



Again this year our Patient Participation Group and staff are supporting the Macmillan World's Biggest Coffee Morning on Friday 28th September between 10 and 12 noon. We have been taking part in this annual event since 2007 and have raised a total of £3452 with coffee mornings, raffles and book sales for Macmillan during this time. Do come along and join us for this event.



Please remember, you don't always need to get a prescription from your GP for the medicine you need. Many can easily be bought over the counter at a pharmacy. Every year in East Sussex and East Surrey we spend more than £10 million prescribing medicines and products that are easily available to buy over the counter. A pack of pain killers costs around 30p from a pharmacy, whereas the cost to the NHS is more than £35 (when all costs are included).

Every £1million saved on unnecessary prescriptions could fund around:

- 270 hip replacements
- 39 community nurses
- 66 treatments for breast cancer

The NHS belongs to you so please use it responsibly. For more information on self-care and local NHS services visit www.sussexhelpmy.nhs.net

Ferry Road Health Centre Autumn 2018



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.

CHILD FLU. The annual child nasal spray flu vaccination programme continues this year.

OTHER VACCINATIONS

SHINGLES. 90% of adults raised in the UK have had chickenpox, although not everyone may recall having it. If you have had chickenpox then you are at risk of developing shingles. The Department of Health have introduced a campaign to vaccinate certain age groups against shingles. Please call the surgery to see if you are eligible for this vaccination.

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.

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. It is especially important to be protected if you are attending college or university.

SURGERY NEWS

- We sadly said “Goodbye” to Dr. Sharafi and Sara Terry in August. Dr. Sharafi has moved out of the area and Sara is working for practices in the Hastings and Bexhill area.
- We would like to welcome and say “Hello” to Tracey Heath who has joined our Reception Team. Tracey will be on the front desk and also providing administration services in the background. Dr. Winch has also joined us. He will be running clinics on a Monday and Thursday. Dr. Winch trained in Aberdeen, and had eight years in the Royal Navy as a Medical Officer, before becoming a GP in Headcorn where he worked for the last 24 years. He plays tennis, sails and skis and tries to keep up with his four children. He knows Rye well, having honeymooned here and has also kept his boat here. Dr. College will now be working Wednesdays.
- Our new patient calling system is now up and running. As well as calling patients to the consulting rooms the screens will also display health promotional information and advice.
- There is a dedicated Stop Smoking Service starting here on 30th October. This is run by One You East Sussex and offers one to one support in helping you quit. Appointments for this service can be booked through Reception.
- Community Connectors – Social Prescribing. We offer a drop in service here Tuesdays 9-2 and Fridays 9-5. Come along and meet our Community Navigator who will work with you to help with health and wellbeing, housing, finance and debt, leisure activities, education and training.
- *Coming soon* - Age UK Foot Clinic will be offering a service here, designed to provide all levels of care, from basic toenail cutting through to qualified podiatrists who are able to attend to more complex needs. This is a charged for service. Prices start from £13.50. For more information please contact the surgery.

GENERAL DATA PROTECTION REGULATIONS

(GDPR)

GDPR is a new law that came into force on 25 May 2018 and supercedes the Data Protection Act 1998. It determines how your personal data is processed, kept safe and the legal rights you have in relation to your own data. It means that your information/data held by the surgery

- must be processed lawfully, fairly and transparently.
- collected for specific, explicit and legitimate purposes.
- must be limited to what is necessary for the purposes for which it is processed.
- must be accurate and kept up to date.
- must be held securely.
- it can only be retained for as long as is necessary for the reasons it was collected.

Copies of the surgery Privacy Notice is available on our website and also displayed in the Surgery waiting room.