. Anyone can get measles. First symptoms normally appear around 10 days after contact, a rash follows a few days later. There is no specific treatment, you should recover in 2 weeks.

How can you help?

- Ensure you or your children have been vaccinated.
 - Do not mix with other people until 5 days after the onset of the rash.
 - Request a 'telephone appointment' for advice.
 - Do not come to the surgery unless you have been told to do so. You will be asked to wait in a separate room away from the main seating area.
- Online information is available at www.nhs.uk.

THANK YOU FOR SUPPORTING OUR LOCAL FOODBANK

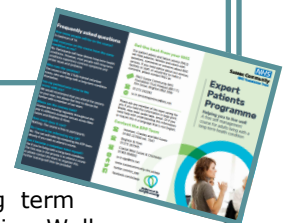
We were delighted to donate approximately 100 meals to the foodbank in Horsham this last Christmas. A very big thank you to every one of you that took the time to fill our Chimney in the waiting room.



LIVING WELL COURSES

Do you live with a long term health condition? The Living Well course could help you to learn new skills to better manage your health condition. The courses are free but do require you to book a place in advance.

The next course takes place every Wednesday from 18th April—23rd May between 2.00pm and 4.30pm at the Roffey Millennium Hall, Crawley Road, Horsham. To book your place contact the team on 01403227000 x 7547 or email sc-tr.epp@nhs.net



BILLINGSHURST LIONS

We are delighted, to once again be supporting and raising awareness for the fundraising that Billingshurst Lions are promoting this year. One of their current campaigns is raising money for the Kent, Surrey and Sussex Air Ambulance 'Head Scanner' fund. You can participate by purchasing a number worth £1 from the board in Reception. The winning number will be pulled at random and the lucky



winner will receive a giant Easter egg. The Billingshurst Lions support other NHS and Primary Care Services throughout the year. Please ask Reception for information about their Message in a Bottle service.





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Inside this issue 2
RNC LCN

Improving the health and wellbeing of local communities



A Local Community Network (LCN)
can best be described as...

"A network of health, council, voluntary sector providers and patients, working together to create more effective joined-up services and community support to improve the health and wellbeing for their whole local population."



In October 2016, health and care partners agreed a shared plan: **Coastal Care: 'Inspiring Healthier Communities Together'** It sets out a new and bold ambition for the future of the NHS, to work differently and transform services around people and our communities. It focuses on the health of whole communities rather than just when people need help; preventing illness and keeping people well.

LCNs ARE THE BUILDING BLOCKS
They provide the local delivery mechanism and are where relationships and change needs to be fostered. Building and developing genuine partnerships between health, councils, the voluntary sector and local communities; Breaking down professional and organisational silos to create effective, motivated and diverse workforces, and shifting the pattern of care and services to be more preventative, proactive and local.

There are 8 LCNs across Coastal West Sussex

- Rural North Chichester
- Chichester
- Regis
- REAL Care
- North Cissbury
- South Cissbury
- Adur
- Chanctonbury



LCNs need to be different
– bringing together partners to work in an integrated way.

A FOCUS ON OLDER PEOPLE

LCNs have been forming new (MDTs) Multi-disciplinary Teams which will involve Primary Care and SCFT (The provider of nursing) and other critical partners as they evolve.

Focus on identifying and supporting the frail and ageing people in communities, with the launch of a single Care Plan. To work with Care Homes to reduce hospital admissions and look at the needs around social isolation.

A FOCUS ON PREVENTION

Start Well; childhood obesity and Mental Health

Live Well; Social Prescribing, targeted prevention and physical activity.

Age Well; Dementia friendly communities and assistance with loneliness and social isolation in the rural community.

*RNC is currently focused on our ageing population and their frailty. Building closer and better relationships with our 9 care homes. Sharing what we have learnt and education with all our partners and tackling social prescribing and our rural isolation. **If you would like to offer any support or ideas please contact loxwood.txt@nhs.net***

