



**SPRING 2025**

# **NEWSLETTER**

## **PATIENT SERVICES**

### **Easter & Bank Holiday Closures at the Practice**

Friday 18th April - Good Friday - **Closed**  
Monday 21st April - Easter Monday - **Closed**  
**Re-opening on Tuesday 22nd April**

Monday 5th May - **Closed**  
Monday 26th May – **Closed**

Whilst we are closed, if you have a medical emergency, please call 111 and they can direct you to the best place to get help. Only attend Accident & Emergency if you have a life threatening emergency or serious injury.

### **New Site for Extended Access Appointments**

If you are offered an appointment in the Extended Access Service, please be aware that from the 16 April 2025, these appointments will no longer take place at the Hampden Park Clinic in Brodrick Road.

**The new site for these appointments will be at  
Hillbrow Health and Wellbeing, 1 Denton Road, Eastbourne, East Sussex, BN20 7SS.**

Vaccination services will continue at the Hampden Park site until the 30th of April 2025, when they will also be moved to Hillbrow Health and Wellbeing.

### **Providing Practice Feedback**

The Practice would like to thank everyone who has completed a Friends and Family Test. This feedback is a valuable tool to enable us to see when we are getting things right as well as highlighting areas we can improve on.

Patients who have received an appointment reminder will automatically receive a feedback link following their appointment. Patients are also automatically sent a feedback link once they have completed an Engage Consult. The Friends and Family Test is also accessible to patients on our website and in the Practice located on the first floor patient landing.

## Covid-19 Vaccinations Spring 2025

### Eligible Cohorts

The following groups are eligible for vaccination in this campaign:

- Adults aged 75 years and over (including those turning 75 by 17 June 2025).
- Residents in care homes for older adults.
- Individuals aged 6 months and over who are immunosuppressed, as defined in *COVID-19: The Green Book, Chapter 14a (Tables 3 and 4)*.

### **This includes:**

- New residents in older adult care homes or those who become immunosuppressed by 17 June 2025, who will also be eligible for vaccination

### Campaign Start and End Dates

- *Start Date:* 1 April 2025.
- *End Date:* 17 June 2025.

### Invitations and Bookings

Patients can book appointments via the National Booking Site or attend walk-in clinics at the following locations:

### Eastbourne

**Hampden Park:** 12 Brodrick Close, Hampden Park, Eastbourne BN22 9NQ

- Every Saturday and Sunday in April (excluding Easter Sunday) 09:00am – 7:30pm

**Eastbourne Library:** Grove Road, Eastbourne BN21 4TL

- April: 11th, 25th (10:15am – 2:00pm)
- May: 2nd, 9th, 16th, 23rd, 30th (10:15am – 2:00pm)

**Hillbrow Health and Wellbeing:** 1 Denton Road, Eastbourne BN20 7SS

- April: 11th, 17th, 24th (10:00am – 4:15pm)
- April: 25th (10:00am – 2:30pm)

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### Seaford

**Downs Leisure Centre:** Sutton Road, Seaford BN25 4QW

- Every Tuesday from 1st April 2025 – 17th June 2025 (10:00am– 4:00pm)

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### Hailsham

**Civic Community Hall:** 9, 20 Vicarage Lane, Hailsham BN27 1BE

- April: 15th (2:00pm- 3:30pm), 29th (2:00pm – 4:30pm)
- May: 6th, 13th, 20th (2:00pm– 4:30pm), 15th (10:00am– 3:30pm), 2nd, 23rd, 30th (10:00am – 5:15pm)

### Important Information

No SDHC phone line is available for bookings during this campaign. Please DO NOT contact the Practice regarding your COVID vaccination as our team are unable to provide help with this. SDHC will be in contact with you directly or you can email them [sdhc.vaccinations@nhs.net](mailto:sdhc.vaccinations@nhs.net)

## Pharmacy First - Faster Access to Treatment

In February 2024 the government launched Pharmacy First, a scheme that enabled community pharmacies to deliver patient consultations and provide a prescription for 7 common conditions following a clinical pathway.

This service predominately is to reduce waiting times in receiving treatment as well as enabling GP's to have more capacity to treat patients' with more acute illnesses.

Click on the link on our website <https://www.seasidemedicalcentre.co.uk/>

### Free, same-day video consultation for a select number of conditions

You are entitled to free online video consultations, prescriptions and fast, free prescription delivery with NHS Pharmacy First & *my local surgery*\*

[Book a free appointment](#)

- 1 Book a free online video consultation with a Pharmacist
- 2 Only pay for your NHS Prescription if you normally do
- 3 Fast, free, prescription delivery - guaranteed next day if you prefer

**NHS**  
Pharmacy  
First

Impetigo  
Infected Insect Bites  
Shingles  
Sinusitis (Sinus Infection)  
Sore Throat  
UTIs  
& Contraception

Patient feedback from using this service has been very positive and going forward the team will be signposting patients depending on their condition to this service.


## "Statins"

There is evidence supporting statin use even with normal cholesterol levels, particularly for individuals at high risk of cardiovascular events, as statins can reduce the risk of heart attack and stroke regardless of cholesterol levels. <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/medical/drug-cabinet/statins>

UNDERSTAND HEALTH

### Statins – your questions answered

Whether you're taking statins or considering whether to take them, you may have questions about this cholesterol-lowering medication.

 Page updated: 1 November 2023



## Contact Details

In order for us to provide you with the best possible care we do ask that you keep us updated with any changes to your contact details including any changes to your telephone numbers as we contact our patients by text regarding appointments and health campaigns. We ask that any changes to an address or telephone number is given to us in writing either through our:

**Website** <https://www.seasidemedicalcentre.co.uk/change-of-personal-details>  
**Engage Consult** <https://engage.gp/sp/1399/services>  
**In Practice** change of address/contact details/name form

Patients should update the hospital with any changes if under treatment or attending appointments.

## Join our Virtual Patient Participation Group

Our Patient Participation Group (PPG) is a patient led representative group of patients and Practice staff who meet quarterly during the year to discuss Practice issues, new services and help improve patient experience at Seaside Medical Centre.

### The Aims of the Patient Participation Group

- To offer opinions in a constructive manner and to put forward ideas on behalf of other patients.
- To improve the provision of health care.
- To improve communication between surgery, patients and the wider community about matters concerning the surgery and health in general.
- To provide assistance in development of new services.
- To encourage a spirit of self help and support amongst patients to improve their health and social care.

## Join Our Patient Reference Group

To help us with this, we are setting up a virtual patient representation group so that you can have your say. We will ask the members of this representative group some questions from time to time, such as what you think about our opening times or the quality of the care or service you received.

We will contact you via email and keep our surveys short so it shouldn't take too much of your time. We aim to gather around a hundred patients from as broad a spectrum as possible to get a fair representative sample. We need young people, workers, retirees, people with long term conditions and people from non-British ethnic groups.

If you are interested in joining the group or would like to be part of our reference group, please contact us on [sxicb-esx.patientgroup@nhs.net](mailto:sxicb-esx.patientgroup@nhs.net)

# ONE YOU EAST SUSSEX

I want to lose weight

I want to stop smoking

I want to check my health

I want to move more

I want to drink less

I want to improve my mental and physical wellbeing

I don't know where to start

<https://oneyoueastsussex.org.uk/>

The next “pop up” clinic will be held at the surgery on Wednesday 28<sup>th</sup> May 10.30-12.30