WORD FROM THE PPG

We are looking to hold a healthy living event in Spring 2025. What would you like to hear a talk on? Let us know. Some suggestions have been:

Help with Understanding Dementia
Sun Protection - advice on skin protection
Diabetes - how to eat well

We have a PPG box in the Reception area, please leave your ideas or suggestions there.

Would you like more information on becoming a member of our PPG? Please contact us via the surgery and we will be happy to chat with you about how we work alongside the practice.

Unused Surgical Consumables

Do you have unused surgical consumables (such as bandages, catheters etc – they MUST be sealed)? Bring them to the surgery and Medi Tech Trust Charity will collect them and send them to overseas hospitals where they can be used immediately. Should you have unused medical equipment (such as crutches, boots, supports etc) please call the charity – 01323 442211 – and they will arrange collection. To comply with UK legislation, no medicines can be accepted. They must be returned to the pharmacy who dispensed them to you.

Pharmacy First

The consultation service enables patients to self-refer into community pharmacy for a minor illness or an urgent repeat medicine supply.

You can self-refer to the Pharmacist for the following conditions:
Uncomplicated UTI's (women only aged 16-64)
Shingles (over 18's only)
Impetigo (1 year and over)
Infected insect bites and stings (1 year and over)
Acute (Sudden onset) Sore throat (5 years and over)
Acute Sinusitis (12 years and over)
Acute Otitis Media (1-17 years only)

Day Lewis, Boots and Jempsons Peasmarsh are participating in this service

VACCINATIONS

RESPIRATORY SYNCYTIAL VIRUS (RSV) Vaccine

RSV is an infectious disease of the airways and lungs and is most serious for small babies and older people. RSV accounts for around 30,000 hospitalisations in children aged under 5 and is responsible for 20 to 30 infant deaths. It also causes around 9,000 hospital admissions in those aged over 75. This new vaccine is currently available for patients who turn 75 of age on or after 1 September 2024 or who are already aged 75-79 years old on 1 September 2024. More information is available on our website – www.ferryroadhealthcente.net

SEASONAL FLU, PNEUMONIA AND SHINGLES

Not sure if you are eligible for any of these vaccines? Call the Reception Team who will be happy to check for you.

WINTER COVID BOOSTERS

This campaign starts on 3rd October. The vaccine will be offered to residents in Care Homes, all patients over 65 and under 65's who are immunosuppressed. You can book this vaccine via the National Booking System

CHILDHOOD VACCINATIONS.

Vaccinations for preventable illnesses, like Measles, are free as part of the NHS childhood vaccination schedule. If you think your child has missed out, you can catch up on any missed doses. Please book to see our Nurses to discuss your childrens immunisations and any concerns you may have.

APPOINTMENTS/PATIENT FEEDBACK

Everyone knows that GP practices are busier than ever. That's why there are now more ways to get in touch with us. You can use our online service – Engage Consult via our website to request help about non-emergency medical problems or for general advice from the Doctor or other members of the practice team. Just answer a few questions, click send, and we will work with you to ensure you get the help that's right for you. And, as always, you can still choose to contact us by phone or by visiting us.

In August 83 patients did not attend their appointment, or call us in time for us to allocate the appointment to another patient. Please let us know if you can't attend.

Patients attending for appointments are sent a text questionnaire after their appointment. Here are some of the comments we have received during August

The staff are all really helpful, friendly and polite. Thank you!
Booking in was quick and simple, the staff including the doctor were very friendly and cheerful and made me feel welcomed.
Great service from an experienced nurse who knew what she was doing and did it with kindness
Very friendly treated a person not a number.
I feel I am well looked after

SELF REFERRALS

Patients may benefit from self-referrals. Did you know you can self-refer to the following services?

Urgent and Crisis Support
The Sussex Mental Health Line is now delivered 24/7 via NHS 111 for people who need urgent help with their mental health by selecting the 'mental health option' or you can text 85258 for free confidential 24/7 text based messaging support.

Cost of Living Crisis
As there is an obvious two-way link between having poor mental and physical health and financial instability – not having enough money, food, or a comfortable and secure home - East Sussex County Council have put together some information to support people in East Sussex who may be struggling with the cost of living, for more information visit https://www.eastsussex.gov.uk/community/cost-of-living-support/money-help-and-advice

Change Grow Live

Alcohol and Drugs. Want help and support to cut down or stop?
https://www.changegrowlive.org/ Telephone **03003038160**

Problems Sleeping
Cognitive behavioural therapy for insomnia (CBTi)
Free: https://sleepful.org.uk/
Free: https://mobile.va.gov/app/cbt-i-coach (developed by US Department of Veterans Affairs)