

# Stone Cross, Pevensey Bay and Westham Surgery Newsletter

[www.stonecrosssurgery.co.uk](http://www.stonecrosssurgery.co.uk)

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## Editors Comments

Gillie Andrews, Practice manager

Dear Patients

As ever, the practice has been busy over recent months. Ever changing legislation and health campaigns constantly keeps us on our toes.

Unfortunately, summer appears to be over and we are rapidly heading into the cooler (colder!) weather and darker nights.

Many older people are vulnerable to poorer health in the colder months and hopefully we can all make a contribution to making them more comfortable over the coming months.

Meningitis has also been in the news recently and there are new schedules for vaccination against this disease for new born children and for adolescents/schools leavers.

The new programme makes England the first country in the world to offer a national, routine and publicly funded Men B vaccination programme.

As always we would encourage people to properly protect themselves and their families and follow the national guidelines for vaccinations.

Further information can be found on the NHS Choices website or, please ask to talk to one of our experienced vaccination nurses.

## Flu season

The Government recommends that you have a seasonal flu jab every year.

Flu is not only unpleasant; it can also develop into pneumonia, which can be serious.

Your jab will be free if:

- \* you're 65 or over
- \* you receive Carer's Allowance or are the carer for a person whose welfare will be at risk if you fall ill
- \* you have a condition such as diabetes, a chronic heart, lung, kidney or liver problem, Parkinson's, or if you have had a stroke

For under 18's, who qualify, the Fluenz nasal spray is again available.



when it's less urgent than 999



## We would like to welcome

**Dr Ilan Rajap** who joined the surgery in October as a new part time GP for the surgery. He has been very well received and will be working with us on Mondays and Wednesdays. He specialises in Dermatology.

## Access to Appointments

We all know NHS resources are over stretched and the demands of patients are forever increasing. If we are to have any chance of delivering the access to services that we aim for and that you our patients wish for, then we must have your support.

Please attend your appointments on time and if you need to cancel, please do so in sufficient time that the appointments can be offered to other patients. No one is more frustrated than us when we can't offer any more appointments and yet we see so many being wasted. We want to deliver a good service, please help us to do so.

## Abuse and Neglect of Vulnerable Adults

Everyone has the right to live in safety, free from abuse and neglect. Abuse and neglect can occur anywhere:

In your own home or a public place, while you are in hospital or attending a day centre, or in a college or care home.

You may be living alone or with others. The person causing the harm may be a stranger to you, but more often than not the person is known, and it can be the case that you usually feel safe with them.

If you feel someone you know is showing signs of abuse, talk to them to see if there's anything you can do to help. If they're being abused, they may not want to talk about it straight away especially if they've become used to making excuses for their injuries or change in personality.

Don't ignore your concerns, though. That could allow any abuse to carry on or escalate.

Call the local council and ask for the adult safeguarding co-ordinator or you can call The Action on Elder Abuse helpline, free and in confidence, on:

**0808 808 8141**



### Did you know?

As part of efforts to save money within the NHS, can we encourage you to buy treatments for minor ailments rather than have them prescribed?

Some ailments can be dealt with over the counter products at a pharmacy

You will not necessarily need to be seen by the Doctor for minor ailments.

The following can be bought at a reasonable cost over the counter at retail pharmacies:

Antihistamines, Chloramphenicol eye drops, Aqueous Cream, Hydrocortisone, Doublebase, Medigel, Aveeno, Aciclovir Cream & Oilatum.

Fybogel Type products, Colpermin, Dioralyte Sachets, Mebeverine, Loperamide, Anusol Cream

and suppositories, some thrush preparations.

**Ask your pharmacist for the available products which relate to your condition**

**Please note that our doctors do not normally prescribe antibiotics for coughs and colds**

**Call 999 in the case of emergency**

**[www.stonecrosssurgery.co.uk](http://www.stonecrosssurgery.co.uk)**

## Patient Information leaflets

Don't forget you can access many online patient information leaflets for medical conditions; you can also go to your local library or ask your GP

For example go to

<http://patient.info/health>



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If you have any items of interest for our patients and for the next newsletter please send your ideas to the Practice Manager for consideration