

# LOXWOOD MEDICAL PRACTICE

*Your partner for a healthier future*

*Young  
adults newsletter  
First edition  
July 2019*

**YOU  
ARE  
NOT  
ALONE**

*Contact us at:*

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✉ [loxwood.txt@nhs.net](mailto:loxwood.txt@nhs.net)

# LOXWOOD MEDICAL PRACTICE

*Your partner for a healthier future*

**MENTAL HEALTH**  
**DRUGS**  
**SEXUAL HEALTH**  
**ONLINE SAFETY**  
**TRAVEL**  
**BULLYING**

This is the first edition of our newsletter designed specifically for our patients aged 15 to 25 years of age. Our aim is to provide you with a safe, easy to understand and confidential environment.

All consultations are in the STRICTEST OF CONFIDENCE. We will not discuss anything with anyone else without your consent. Our reception staff and dispensary team are fully trained in patient confidentiality. They are not allowed to disclose any information about you, even the fact that they have spoken to you or seen you in the waiting room with anyone else.

We have a young adults notice board in our waiting room and a whole page on our website dedicated to age specific information, please take a look when you next visit. You can also ask for a copy of our Practice Information leaflet, full of details about the surgery and its services.

If you would like to help improve the services we offer to 15-25 year olds registered with our practice why not become part of our young patients participation group. e-mail [Loxwood.txt@nhs.net](mailto:Loxwood.txt@nhs.net) to sign-up.

Over the coming months we will bring you newsletters on topical subjects such as those listed opposite. We would love to hear from you if there is something you wish to know more about. A suggestion box is provided at the main entrance area for your use or you may email [loxwood.txt@nhs.net](mailto:loxwood.txt@nhs.net). We also run patient surveys from time to time, so look out for them on our website and in the waiting room, alternatively visit our Facebook page.

Did you know that young adults over the age of 13 you can change the mobile telephone number and email details held on your medical record, to your own. After your 16th birthday you will need to visit reception and update your password for access to our online services as this expires on your 16th birthday. If you would like us to continue to speak with your parents about your care we need your consent.

**FRANK**  
Friendly, confidential drugs advice

Sexwise

headspace  
National Youth Mental Health Foundation

