

Stone Cross, Pevensey Bay and Westham Surgery Newsletter

www.stonecrosssurgery.co.uk

Volume 5 Issue 2

July 2015

Editors Comments

Gillie Andrews, Practice manager

Dear Patients

Time has flown by these last few months and I believe we are nearing a brighter future. We are so happy to be introducing Dr Ilan Rajap in October and we are looking forward to welcoming him. We are still advertising for another part time GP to complete the team.

It has been a difficult time for us and we would like to thank you for understanding and for watching the media coverage regarding the National shortage of GP's.

It really helps if patients do not use us as an emergency service and very soon we should be able to offer more appointments to try to accommodate our patients more effectively.

It has been lovely meeting some of you and for the welcome I have received since being in post last September. Thank you....

From July 18th to August 1st Pevensey Villages Partnership are staging the first ever Scarecrow festival ...



Look out!



Dr A Bansel – Would like to thank you for all of your good wishes on his leaving. He was overwhelmed with the kindness and comments that he received.

Dr Ilan Rajap joins the surgery on 5th October as a new part time GP for the surgery. He has a wealth of experience and is local to the area. He will be working with us on Mondays and Wednesdays

****SAVE THE DATE****

Flu season

Flu for the over 65's or who are eligible for the vaccine only.

Saturday 19th September
Walk in clinic at Stone Cross
Times still to be confirmed

Saturday 3rd October a bookable clinic at Pevensey Bay.

Times still to be confirmed
For under 18's, who qualify, the Fluenz nasal spray is again available.



Be safe in the sun!



Please allow eight weeks before you travel to obtain your travel vaccines.

Use a sunscreen of at least SPF 15 which also has a high UVA protection.

Cover up using clothing such as a wide brimmed hat and long sleeve tops.

Protect your eyes from exposure with sunglasses marked with a CE mark, UV400 label or that offer 100% UV protection.



when it's less urgent than 999

NHS 111 is available 24 hours a day every day of the year

When should I use 111?

When it is not a life threatening situation-that is when it is less urgent than a 999 call.

When you cannot see your own doctor-eg When the surgery is closed.

When you feel you cannot wait or when you feel that you require reassurance about what to do next.

BP self testing machine

Our BP self testing machine in our quiet waiting room is a success with many of you using it.

You can call in during our opening hours without an appointment to take your own blood pressure readings. The machine will print a ticket and you will be asked to repeat the test and then hand in both tickets to the Receptionist who will pass them to a clinician for interpreting any follow up appointment that you may need.

Over 18 years only.
We are glad you like it!



Communication with patients



Please ensure the surgery has your up to date telephone contact numbers

The NHS Friends and Family Test

We always encourage our patients to provide feedback about our services through our patient surveys.

The Friends and Family Test aims to drive service improvement in local healthcare by providing people with the opportunity to feedback on their experience. The results of the survey will be published at monthly intervals on both NHS England and NHS choices websites.

Here is a feedback comment from one of our patients

'Excellent surgery and first class service .

I have over the years had to use a number of surgeries but this one is by far the best.'

93% Patients recommend this practice.

Please allow three working days for your repeat prescriptions to be processed

Call **999** in the case of emergency

www.stonecrosssurgery.co.uk

Surgery walk!

Assura group have routed some 1-2 mile walks from the surgery and these are displayed in the waiting room.

These are to promote a healthy lifestyle.

You can ask for a map at reception and let us know when you would like to try them and we might join you.....



Other news

Pevensey Bay Baptist church offer a food bank every Monday 10am-12 noon for persons in need.

Patient participation group

If you would like to join our Patient participation group who meet with us regularly and give us lots of feedback and ideas we would be happy to hear from you.

Please contact Michelle Kenward our Deputy Practice Manager



In This Edition

Page 1

Editors Comments
Scarecrow Festival
Dr Bansel thanks
Dr Ilan Rajip
Flu season
Be safe in the sun
Call 111

Page 2

BP self testing machine
Communication
The NHS friends and Family test
Useful numbers and links
Surgery walk
Pevensey Bay foodbank
Patient Participation group