



Once again this year our Patient Participation Group and staff took part in the Macmillan World's Biggest Coffee Morning and raised our biggest amount to date – an amazing £665.76. Thank you to everyone who supported this event. It really is appreciated.

WORD FROM THE PPG

Would you like to improve your chances of Avoiding Frailty in Later Life? Then put Tuesday 28th April 2020 in your new diary. Our Patient Group (in conjunction with Rye Medical Centre PPG and Rye U3A) are excited because they have persuaded Dr Mucci – an award winning Consultant Geriatrician at the Conquest who titles herself a 'Common Sense Advisor' - to repeat her inspiring presentation "Combating Frailty in Later Life" which has already been a great success in Hastings, Bexhill, Northiam and Sedlescombe. She believes people in older age are important to society. Several of our PPG members have already heard her talk and thought it would be an excellent chance for people in the Rye Area to also benefit.

Dr Mucci is giving us a free presentation which will cover a wide variety of topics which affect us as we age and suggests what we can do to help ourselves in very practical ways. Watch this space in the New Year for more information.

CHRISTMAS AND NEW YEAR CLOSURE

Just a reminder that we will be closed on 25th and 26th December and 1st January. Please make sure you order your repeat prescription to cover the festive period.

The Doctors and staff wish you a Happy and Healthy 2020.

Ferry Road Health Centre Autumn/Winter 2019

On-line Access for Patients

You can now access some of our services 24 hours a day at home, work, or on the move – wherever you can connect to the internet. We offer patients the facility to book appointments, order repeat prescriptions, view results and access some of their medical records on-line. This allows you to view, export and print any summary information from your records relating to your medication, allergies, immunisations and test results. To register for online access you will need to visit the surgery, bringing with you some personal identification (such as passport, driving licence or utility bill). You will then be given instructions on how to register and a unique username and password.

On-line Access for Children

You are able to register for Proxy Access for your child. This will allow you access to the services until the child's 11th birthday. For more information please speak to Reception.



KEEPING YOUR BALANCE : REDUCE YOUR RISK OF FALLS

There is a new Falls prevention strength and balance exercise class in Rye. The class is suitable for anyone who:

- Has had one fall, a near miss or an identified risk of falls
- Have significant impairment of gait & balance
- Have a fear of falling

Patients will have a falls assessment before joining the group to ensure they are suitable. Patients can self refer to this service by calling 0345 60 80 191 or via the surgery



VACCINATIONS

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.

MMR. You may have heard or seen in the press that the UK has lost its measles-free status. The measles vaccine is included in the MMR jab and is a safe and effective way to stop this highly infectious disease. The majority of cases being seen are in teenagers and young adults who missed out on their MMR vaccine when they were children. If you are not sure if you are covered, please call the surgery and we will be happy to check.

SHINGLES. A vaccine to prevent shingles is available to people in their 70's. The shingles vaccine is given as a single injection – you'll only need the vaccination once and you can have it at any time of the year. The shingles vaccination is expected to reduce your risk of getting shingles. If you do get the disease, your symptoms should be milder and the illness shorter. If you are not sure if you are eligible for this free vaccination, please speak with the Reception Team and they will check for you.

COMMUNITY CONNECTORS.

SOCIAL PRESCRIBING TO IMPROVE MENTAL HEALTH AND WELL BEING

The Community Connectors here at Ferry Road offer a free service to anyone over 16 to help improve their emotional and mental well-being. There are one-to-one meetings here at the surgery to help you find practical solutions to everyday issues, including:

Health/Well-Being
Housing
Employment
Finance/Debt
Social Networks/Education/Training
Leisure Activities/Volunteering

For more information contact the surgery, or you can self-refer via <http://www.southdown.org/communityconnectors>

East Sussex Warm Home Check

The East Sussex Warm Home Check service offers anyone struggling to keep warm at home advice and help to access the support available. It also offers a home visit for eligible vulnerable people on a low income in private tenures (homeowners or privately rented homes). The visit includes: advice on getting help with the cost of heating the home; an assessment of the home and how best to keep it warm; small preventative works (such as improving insulation or repairing boilers); installation of replacement boilers, central heating systems or home insulation (subject to additional eligibility and limited availability) and emergency temporary heating. This service is available all year round. To access this service please contact the surgery or text WARM to 81400 or call 03444 111 444 and ask for Sussex Warm Home Check.