

Stone Cross, Pevensey Bay and Westham Surgery Newsletter

(www.stonecrosssurgery.co.uk)

Spring/Summer 2020



Welcome to the spring/summer addition of our Stone Cross, Pevensey Bay and Westham Newsletter.

We would like to take this opportunity to inform you about some important upcoming changes at the surgery.



Coronavirus Advice

If you are unwell **AND** have lived or travelled in China, Hong Kong, Japan, Macau, Malaysia, Republic of Korea, Singapore, Taiwan, Thailand, Iran, Vietnam, Cambodia, Laos, Myanmar or Northern Italy, in the last 14 days **OR**

If you have had contact with a confirmed case of Wuhan Novel Coronavirus in the last 14 days

Please follow this guidance...

Stay indoors and avoid contact with others. Contact NHS 111 for advice. Do NOT go directly to your GP Surgery or hospital.



We are very excited to announce that we have managed to recruit a new salaried GP Dr Moti Gurung. You may remember Dr Gurung worked with us for a year whilst she was finishing her GP training which she has now completed. We will be welcoming Dr Gurung from mid February three and half days a week and her list will be open not only to new patients but any existing patients that would like to transfer to her. This will help enable us to cope with our ever growing list size as more building works are near completion in our area with more planned.



You can register for a Patient Access account and once registered, this will allow you to order prescriptions and book an appointment at any time using either a smartphone or computer. To register for a Patient Access accounts please complete one of our forms. You will need to bring two forms of identification to the surgery and then an activation message will be sent to you.

September 2019 – 31 August 2020



If you are eligible for the Shingles injection and would like to protect yourself against this virus please call the surgery or ask at reception for an appointment with the Health Care Assistant or Nurse.

Your GP surgery has a patient participation group

Why not join?
Speak to your practice receptionist to find out how to join, or call the practice directly.

We need you to take part in surveys, health awareness events and help improve services in the practice and more.

The PPG is simply a small number of patients who have volunteered to work with the Practice Manager and healthcare staff to communicate news and information from staff to patients, and to communicate concerns and feedback, from patients to staff. We take an interest in the surgery environment, offer advice if we see things we think could be improved, and you may also see PPG members helping in practical ways, such as assisting during the busy flu jab clinics. If you feel you could contribute to any of these roles, and have a little spare time to devote to us, we would love to hear from you. For more information please ask at reception or telephone the surgery where the Management team will be more than happy to discuss the PPG further with you.

Cervical screening can stop cancer before it starts

Remember to book cervical screening!

Don't ignore your cervical screening invite. If you missed your last cervical screening, book an appointment with us today.

CERVICAL SCREENING SAVES LIVES

Cervical Screening is available across the whole of the UK. Women are invited for cervical screening between the ages of 25 and 64. Women aged 25-49 are invited every three years and women aged 50-64 are invited every five years. Cervical screening isn't a test for cancer; it's a test to check the health of the cells of the cervix. Detecting and removing abnormal cervical cells can prevent cervical cancer.



Please complete your travel form as soon as you book your holiday these are available to download from our website or on request from our reception staff. Once you have returned your completed form to us, our travel nurse will check your vaccination record and the latest travel advice for the area you are going to and we will then contact you to inform you of what is needed.

To ensure we can offer you the best protection. We require at least **8 weeks notice**, prior to your travel.

When booking last minute holidays please remember we are not able to offer last minute appointments in our clinics. If you do book a last minute holiday there is a Travel Clinic in Eastbourne located at

CityDoc Eastbourne
11 Grand Hotel Building
Compton Street
Eastbourne
BN214EJ
Opening Hours:
Mon-Fri 9am-5.30pm

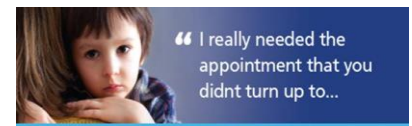
Also some of the local chemists offer Travel advice and they have the most up to date information regarding any Malaria tablets that you may need.

KEEP US UPDATED

If your home address has changed or you have a new home or mobile telephone number please either ask for a 'change of address' form at Reception, inform the telephonist when you ring us or e-mail the changes to
Stone.cross@nhs.net.



We have a blood pressure machine located in our Quiet Waiting Room. Please feel free to check your own Blood Pressure and then hand the read out slip with your name and date of birth on to reception so we can record it on your records.



GP appointment?
Can't make it?
Don't need it?

CANCEL IT!

Surgery Closure Dates

Please remember to order your medication, allowing enough time for surgery closure dates.

Easter

Friday 10th April – Closed
Monday 13th April - Closed
The surgery will re-open as normal on Tuesday 14th April.

Bank Holidays

Friday 8th May – Closed.
Monday 25th May – Closed
Monday 31st August - Closed

Useful numbers and links:
Stone Cross, Pevensey Bay & Westham Surgery;
Phone 01323 761461
Fax 01323 743041
For non-urgent medical help please call NHS 111

Useful numbers and links

Stone Cross, Pevensey Bay and Westham Surgery
Phone 01323 761461
Fax 01323 743041
If you need urgent medical help but it's not a life threatening situation call NHS **111** services
Call **999** in the case of Emergency
www.stonecrosssurgery.co.uk