

FERRY ROAD HEALTH CENTRE Updates and Useful Contacts

COVID VACCINATIONS

If you haven't had your Covid vaccination we would urge you to take up the 'evergreen' vaccine offer. The NHS offer of a vaccine is not time limited so if you have been undecided but would now like the vaccine, have only had one, or not booked your booster, go the website detailed below.

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination>

If you are not able to book online, please call 119 free of charge, 7am to 11pm, 7 days a week. You can ask someone else to do this for you. Your nearest vaccination site is Tilling Green Community Centre, Mason Rd, Rye TN31 7BE

SEASONAL INFLUENZA VACCINATIONS

The flu vaccine is a safe and effective vaccine. It's offered every year on the NHS to help protect people at risk of getting seriously ill from flu. It is not too late to book for your vaccination. Call the surgery and we will be happy to make you an appointment.

PATIENT PARTICIPATION GROUP

The Ferry Road Health Centre Patient Participation Group are always looking for new recruits. If you are interested please contact 01797 226245 or leave your details with one of the Reception Team.

PHYSIOTHERAPY ASSESSMENT/APPOINTMENTS



Nicola Bamford, First Contact Physiotherapist, is offering appointments at the Ferry Road Health Centre. Nicola is working with us and the other GP practices across Rural Rother as part of our Primary Care Network. If you have bone, joint or muscle pain, you could be invited to see Nicola instead of a GP. Nicola will:

- Assess you and diagnose what is happening
- Give expert advice on how best to manage your condition
- Refer you on to specialist services if necessary

With Covid-19 restrictions, Nicola is currently offering telephone appointments and will invite you in for a face to face appointment if she feels necessary. This could be at Ferry Road or another GP Practice within our Rural Rother PCN.

COMMUNITY CONNECTORS SOCIAL PRESCRIBING TO IMPROVE MENTAL HEALTH AND WELL BEING

Southdown

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 HEARING

Free NHS hearing aid batteries and maintenance on the 3rd Friday of the month 10:30 am to 12:00 pm at the Hub on Rye Hill, Kiln Drive, Rye, TN31 7SQ. This is a drop in service for free batteries, plus free hearing aid maintenance, support and advice. Please note - this is for NHS Audiology Department patients only.

SMOKING CESSATION

One You East Sussex stop smoking advisors can support you throughout your quit attempt. We will see you (up to a maximum of 12 appointments) to help you remain smoke free. You are four times more likely to quit for good with support. Your first stop smoking appointment will last for 30 minutes. At this appointment the advisor will ask you about any quit attempts you may have had in the past and look at your current smoking habit. You will also be asked to do a simple breath test to look at carbon monoxide levels in your breath. This helps to determine your dependency levels and the amount and type of medication you might need.

Nicotine Replacement Therapy is available on prescription and these medications will be discussed with you on your first appointment.

If you would like to be seen with another family member or friend this can be arranged. Contact the surgery for more information.

CARE FOR THE CARERS

Do you look after someone who couldn't manage without your help? Care for the Carers are there for you if you need advice, information or support. They offer practice help and advice, help you plan ahead and are someone for you to talk to. You can self-refer by calling 01323 738390 or ask one of the Reception Team who will be happy to provide you with more information and refer you.

NHS APP

Owned and run by the NHS, the NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet. After you download the app, you will need to set up an NHS login and prove who you are. The app then securely connects to information from your GP surgery.

Use the NHS App to:

- get your NHS COVID Pass - view and share your COVID Pass for places in England that have chosen to use this service and travel abroad
- get advice about coronavirus - get information about coronavirus and find out what to do if you think you have it
- order repeat prescriptions - see your available medicines, request a new repeat prescription and choose a pharmacy for your prescriptions to be sent to
- get health advice - search trusted NHS information and advice on hundreds of conditions and treatments. You can also answer questions to get instant advice or medical help near you
- view your health record - securely access your GP health record, to see information like your allergies and your current and past medicines. If your GP has given you access to your detailed medical record, you can also see information like test results. Register your organ donation decision - choose to donate some or all of your organs and check your registered decision
- find out how the NHS uses your data - choose if data from your health records is shared for research and planning

For more information go to <https://digital.nhs.uk/services/nhs-login/nhs-login-for-health-and-care/getting-patients-started-with-nhs-login>