



## PATIENT PARTICIPATION GROUP NEWS

The PPG Committee made a donation of £100 to the St. Michaels Hospice following the recent fire.

Our event "All you wanted to know about Dementia but were afraid to ask" was well attended and a great success. Dr. Lindsay Hadley from the Memory Assessment Clinic was on hand to answer questions along with a Dementia Advisor offering advice on services available.

The PPG organise health events and talks throughout the year. If there is a subject you would like to be included in our programme please let us know.

Again this year we are supporting the Macmillan World's Biggest Coffee Morning on Friday 25<sup>th</sup> September between 10 and 12 noon. Do come along and join us for this event.

## GIVING BLOOD

You may have read in the press, or heard on the news, there has been a sharp drop in the number of blood donors. The Give Blood website gives a lot of useful information; why give blood, who can give blood, who can't give blood, preparing to give blood and what happens when you attend. Go to [www.blood.co.uk](http://www.blood.co.uk) for more information or alternatively call 0300 123 23 23. The website gives details of when and where you can give blood locally.



**FREE PSA TESTING.** If you are a man, aged between 45 and 75, you can get your PSA (Prostate Specific Antigen) tested for free at the Tilling Green Community Centre on 10<sup>th</sup> October between 10am and 4pm. You **MUST** book at appointment. For more information call the booking line on 01797 253899 between 9am and 6pm. This is being organised through Rye & District Lions, Friends thru Cancer and PCaSO. A simple blood sample from the thumb is all that's needed.

## VACCINATIONS

**FLU.** It is time to start preparing for the Winter flu season. Eligible patients include anyone over 65, patients with diabetes or chronic medical conditions, all pregnant women and anyone who is a carer. Please ring Reception to book your appointment.

**SHINGLES.** If you were born on or between 2<sup>nd</sup> September 1942 and 1<sup>st</sup> September 1945 or 2<sup>nd</sup> September 1935 and 1<sup>st</sup> September 1937 you are eligible for the shingles vaccination this year. This one off vaccination reduces the chances of you developing shingles.

**PNEUMOCOCCAL.** This is a one off vaccination offered routinely to all patients at the age of 65 as well as those with chronic health conditions of any age.

**CHILD FLU.** The annual child nasal spray flu vaccination programme continues this year. Eligible children are those aged two, three or four on 1<sup>st</sup> September 2015. Children in school year one and two are usually vaccinated at school.

**MENINGITIS ACWY.** All students age 17 and 18 will be offered the Men ACWY vaccination. This vaccine offers protection against four different causes of meningitis including Meningitis W, cases of which are increasing. Meningitis W is fatal in 1 in 10 cases and is a more severe infection than the more common Meningitis B and C strains.

**MENINGITIS – BABIES.** From 1<sup>st</sup> September 2015 the routine childhood vaccination schedule will include Meningitis B vaccination (comprising three doses).

## Surgery News

- Friends and Family Test (FFT). Have you completed our FFT yet? If not, please pick up a form from Reception or by completing the short survey by logging on to [www.iwantgreatcare.org](http://www.iwantgreatcare.org). This is an important feedback tool and gives you the opportunity to provide comments and views on your experience at the surgery.
- During July and August a total of 18 hours of appointment time was lost due to patients not attending their appointments. If you are unable to attend your appointment please let the practice know as soon as possible so that we can offer it to another patient. Please help us to help you and others. Thank you to everyone who did attend, or cancelled their appointment if they could not attend.
- At the Ferry Road Health Centre we are committed to helping our patients manage their health. "Choosing well" ensures that you receive the treatment you need and reduces the demand on emergency services and GP appointments. Below is a list of local services available to you to choose from with some examples of when to access the services. Please try and use the most appropriate service for the problem you have.

Choking, Chest Pain Blacking Out, Blood Loss, Suspected Stroke, Head injuries, Broken bones	<p><b>A&amp;E or 999 - When and Why?</b></p> <p>Accident and Emergency services are very busy. They should only be used in very serious or life-threatening situations.</p> <p>Choosing well ensures that essential treatment is given, in the shortest possible time</p>
Any GP appt Outside usual surgery hours	<p><b>NHS Walk-in Centre (<a href="#">Station Plaza Hastings and Eastbourne Station Forecourt 8am-8pm EVERY DAY</a>), When and Why?</b></p> <p>If you need medical treatment or advice which does not need a visit to A&amp;E but a medical appointment outside your normal GP hours. Choosing well ensures you receive the best possible treatment, leaving emergency services to those who need them most.</p>
GP appointment in usual surgery hours	<p><b>GP - When and Why?</b></p> <p>Make an appointment with your GP when you have an illness or injury that will not go away or want advice for a medical condition.</p> <p>You can make an appointment with a doctor for medical advice, examinations, and prescriptions.</p>
Diarrhoea Runny nose Painful cough Headache	<p><b>Pharmacist - When and Why?***</b></p> <p>Visit your local pharmacy when you are suffering from a common health problem which does not require being seen by a nurse or doctor.</p>
Unwell ? Unsure ? Confused ? Need help ?	<p><b>NHS 111 – When and Why?</b></p> <p>NHS Direct offers confidential health advice, 24 hours a day, 365 days a year.</p>
Hangover Grazes Sore throat Cough	<p><b>Self-Care - When and Why?</b></p> <p>Self-care is the best choice to treat very minor illnesses and injuries. Choosing well ensures you receive the rest and recovery you need, meaning busy NHS services can help those who need them most.</p>
All health information	<p><b>NHS Choices</b> website helps you find information on GPs, Dentists, Hospitals &amp; offers a huge amount of info on health, living well, social care and support, local services and latest health news</p>

\*\*\* Your Pharmacist may be able to help with the following conditions : colds, mild eczema, athlete's foot, constipation, period pains, thrush, hayfever, simple allergies, warts, verrucas, mouth ulcers, cold sores, nappy rash and teething problems. If you seek advice from the Pharmacist and you require the attention of your GP the Pharmacist will recognise this and advise you accordingly.