



SURGERY WEBSITE

Have you visited the Surgery website? Come along to the surgery on Friday 29th September between 10 and 12 when an expert will be on hand to show you how to access surgery information via the web. It is also possible to make appointments and order repeat prescriptions on line. Please call into the surgery to register for this service.



MACMILLAN COFFEE MORNING

As on previous years, the PPG and staff at Ferry Road will again be taking part in the Macmillan World's Biggest Coffee Morning. This years event is on Friday 29th September. Do try to join us at the surgery, between 10 – 12, and support this event.



"FEET FIRST"

from birth to beyond

Paula Riley, Senior Lecturer in Podiatry at Brighton University, will be giving a talk at the Rye Community Primary School on Wednesday 27th 2017 at 6.30pm

Complimentary Refreshment from 6pm

All welcome to come along and ask questions

SEASONAL FLU

Flu is a very unpleasant illness and can be very serious for older people and patients in the "at risk" groups (which include those with a weakened immune system, neurological disorders, liver, lung or renal disease, heart problems, diabetes and pregnant women).

We urge everyone who is eligible to get the vaccine to help protect themselves and their families this winter. Flu vaccines are available at a number of outlets (supermarkets, chemists etc.) but we would encourage you to come along to the surgery as we also take this opportunity of carrying out other checks as well. Please call the surgery to arrange your appointment now.

SHINGLES

Who is eligible? Aged 70 – plus anyone in their 70's who was born after 1st September 1942 and not yet had the vaccine. Aged 78 – plus anyone aged 79 years old who has missed out on the vaccine. It can be a little confusing. Speak to us and we will see if you are eligible.

If you do fit the age range criteria we recommend that you have this vaccine. Every year over 50,000 cases of shingles occur in older people aged 70 and over, please call the surgery to arrange an appointment.

CHILDRENS FLU

All children aged 2-8 will be eligible for the nasal spray vaccine. School aged children are usually vaccinated at school. Children in "at risk" groups will be invited to attend from the age of 6 months.

Surgery News

- Sadly we said “goodbye” to Audrey Haffenden, our Health Care Assistant back in the Summer. Audrey was a valued member of the Nursing Team and we wish her well for the future. We are delighted to say “hello” and introduce Stacey Fleet to the Nursing Team. You will see Stacey when you come along for routine tests and checks – blood tests, blood pressure etc. Stacey will also be working alongside the GPs and Practice Nurses and carrying out initial consultations if you have a Long Term Medical Condition (Diabetes, Ischaemic Heart Disease and COPD).
- **Patient Participation Group (PPG).** Are you interested in finding out more about the surgery? Would you like your views to be heard? Do you have any ideas on how to improve the services offered? If so, then join our PPG. The Group meet every three months. For more information contact the PPG Chair via the Surgery.
- **WALKING** is the perfect activity for health. Did you know that walking can make you feel good, give you more energy, help you sleep better, help you reduce stress, keep your heart strong, reduce your blood pressure and help to manage your weight? Walking can help keep your mind and your social life healthy too! Why not join one of the walks local to us? Rye Health Walk meets every Monday at 10:00 am at Gibbets Marsh car park, Udimore Road. Rye Harbour Health Walk meets every Wednesday 10:15 am outside the toilets/bus stop in Rye Harbour. Free, friendly walks, lasting no longer than an hour. Join in, feel good.
- **DO YOU TAKE REGULAR MEDICATION?** Medicine wastage is a real problem in the NHS. Everyone has a part to play to reduce medicines waste. If everyone makes a small change then together we can make a massive difference to reducing medicines waste and looking after our NHS.

Check what medicines you have at home before you order more. When ordering your medication - remember - don't tick it if you don't need it. There is no need to worry; the item will not disappear from your repeat prescription. It will still be there next time you need to order it. Order wisely.



- **ONE YOU EAST SUSSEX.** This is a new integrated lifestyle service dedicated to supporting you in making healthier choices. Experienced coaches will help you by supporting a range of challenges. Services include quitting smoking, getting active, eating well and losing weight. To find out more call 01323 404600 or visit www.oneyoueastussex.org.uk
- Healthier You is a lifestyle service that will help you reduce your risk of developing Type 2 Diabetes. There are four weekly group sessions followed by a review nine months later for people at high risk of developing Type 2 Diabetes. You will need to be referred by your GP so please contact us to see if you are eligible.
- Concerned about the risks of your alcohol use, and would like some support, then contact STAR 0300 30 38160
- ONE YOU is packed with lots of useful tips on eating well, moving more, drinking sensibly and stopping smoking. Take a look at www.nhs.uk/oneyou.