



THE PPG - SURGERY NEWS SHEET

Surgery News

The PPG would like to welcome the staff and patients from Horam into our now, 3 Surgery Group Practice.

Dr. Melissa Farrant is rejoining us after maternity leave, on Tuesday 18th September. Dr. Annalee Robertson started in August as a permanent G.P. She is working 3 days a week.

Dr. Jenny Andrews is joining the GP team in November.

Dr. Nicky Guy will be carrying out Minor Surgery on Tuesday afternoons. Please note that patients cannot book directly into these clinics – doctor assessment is required first.

DON'T LET FLU GET YOU

It's time to book your flu vaccination.

**THE FIRST FLU CLINIC at BUXTED is on:
SATURDAY 29th SEPTEMBER 8am – 1pm**



Flu clinics at E Hoathly will be on Wednesday 3rd and 31st October from 2.30-5pm.

Ask at Reception to book an appointment.

HORAM SURGERY will have a Flu Jab day on Saturday October 6th. 9am – 12 noon.

THE FLU SEASON will be upon us again soon, so make sure you book in for your Flu Jab soon. You are eligible to receive a free annual flu vaccination if you:

- ✚ Are 65 years old or over
- ✚ Are pregnant
- ✚ Have certain medical conditions including diabetes, heart, kidney or liver disease, asthma or weakened immune system
- ✚ Are living in a long-stay residential care home
- ✚ Are a child age six months to three years at risk of flu
- ✚ Receive a carer's allowance, or you are the main carer for an elderly or disabled person.

If you are due to have a Shingles vaccination, it will be offered when you have your Flu Jab. St Wilfred's Hospice will be selling tea and coffee. Cakes will also be available to buy.

If you don't qualify for a free annual vaccination, you can still have a flu jab at Tesco or Boots Pharmacies. Prices vary from approx. £10- £15.





INFECTION CONTROL



If you have a cold, flu or an infection, prevent it spreading by:

- USE A TISSUE & WASH HANDS WELL TO PREVENT THE SPREAD OF INFECTION
- TAKE PARACETOMOL
- Drink enough fluids to avoid being thirsty
- Speak to the Pharmacist
- Fever is a sign the body is fighting the infection & usually gets better by itself
- Have plenty of rest

Sore throat
Duration: 7-8 days

Common Cold
Duration: 3 weeks

Middle ear infection:
8 days

Cough/Bronchitis
Duration: 3 weeks

Sinusitis Duration:
2 weeks

DON'T ASK FOR ANTIBIOTICS WHEN YOU DON'T NEED THEM. THEY WILL ALLOW BACTERIA TO BUILD UP RESISTANCE AND THIS MIGHT MEAN THEY ARE LESS LIKELY TO WORK IN THE FUTURE, WHEN YOU REALLY DO NEED THEM!!!

GOING ON A WINTER BREAK?

- * Make sure you check out what vaccinations or re-vaccinations you may need.
- * Ask at reception for the form.
- * The nurses need 8 weeks' notice so be sure to start planning in good time.





FIVE WAYS TO STAY HEALTHY THIS WINTER

- **Banish winter tiredness**
 - get outdoors in natural daylight as much as possible
 - get a good night's sleep – go to bed and wake up at the same time every day.
 - de-stress with exercise or meditation – stress has been shown to make you feel tired
- **Eat more fruit and veg**
 - When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. However, it's important to ensure you still have a healthy diet and include five portions of fruit and veg a day.
 - If you find yourself craving a sugary treat, try a juicy clementine or Satsuma instead
- **Drink more milk**
 - You are more likely to get a cold in winter, so make sure your immune system is in tip-top condition.
 - Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of:
 - protein
 - vitamins A and B12
 - calcium, which helps keep our bones strong
 - Choose semi-skimmed, 1% or skimmed milk – rather than full-fat – and low-fat plain yoghurts
- **Try new activities for the whole family**
 - get out with the whole family to try out a new activity – maybe ice skating, or taking a bracing winter walk on the beach or through the park
- **Have a hearty breakfast**
 - Winter is the perfect season for porridge. Make your porridge with semi-skimmed, 1% or skimmed milk, or water, and don't add sugar or salt. Add a sliced banana, berries or other fruit for extra flavour and to help you hit your 5 A Day target

THE SURGERY SCREENS

All three surgeries have display screens with lots of useful and some quite important information. Do take some time while you are waiting for your appointment, to take a look at the screens.





East Sussex Fire & Rescue Service

Free Electric Blanket Testing 2018

Bring your electric blanket along for a free safety check at any of the below events this autumn.

Monday 8th October 2018

10.00am – 12.00pm – Heathfield Fire Station

2.00pm – 4.00pm – Hailsham Fire Station

Tuesday 9th October 2018

10.00am - 12.00pm - Uckfield Fire Station, Bell Farm Road, Uckfield, TN22 1BA

2.00pm - 4.00pm - Crowborough Fire Station

Please ensure you bring the controllers along with your electric blanket for a complete safety check.

If you are unable to attend any of our events have you asked a family member, friend, carer or neighbour if they are able to bring your electric blanket along for you?

PPG AWARENESS DISPLAYS

Information on our awareness displays is for everyone. Please come into the surgery, even if you don't have an appointment and help yourself to anything from the displays that you find useful.

The displays are right in front of you as you enter the surgery.

COMING DISPLAYS FOR THE REMAINDER OF THE YEAR:

Sept/Oct = Winter Health

Nov/Dec= Sight and Hearing – The Hearing Bus will attend on Thurs Nov 29th 10 – 12.30.

Jan/Feb = Healthy Living

Would you like to receive this letter by email?

Please email behppg@live.com with your NAME for your email to be added to the circulation list which will always be BLIND COPIED.

email us at: behppg@live.com

