

THE SEASIDE MEDICAL CENTRE NEWSLETTER



Issue 27: Spring 2020

PRACTICE NEWS

REDUCING LIST SIZES

We wish to inform our patients that from January 1st 2020 Dr R Wicks and Dr S Lytton will be working part-time and will therefore need to reduce the size of their patient lists. As a result of this reduction some patients will be transferred to Dr Omar Pathan who recently joined the Practice and will be working Tuesday to Friday.

It is important that all doctors have manageable list sizes to practice safely and we appreciate your understanding during these changes. As always, patients are free to book with any clinician in the Practice. Correspondence, prescription requests and pathology results will remain with the doctor the patient is registered to. This ensures all work is divided safely between the doctors and that patients receive a high level of patient care.

CORONAVIRUS ADVICE

The NHS and Public Health England are extremely well prepared for outbreaks of new infectious diseases. The NHS has put in place measures to ensure the safety of all patients and NHS staff while ensuring services are available to the public as much as possible. The risk to the general public is moderate however it is higher for people with underlying health conditions and the elderly. Like the common cold, the coronavirus infection usually occurs through close contact with a person with novel coronavirus via cough and sneezes or hand contact. A person can also be infected by touching contaminated surfaces if they do not wash their hands. Everyone is being reminded to follow Public Health England advice which is to always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue and wash your hands, or use a sanitiser gel. Wash your hands often with soap and water, especially after using public transport. Sanitiser gel is soap and water is not available. Avoid touching your eyes, nose and mouth with unwashed hands. Avoid close contact with people who are unwell.

Remember if you think you may have symptoms, stay at home and seek advice on the phone either with your GP or by ringing 111.

ADDING INFORMATION TO YOUR SUMMARY CARE RECORD

All patients registered with a GP practice in England, will already have a Summary Care Record (SCR), unless you have previously chosen not to have one. This contains information about the medicines you are taking, allergies you suffer from and any adverse reactions to medicines you have had in the past.

Information about your healthcare may not be routinely shared across different healthcare organisation and systems. You may need to be treated by health and care professionals who do not know your medical history, for example in an A&E Department.

Essential details about your healthcare can be difficult to remember, particularly when you are unwell or have complex care needs.

Summary Care Record with Additional Information:

Having a Summary Care Record with additional information can help by providing healthcare staff treating you with vital information from your health record. This will help the staff involved in your care make better and safer decisions about how best to treat you. Authorised healthcare staff can only view you SCR with your permission.

The information shared will solely be used for the benefit of your care.

You can choose to share additional information that includes: your illness and health problems, operations and vaccinations you have had in the past, how you would like to be treated (such as where you would prefer to receive care), what support you might need and who should be contacted for more information about you.

If you do wish to have the additional information added to you SCR. Please ask for a form at the reception to complete and sign and we will process this for you.

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CARE FOR THE CARERS SUPPORTING YOUNG CARERS IN EAST SUSSEX

The Young Adult Carers (YACs) Groups are monthly evening groups for carers aged 17 to 25 years. Run by carer support workers, the groups are split into two sessions.

The first half is structured and includes a workshop, a talk, or feedback and consultation opportunities. The second hour allows the carers to relax, chat with each other, or talk to a support worker.

As well as monthly meetings, the young adult carers also take part in a range of fun activities, such as going to Go Ape or Go Karting, horse-riding and taking on fundraising like The Gauntlet challenge and they have a closed Facebook group.

Contact Care for the Carers by Website: www.cftc.org.uk
Telephone: 01323 738390 Email: info@cftc.org.uk

ARE YOU UNDER 16 OR LOOKING FOR SUPPORT FOR YOUNG CARERS?

Please contact East Sussex Young Carers/IMAGO, which supports Young Carers aged 5-18 who are responsible for caring for a family member with a long-term illness or disability, prioritising Young Carers caring for a parent with mental health or drug and alcohol issues.

Contact East Sussex Young Carers by Website: www.imago.community/Children-and-Young-People

Telephone: 0300 111 1110 Email: info@eastsussexyoungcarers.org.uk

Twitter @ESussexYCarers Facebook: Imago Young People Support

HRT CLINIC

From April 1st 2020, Nurse Practitioner Shirley Colvin will introduce an annual monitoring service of patients taking HRT. Patients will be offered an annual review with Shirley to discuss general health and risks.

EASTER AND MAY BANK HOLIDAY CLOSURES

Good Friday 10th - Normal Hours
Bank Holiday Monday 13th - Normal Hours
Bank Holiday Friday 8th May - Normal Hours
Bank Holiday Monday 25th - CLOSED.

When we are closed and you are in need of medical advice please ring 111. If you are in need of medical attention then please go to the Walk in Centre at Eastbourne Train Station. They are open from 8am-8pm.

If you have a medical emergency then we would advise to ring 999
Hospital A&E Departments are open as normal

EVENING, WEEKEND AND BANK HOLIDAY APPOINTMENTS

Seaside Medical Centre patients now have access to the Extended Access Service. Appointments can be booked as normal through Seaside Medical Centre, although you will be seen at a different surgery by a different team. These appointments are available on evenings, weekends and bank holidays.

This service is for patients that need more flexibility to see a GP or healthcare professional at these times. On booking you will be asked if you consent to the GP having access to your full medical record, if you do not consent to this, this service will not be available to you.