

FERRY ROAD HEALTH CENTRE

www.ferryroadhealthcentre.net

We remain as busy as ever, and over the past few months have struggled with staff shortages due to sickness and vacancies, and would like to thank our patients for their continued support and the politeness and courtesy extended to our staff during this difficult time. We now have some new team members; Clare, Sarah, Kiera and Sue have joined the Reception/Admin Team and Gina and Dawn have joined the Nursing/HCA Team. We continue to work alongside other surgeries in the Rural Rother area as part of the Primary Care Network (PCN) to offer a number of services and to focus local patient care.

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 to 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.

SEASONAL INFLUENZA VACCINATIONS

The flu vaccine is a safe and effective vaccine. It is 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 (PPG)

The PPG held a 'tea party' for the Queens Platinum Jubilee raising £241.15 for the Ukrainian appeal and the Rye Food Bank. Over the coming weeks, a Cheal's Weeping Cherry tree will be planted in the surgery garden in remembrance of Queen Elizabeth II.

The PPG 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

The surgery now has access to three First Contact Physiotherapists. Nicola Bamford, Karen O'Hara and Urmi Chavan offer both telephone and face-to-face assessments and advice.

If you have bone, joint or muscle pain, you could be invited to see a First Contact Physiotherapist (FCP) instead of a GP. The FCP role is to triage, assess, diagnose and aid in the initial management of the patient. Rest assured, they can provide all elements of care that a GP can, including arranging X-rays, ultrasound scan, blood tests, medicine reviews, fit note writing as well as onward referrals to relevant specialities including orthopaedics, rheumatology, neuro-surgery and pain management.

Clinical Pharmacists

Heidi Kong is our PCN Clinical Pharmacist. Clinical Pharmacists are healthcare professionals who are specialists in medicines. Heidi is part of a multidisciplinary team at the practice, and her main focus is checking if you are taking the right medication, at the right times for the right medical condition. You may be contacted by Heidi to discuss your medication and any dose adjustments or for a medication review.

Heidi can also help patients understand what their medication is for and can discuss if there might be any interactions or possible side effects, or if patients need to have any blood tests or other health checks to make sure the medication is safe

CARE FOR THE CARERS

Care for the Carers - Supporting carers in East Sussex

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.

Self-Care

NHS England have issued guidance to GPs advising them not to routinely prescribe over the counter medicines for certain conditions.

Remember:

- Speak to your pharmacist today about how they can help you with your common condition.
- Always choose self-care for common conditions.

Details of your local pharmacy and their opening times can be found at www.nhs.uk/chemist

Keeping a selection of essential medicines at home you can treat common conditions easily and avoid unnecessary trips to see your doctor. A useful interactive tool kit can be found at

<https://int.sussex.ics.nhs.uk/wp-content/uploads/2020/06/What-should-you-have-in-your-medicines-box.pdf>

Health in Mind *healthinmind*

You don't need to be at your lowest to get help. Are you feeling stressed? Not sleeping well? Feeling more emotional? Lacking Motivation? Feeling down? Feeling nervous or more irritable. Health in Mind offer free and confidential NHS Talking Therapies services for all adults (18+) in East Sussex. You can contact Health in Mind without the need for a GP appointment. To request a referral form go to spnt.healthinmind@nhs.net, www.healthinmind.org.uk or call 0300 00 30 130.

For ease of use of the links, this newsletter is available on the Ferry Road Health Centre website in the 'newsletter' section.