



THE PPG - SURGERY NEWS SHEET

Surgery News

We are pleased to announce that Dr Saif Ali has joined the practice as a salaried GP from September 2020 for 8 sessions a week. We also welcome our new Speciality Trainee Level 1 Registrar, Karen Dickson, who has joined us for 4 months and we confirm that Dr Dalrymple and Dr Ehsanullah will continue to be with us for a while longer.

This week we have welcomed back Dr Ashby who has been away for a short time.

The practice is still trying to minimise footfall within the practice, but are beginning to enter our COVID Recovery and Restoration phase. Part of this is to gradually re-open East Hoathly from Monday 14th September.

We are continually adding Flu clinics across all sites and will keep our website updated as new clinics are added.

The demand for appointments is unprecedented at the moment and capacity has been reduced due to the increased infection control measures required to keep patients and staff safe. We are doing all we can to alleviate the pressure on appointments but would ask that patients be mindful of this when calling. The reception team are doing their very best in incredibly difficult circumstances and your understanding is fully appreciated.

The Flu season will soon be upon us and this year it is especially important that you make your appointment for a Flu Jab. Call the surgery now.

email us at: behppg@live.com



DON'T LET FLU GET YOU

It's time to book your flu vaccination.

FLU CLINICS at BUXTED

**will run every Saturday morning throughout September,
at HORAM on Saturday 12th September
and at East Hoathly - date/s to be confirmed.**

All details and updates are available on the surgery website.



**Please try to book your appointment online or call
Reception after 10am to book an appointment.
PLEASE DO NOT GO INTO THE SURGERY.**

Patients in the 50 – 65 age range will be informed when vaccines are available.

DON'T LET FLU GET YOU

You are eligible to receive a free annual flu vaccination if you:

- are 65 years old or over
- are pregnant
- have certain medical conditions
- are living in a long-stay residential care home or another long-stay care facility
- receive a carer's allowance, or you're the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- live with someone who's at high risk of coronavirus (on the NHS shielded patient list) or you expect to be with them on most days over winter
- See later slide for children

DON'T LET FLU GET YOU

FLU VACCINE FOR CHILDREN

The flu vaccine is free on the NHS for:

- children over the age of 6 months with a long-term health condition
- children aged 2 and 3 years on 31 August 2020 (that is, born between 1 September 2016 and 31 August 2018)
- children in primary school
- children in year 7 (secondary school)
- Children aged between 6 months and 2 years who are eligible for the flu vaccine will receive an injected flu vaccine.
- Children eligible for the flu vaccine aged between 2 and 17 will usually have the nasal spray flu vaccine.

DID YOU KNOW?

You can still have a flu vaccination even if you don't qualify for a free annual vaccination.

They cost approximately £12 - £15.

Flu vaccinations are also available at Tesco, Boots and Kamsons Pharmacies.

The Pharmacy and Dispensary at Buxted and East Hoathly would like to remind you that repeat prescriptions take a while.

REPEAT PRESCRIPTIONS TAKE A WHILE



Post



or



email



A doctor has to approve and sign



Then you can collect your prescription, but please allow 5 working days



The Pharmacy or Dispensary has to assemble and check your drugs

email us at: behppg@live.com

Patient Participation Group Survey

The PPG are running a Patient Survey until the **end of September**, to determine how patients have managed accessing healthcare during the Covid crisis. Your responses to this survey could help how the surgery plans for the future. To take the survey, please copy the link below into your search engine. Please tell other patients about the survey and pass on the link. If you are able to help other patients who are not so comfortable using computers, that would be helpful as we are only able to run this survey on-line. No paper copies will be circulated. Thank you.

<https://s.surveyplanet.com/MAWGDlcVp9>

Working together to prevent another Covid outbreak

It's still important we all work together to prevent a local outbreak by:

- keeping 2 metres apart from other people wherever you can
- regularly washing your hands
- wearing a facemask in shops, on public transport and other enclosed public places
- if you feel at all unwell (a new persistent cough, a change in smell or taste, or a raised temperature) immediately book a test and stay at home for at least 10 days. [Book a test online](#) or call 119 if you have trouble using the internet.
- if you are asked to self-isolate by the NHS test and trace team, please follow their advice.

Look after your mental health and well being

The pandemic is affecting us all in different ways. It is important to look after your mental health and get help if you need it.

- Take time to relax and do things you enjoy.
- Stay connected with friends and family.
- Try to get enough sleep.
- Get help if things are worrying you.

email us at: behppg@live.com



- Get practical tips and help from Sussex Partnership NHS Foundation Trust. <https://www.sussexpartnership.nhs.uk/coronavirus-covid-19-and-your-mental-health>
- Look after yourself. Keeping healthy means you're less likely to get seriously ill from coronavirus.
- Enjoy a balanced diet, exercise regularly and take action to lose weight if you need to.
- Give up smoking. Get help at <https://www.nhs.uk/smokefree>
- Drink sensibly – no more than 14 units a week over at least three days. <https://www.nhs.uk/oneyou/for-your-body/drink-less/know-your-alcohol-units/>
- Get a flu jab if you're eligible.
- You are more likely to achieve your goals with support. Get personalised support at <https://www.eastsussex.gov.uk/socialcare/healthadvice/wellbeing/>
- There is also lots of information and practical advice about keeping healthy on the NHS website: <https://www.nhs.uk/live-well/>
- Health in Mind is the free NHS Talking Therapies service for people in East Sussex experiencing emotional stress and symptoms of anxiety or low mood. [Learn more](#) about the service and how to self-refer.

If you are thinking of travelling abroad look at:

<https://www.gov.uk/guidance/coronavirus-covid-19-countries-and-territories-exempt-from-advice-against-all-but-essential-international-travel>

Time for Better Health

Nearly two thirds (63%) of adults in the UK are overweight or living with obesity. Gaining weight is often a gradual process that takes place over a number of years and modern life doesn't always make it easy. But this extra weight causes pressure to build up around vital organs, making it harder for the body to fight against diseases like cancer, heart disease and now COVID-19.



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By reducing your weight within a healthy range, you can cut your risk of being critically ill with COVID-19.

To support people to live healthier lives, the Better Health campaign provides a variety of tools and apps to help you make healthier food choices, become more active and prevent future weight gain. For help and support to lose weight, visit nhs.uk/BetterHealth

Locally, [One You East Sussex](#) has a range of free services available providing specialist knowledge and experience to advise and guide you each step of the way, changing habits and showing you how to lose weight for good.

Join in the Ageing Well Festival



The virtual Ageing Well Festival is coming to East Sussex this September and October, and you can sign up for a range of inspirational, interesting and educational online events now.

From singing, poetry and quizzes to help with technology and exercise,

there's something for everyone.

Printed booklets will be sent out during September. This is the link to the booklet: <https://your.eastsussex.gov.uk/wp-content/uploads/2020/08/Ageing-Well-2020-Brochure-download.pdf>

Back to school - we are ready!

It's that time again and schools are ready!

For most children, the benefits of being back in school far outweigh the very low risk from coronavirus. The risk to children themselves of becoming severely ill from coronavirus is very low.



email us at: behppg@live.com

Returning to school is vital for children's education and for their wellbeing. Time out of school can harm children's development, especially for disadvantaged children, and the impact can affect both current levels of learning and a child's future ability to learn.

Parents and carers can find a range of information and advice about children returning to school in September, including what to expect and travelling to school, online at [Back to School](#) - we are ready!

Keeping up to date...

If you are unwell or worried about contracting coronavirus follow the latest NHS advice, found on the NHS website. For the latest government advice and guidance visit [GOV.UK](#).

To keep up to date on local health and social care during the pandemic, for example latest news, information about services, support and volunteering, you can also visit:

[East Sussex County Council website](#)

[East Sussex Healthcare NHS Trust website](#)

[Sussex Partnership NHS Foundation Trust website](#)

Healthwatch East Sussex

If you have any issues that you would like to raise about health or social care, contact **Healthwatch**, an independent body responsible for gathering people's views of health and social care services. Contact details are:

Telephone: 0333 101 4007

Email: enquiries@healthwatcheastSussex.co.uk

Website: <https://healthwatcheastSussex.co.uk/contact/>

email us at: behppg@live.com





New Healthwatch in Sussex survey on Patient Transport Services

Healthwatch in Sussex has launched a new patient survey. We want to hear from people about their experiences of using Non-Emergency Patient Transport Services. Their ideas will help inform the commissioning of a future service.

The survey is open from 1st to 20th September and we are encouraging people to take part by offering a prize draw to win one of five £25 gift vouchers. People are also encouraged to share their individual stories with Healthwatch East Sussex at the contacts above.

Healthwatch can arrange for you or someone you know to take part in the survey by telephone or by post by contacting us by email at enquiries@healthwatcheastsex.co.uk or telephone 0333 101 4007

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