



THE PPG - SURGERY NEWS SHEET

Surgery News

Dr Elizabeth Gill has been appointed as Chief Medical Officer for the new Sussex CCGs. Her working days at the Buxted are changing a little and she will also be having a surgery at Manor Oak on Wednesday mornings

The practice has successfully recruited a new salaried GP, Dr Bukola Oreola, who will be working at Buxted 3 full days a week from mid-March.

A New Nurse Practitioner Elizabeth Sadler will be starting in February and working at both Buxted and East Hoathly.

Nurse Practitioner Linda Elphick will be returning to Manor Oak from January 20th where she will work will work Monday, Tuesday and Friday.

GP Registrars - Dr Uzma Ehsanullah will be with us until August; Dr Katie Dalrymple will be with us for at least a year. Both doctors are part time and completing the final part of their GP training.

Buxted Community Activity – A separate Ball and a Quiz night have been organised by the local community during the last few months and at total of £6000 has now been donated to the practice for the purchase of medical equipment. We would like thank the group who worked so hard to put these events together and raise such a huge sum of money. A new Blood Pressure machine has already been purchased and installed in Buxted Surgery near the pharmacy. The very old ECG machines at Buxted will now be replaced with a new up to date model to match those at Manor Oak. Some replacement medical couches will also be bought??Remaining money will be used for medical equipment to benefit all three sites as needs require.

Coronavirus –

The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

If you think you might have coronavirus

Use the 111 coronavirus service <https://111.nhs.uk/covid-19>

DO NOT GO TO A GP SURGERY, PHARMACY OR HOSPITAL.

Call 111 if you need to speak to someone.

email us at: behppg@live.com



Helpful websites <https://www.nhs.uk/conditions/coronavirus-covid-19/>
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Coronavirus – Advice for stopping the spread of the virus



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

Infection Control Lead Nurse for our Surgeries - KATIE ALDRED

Some simple but effective advice if you have to isolate yourself.

Isolate yourself



Stay in your home or accommodation, do not go to work, school or other public areas



Separate yourself from others in your home or accommodation



Do not have visitors in your home or accommodation



Use separate facilities if sharing, these should be cleaned before use by others



Have food, medication & other supplies delivered to you



Try to keep away from your pets. If unavoidable, wash your hands before & after contact



THE HEARING BUS IS COMING TO BUXTED

The East Sussex Hearing Resource Bus will be outside the surgery on

Thursday 2nd April 2020 - 10.30am to 3.30pm

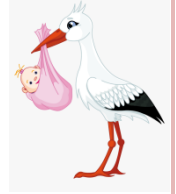
Drop in for information or a basic hearing test.

Batteries and tubing – bring your Brown NHS Book.

The bus is accessible to wheelchair users.

No appointment needed





Are you newly pregnant?

Congratulations! The good news is that there is no need to make an appointment with your GP – You can self-refer to the midwives directly.

If you would like to have your baby at Tunbridge Wells Hospital, Crowborough Birthing Centre or at home, you will be part of the continuity team who will provide all of your care from your first appointment, during labour and right through to your last appointment. Please email with your details such as; your name, address, contact telephone number, email, the date of your last menstrual period and your GP. **The Willow Team** will contact you to arrange your first booking appointment.

mtw-tr.willow@nhs.net

Alternatively, if you decide to birth at a different hospital you will be looked after by the **Rowan Team**. This small team of midwives will see you for all your antenatal and postnatal appointments only and you will birth at the hospital you choose. Please email with your details, as above, and the Rowan Team will email you relevant information on how to book at the hospital of your choice and when to see the midwives.

mtw-tr.rowan@nhs.net

The Rowan team will be holding weekly clinics at East Hoathly from mid-February on a Wednesday morning. The Rowan team covers the Princess Royal Hospital, Haywards Heath and the District General Hospital, Eastbourne.

Your community team will be the main point of contact throughout your pregnancy, regardless of where you choose to give birth.

If you need to speak to your team you can leave a message on the number below and your team will get back to you:

01892 633260

For any urgent calls please call your GP or seek relevant medical advice.



email us at: behppg@live.com



Accessing NHS Services - Part 1

The NHS App The new, simple and secure way to access a range of NHS services on your smartphone or tablet.

What the NHS App does - Use the NHS App to:

- check your symptoms
- find out what to do when you need help urgently
- book and manage some appointments at your GP surgery
- order repeat prescriptions
- view your medicines, allergies but not yet your medical records
- register to be an organ donor
- choose how the NHS uses your data – not yet available

HAVE YOU HEARD?

If you are referred by your GP to a consultant or another service i.e. Physio, make sure you ask the doctor

- who he/she is referring you to
- which hospital/clinic
- and write it down.



If after 4 weeks you have not heard about your appointment, **please call the hospital/clinic reception to find out the contact information for the specialist/clinic and phone them directly to find out where you are in the process.**

Please remember that they have variable waiting times for patients. If you are worried about the amount of time you have to wait for an appointment, talk to your GP.

You may receive a letter from the hospital confirming your appointment. You need to reply as soon as possible and tell the hospital if you can attend on the date offered.

Alternatively, sometimes patients receive a letter asking them to phone the hospital to make an appointment with a specialist. Don't delay, make the appointment.

If you are worried about the amount of time you have to wait for an appointment, talk to your GP.



email us at: behppg@live.com



What happens if you need a test or procedure? Normally, if the specialist thinks you need any test, investigation or surgical procedure, the specialist is responsible for arranging the test, investigation or procedure, explaining how and when you will receive a date and what to do if the date is not suitable for you; and giving you the results and explaining what they mean (this may be done in a separate appointment with the specialist or by letter).

If you don't hear about an appointment for a test etc. call and ask for the department dealing with you, when you can expect an appointment.

This link gives some useful advice in the form of a leaflet:

https://assets.nhs.uk/prod/documents/Print-ready_PatientReferral_PRINT.pdf

If you're referred to a specialist by your GP or another health professional, such as a dentist or ophthalmologist, you may have the right to choose which hospital in England to go to for your first outpatient appointment.

You can also choose which consultant-led team will be in charge of your treatment.

This means that if you choose a particular consultant for a procedure, you can choose to have your first outpatient appointment at the hospital where the consultant works and be treated by that consultant's team.

Do you have the names and contact details of organisations that can give you more information or support if you need it?

Other services you may access through your GP

As well as specialist referrals, your GP can help you find the right **stop smoking** services; **weight loss** service or **other self-management** programmes that help prevent or manage a condition.

Self-management programmes are not simply about educating you about your condition. They also let you take control of your health by learning new skills to manage your condition on a daily basis. However, these services may not be available on the NHS and you may have to pay for them yourself.

Some areas may offer local schemes that allow patients to have subsidised access to gyms or weight loss services such as Weightwatchers, Slimming World or Rosemary Conley. It's worth asking your GP if there are any schemes available in your area.





Our Pharmacy can help you.

Pharmacists are experts in medicines who can help you with minor health concerns.

As qualified healthcare professionals, they can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, tummy trouble, aches & pains.



If symptoms suggest it's something more serious, pharmacists have the right training to make sure you get the help you need. For example they will tell you if you need to see a GP.

All pharmacists train for 5 years in the use of medicines. They are also trained in managing minor illnesses and providing health and wellbeing advice.

Look out for **Part 2 of Accessing NHS Services** in the summer edition of the Surgery News sheet.

Patient Health Awareness Displays

Drop in to the surgery and help yourself to any of the information on display.

The current display is all about Coronavirus

Planned but could change for the following months:

May and June - Common childhood illnesses and Vaccinations

July and August – The Stages of Women's Health

If you have any suggestions to make about future Health Awareness Displays, please contact the PPG at behppg@live.com

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