



THE PPG - SURGERY NEWS SHEET

Surgery News

The Sussex Vaccination Programme is moving ahead at pace and achieving government targets. We are delighted to be part of that programme working collaboratively with fellow practices in our Primary Care Network. We have achieved the national target of vaccinating cohorts 1-4 by the middle of February and we are now inviting those patients in cohort 6 for their first vaccinations whilst those in cohort 5 are being invited to have their vaccination at the mass vaccination centres. We have also had notification that we can start our second doses beginning with the first cohorts and we are already underway inviting patients for appointments early next week. As always we are grateful to our patients for waiting for a call from the surgery for an appointment. We know who is in each cohort and we will call you as vaccine is made available to us. We are very grateful to all our staff who are working so hard and giving up their weekends to make it happen. We would also like to thank the volunteers who have offered their support in so many ways from car park marshalling to cake baking!

Aside from the vaccination programme the Surgery is very much open as normal. We are running a telephone triage system to reduce footfall within the surgery and maintaining strict infection control procedures to keep our patients and staff safe. We are prioritising those patients who are most vulnerable and who are most at risk of Covid for review. We are reviewing all our patients with Learning Disabilities and with serious mental illness. We have reviewed most of our BAME patients and have introduced a home visiting service for those most vulnerable who cannot easily get to the surgery. We have also introduced a home oxygen saturation monitoring service for those who have Covid related illness and most at risk. There are only a small number of services which are not currently operating such as minor operations and micro suction but these will be reintroduced as soon as we are allowed to do so.

We have a number of new staff who have joined us in the last few months. Dr Katie Dalrymple is remaining with us. She will be working every day. We have 2 new receptionists Sarah and Shona who are a welcome addition to the team and we have Jo who is our new secretary.

It has been a busy year but we are very grateful to all our patients for their support and the lovely messages we have received. It has really boosted our morale and helped keep us going!

Nurse Practitioner Helen Bovill has recently left the practice after almost 20 years, much of that at East Hoathly. In normal times I am sure she would have said 'goodbye' to many of you. We would all like to wish her good luck for the future



The surgery has a new Facebook Page. If you follow Facebook, look up:

Buxted, East Hoathly and Horam Medical Centres

Testing, testing



If you have any virus-like symptoms - even very mild ones - we ask you to you book a test immediately. There are several local testing sites: Crowborough, Plumpton, Eastbourne, Bexhill and Hastings. The tests are quick to arrange. Get a free test.

Don't miss out - get protected



When it's your turn to get a vaccination for Covid-19, please don't miss out.

Getting the jab is safe, quick, and easy to arrange in East Sussex.

Click here for further information.

[The facts about the vaccine, how the NHS is managing it, and how to find out more](#)

Who can get the COVID-19 vaccine?

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus.

In England, the vaccine is being offered in some hospitals and pharmacies, at local vaccination centres run by GPs and at larger vaccination centres. More centres are opening all the time.

The vaccine is currently being given to: **Priority groups 5 and 6**

- people aged 65 and over
- Adults aged 18 to 65 years in an at-risk group i.e. those who usually receive a free NHS flu jab will generally be in this category.
- For further clarification of the risk groups go to:

[Who's at higher risk from coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](#)

The order in which people will be offered the vaccine is based on advice from the Joint Committee on Vaccination and Immunisation (JCVI).

The Meads Medical Centre is the local hub for our surgeries when the Pfizer vaccine is being given. The Meads are able to store the vaccine at the very low temperatures required. The Astra Zeneca vaccine can be given at the local surgeries as it can be stored in the fridge. Therefore you may be invited to either surgery, depending on the vaccine available.

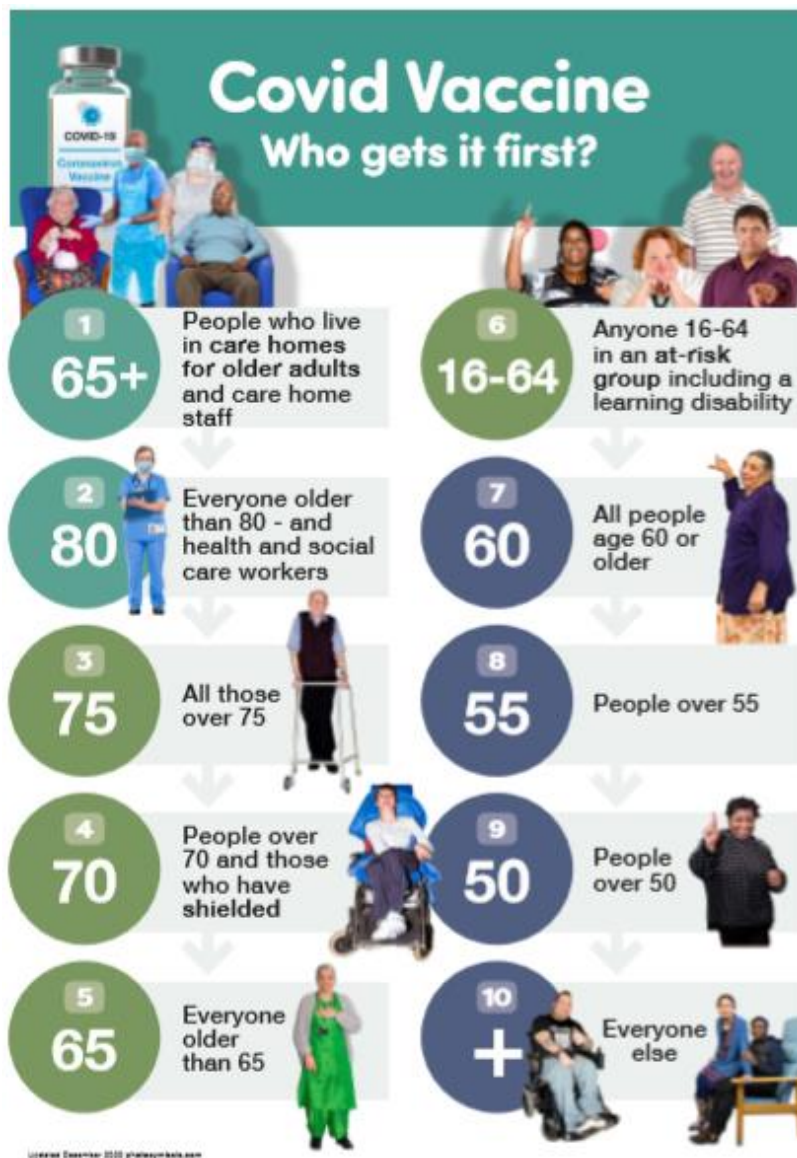




When will I get my vaccination?

[Read the latest JCVI advice on priority groups for the COVID-19 vaccination on GOV.UK](#)

People in Group 7 will be contacted very soon. If you are not eligible yet - wait to be contacted. The NHS will let you know when it's your turn to have the vaccine. It's important not to contact the NHS for a vaccination before then.



How do I get my vaccination?

You will get a call from the surgery when you are eligible for a vaccination. **Please do not call the surgery.** You will also get a letter from the NHS informing you that you can book a vaccination at a local mass vaccination centre or a pharmacy providing the vaccinations. You can choose to take either route, but you must have the second vaccination at the same place that you had the first unless otherwise stated. Our nearest mass Centres are the Brighton

email us at: behppg@live.com





Centre, Brighton and The Welcome Centre, Eastbourne; so for some people it may be more convenient to have your vaccination locally. The choice is yours. If you choose a mass vaccination centre, the surgery will be informed and it will be entered onto your medical records.

If you are in Group 1-5 and have not been offered a vaccination you should contact your GP.

You can also book your vaccination appointments online if any of the following apply:

- you are **aged 70 or over**
- you have previously received a letter saying you are at **high risk from coronavirus** (clinically extremely vulnerable)
- you are a **frontline health or social care worker**

You can book appointments at a larger vaccination centre or a pharmacy that provides COVID-19 vaccinations. You do not need to wait to be contacted by the NHS.

ARE YOU AN UNPAID CARER?
Have you registered with your GP surgery as
an unpaid Carer and with Care for the Carers?
Call us on 01323 738390
Text us on 07860 077300
Email us on info@cftc.org.uk
Make sure you are registered as a Carer in order
to get your Covid vaccination in the next group
of patients to be vaccinated.
Be sure you get your vaccination.

COVID-19 vaccination for carers, and support during the pandemic

The NHS COVID-19 Vaccination programme is now open to eligible adult carers. Eligible carers will be contacted by the National Booking System with information on how to book their vaccination. This is a large, phased process and may take several weeks, so please do not worry if you do not hear straight away.

email us at: behppg@live.com





Many eligible carers will not have had contact with the Care agencies, so a system is being developed to support these carers to book their vaccination. Care for the Carers is working with health and social care partners to support unpaid carers, and will publish information on the process as it becomes available.

If you do not already belong to a carers organisation, it is a good idea to register with them so that they are aware of you. The carers organisations in Sussex are as follows:

Carers Centre for Brighton and Hove - <https://www.thecarerscentre.org/>
Care for the Carers, East Sussex - <https://www.thecarerscentre.org/>
Carers Support West Sussex - <https://www.carerssupport.org.uk/>

Do also check this website for updates at:

<https://www.sussexhealthandcare.uk/keepsussexsafe/sussex-covid-19-vaccination-programme/>

Advice if you're of childbearing age, pregnant or breastfeeding

There's no evidence the COVID-19 vaccine is unsafe if you're pregnant. But more evidence is needed before you can routinely be offered it.

The JCVI has updated its advice to recommend you may be able to have the vaccine if you're pregnant and: at high risk of getting coronavirus because of where you work or have a health condition that means you're at high risk of serious complications of coronavirus.

You can have the COVID-19 vaccine if you're breastfeeding.

Speak to a healthcare professional before you have the vaccination. They will discuss the benefits and risks with you.

You do not need to avoid pregnancy after vaccination. The vaccine cannot give you or your baby COVID-19.

[Read the latest COVID-19 vaccine advice if you're pregnant, may get pregnant or are breastfeeding on GOV.UK](#)

[Read the latest Royal College of Obstetricians and Gynaecologists and Royal College of Midwives statement on the COVID-19 vaccine and fertility](#)





Community support is here for you



If you need extra help to get food, medicines or essentials during the coronavirus pandemic, or you are lonely and isolated, there is support available.

You may need extra help for a range of reasons, for example if you're self-isolating with Covid-19 symptoms, shielding yourself because you're at higher risk, or quarantining before a medical procedure.

If you can, we'd ask you to turn to trusted family, friends and neighbours for help. But if you don't have anyone you trust living nearby, you can ask for support from your local community hub (and other places). There are five community hubs across East Sussex – one in each district or borough.

[More about the support available and how to contact your nearest community hub](#)

Support for people worried about money and debt

Are you worrying about money troubles or debt? Due to COVID-19 in particular, people may be facing financial difficulty, struggling to pay their bills or concerned about growing debt.

Additional support is on offer through local quality assured, free, confidential advice providers.

If you are worried, you can call 0333 344 0681 or email: benefitseastsussex@harcuk.com for a financial health check which may be able to help you pay your bills and manage your debt.

The service will be available until March 2021.

Worried about money and debt?

**Would a financial health check
help you get back in control?
Free, quality assured, confidential
advice and information.**

Call 0333 344 0681

email benefitseastsussex@harcuk.com

Open Monday to Friday 9am to 5pm



email us at: behppg@live.com



All NHS services are open for business, whether for those with COVID-19 symptoms or other health issues, and we are encouraging people to seek help as needed. Please see our [Right Care, Right Place leaflet](#) to find out which services are available for you during COVID-19.

Information resources

The Coronavirus (Covid-19) pandemic is affecting all of our lives. Many of us are struggling with how it is affecting ourselves and our loved ones. Those people already living with mental health problems are facing extra challenges too.

Below you will find reliable information and tips to help you cope during this time.

The NHS's Top 5 Tips for maintaining mental wellbeing during the coronavirus outbreak

You can view these and more tips on [Every Mind Matters](#).

1. Talk about your worries: it is normal to feel worried, scared or helpless about the current situation. Maintain contact with friends and family via phone and video calls to share how you are feeling.
2. Keep a regular routine and set goals: you may need to set a new routine for now. Try writing a plan for your day with the things you can still do at home, such as watching a film, reading a book or completing a puzzle. Setting goals and achieving them gives a sense of control and purpose. Maintaining good-quality sleep makes a big difference to how you feel mentally and physically too, so it's important to get enough (the [Every Mind Matters sleep page](#) provides practical advice).
3. Manage your media and information intake: if 24-hour news and constant social media updates are making you worried, try to limit the time you spend watching, reading or listening to coverage of the outbreak to once or twice a day.
4. Do things you enjoy and try something new: focusing on your favourite hobby, learning something new or simply taking time to relax indoors should give you some relief from anxious thoughts and feelings and can help boost your mood. Look online for free tutorials and courses.
5. Look after your body: our physical health has a big impact on how we feel. At times like these it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse. Try to eat healthy, well-balanced meals, drink enough water and exercise regularly. You can leave your house, alone or with members of your household, for one form of exercise a day – like a walk, run or bike ride. But make sure you keep a safe 2-metre distance from others.





Young Minds

[Coronavirus and mental health \(youngminds.org.uk\)](https://www.youngminds.org.uk)

Supporting your child during the coronavirus pandemic. Find tips, advice and where to get support for your child's mental health during the coronavirus (COVID-19) pandemic.

NHS Looking after a child or young person's mental health

There are times when we all feel the strain. As parents and carers, there are ways we can support children and young people to give them the best chance to stay mentally healthy. Some children and young people have enjoyed being off school, while others will have really struggled – with the coronavirus outbreak keeping them at home and away from friends. Others may be coming to terms with family problems, loss or changes to their living situation.

With nationwide and local restrictions being regularly reviewed, they may also have to deal with self-isolating because of an outbreak in school or another period of school closure or have worries about getting or passing on the virus. It's still uncertain what further changes we all may face.

Feelings like these will gradually ease for most, but there are always steps you can take to support them emotionally and help them cope with problems they face.

There's support available if you feel you or they need it.

Teen Talk



Young Carers Counselling in East Sussex

Are you a teenager looking after someone who couldn't manage without your help?

Would you like time to talk about your thoughts and feelings with someone who would understand?

- For 12-18 year olds
- 12 weekly sessions
- After school/college
- Sessions are by phone



No one left to care alone
www.cftc.org.uk

☎ 01323 738390 ✉ info@cftc.org.uk ☎ 07860 077300
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email us at: behppg@live.com



Helpful links to support young people

- [Top tips to support children and young people](#)
- [Coronavirus and going back to school](#)
- [Signs that something is wrong](#)
- [Looking after your own mental health](#)
- [Get support](#)

Bereavement Support

Sudden

Help from day one onwards

email: help@sudden.org

opening hours: www.sudden.org

Sudden is a free service for bereaved people protecting their emotional and physical wellbeing from day one, and for the first ten weeks, at a time of shock and loss in cases when someone has died suddenly or too soon. It is part-funded by the Department of Health & Social Care and is a crisis response to COVID-19 but is here for the long term as well. The service is available for people bereaved as a result of:

- COVID-19, or any other medical reason that happened suddenly or ended a life too soon;
- an event / incident of any kind that caused fatal injury
- suicide

The **Sussex Bereavement Helpline** has been set up to provide you with information and guidance, and is run by a team of experienced support workers, who can talk to you about the tasks that need to be completed after a death – such as registration of the death, arranging a funeral or informing other people and organisations. The Helpline can also give you information about sources of help and support for you and your family and friends as you grieve. Details can be found [here](#).





Here is a list of some other helpful websites.

British Lung Foundation	www.blf.org.uk
Asthma UK	www.asthma.org.uk
Diabetes UK	www.diabetes.org.uk
Age UK East Sussex	www.ageuk.org.uk/eastsussex/
British Heart Foundation	www.bhf.org.uk
Versus Arthritis	www.versusarthritis.org
Mens Health Forum	www.menshealthforum.org.uk
One You	www.nhs.uk/oneyou/
Self Care Forum	www.selfcareforum.org
Mental Health - Mind	www.mind.org.uk/information-support/coronavirus/

Most of these organisations have monthly online magazines or bulletins. It is often worth signing up to these if you suffer with a particular health issue as they have helpful tips and advice and during Covid, many have held free webinars. It is easy to unsubscribe if you change your mind.

Fresh warning over COVID-19 scams

The NHS is issuing a fresh warning to residents to be on their guard against fraudulent messages as new scams are being sent to patients.

There have been continuing reports that some people are receiving fake fraudulent calls, emails and text messages offering the COVID-19 vaccination.

In the most recent case people are receiving a notification of their 'vaccination appointment' and are being asked to confirm it by clicking on a link.

This looks very similar to the genuine texts being sent by GP practice vaccination teams and the NHS is worried people will be conned by them or will not respond to their genuine invitations. The NHS has this advice:





- An official NHS text message will include details of your GP practice. It will also include details of the local vaccination service and its location;
- Scam text messages and emails are not including local information such as your GP practice details or where you are invited to attend;
- The COVID-19 vaccination is only available by the NHS and it is free – you will never be asked to pay for it or your give your bank details.
- If you are worried about a text message you have received about your vaccination, please check with your GP surgery.

Read more about COVID-19 vaccines and being alert for scams:

[Sussex COVID-19 Vaccination Programme.](#)

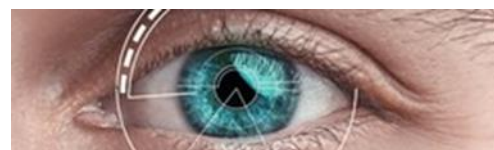
**THE VACCINE IS FREE, YOUR GP OR THE NHS MASS VACINATION HUBS
WILL NEVER ASK YOU TO PAY.**

Have you used the Ophthalmology or the Cardiology Services in the last two years?

Share your views on cardiology and ophthalmology services

The NHS in East Sussex is starting work to improve and transform cardiology and ophthalmology services in the county.

This is part of East Sussex Healthcare NHS Trust's (ESHT) new "Building for our Future" programme.



To inform these improvements, local people are being asked to share their views, ideas and experiences of the services. You can get involved by:

Taking part in a questionnaire on the Your Say Sussex website, or by taking part in a phone or video interview of no more than 50 minutes:

- [Transforming cardiology services in East Sussex](#)
- [Transforming ophthalmology services in East Sussex.](#)

email us at: behppg@live.com





EASTER OPENING TIMES

All three surgeries will be closed for Easter on:

Friday April 2nd

They will re-open on

Tuesday April 6th

If you need medical advice during this time, please ring 111.

The NHS 111 service is available 24hrs a day, 365 days a year to respond to people's healthcare needs when:

- They need medical help fast, but it's not a 999 emergency
- They don't know who to call for medical help or don't have a GP to call
- They think they need to go to A & E or another NHS urgent care service
- They require health information or reassurance about what to do next



Keep to the rules after your vaccination and when lockdown lifts

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