

# Holbrook Surgery Newsletter

Winter

January 2023

## Welcome to the first issue of the 2023 Newsletter



On behalf of the Doctors, Staff of Holbrook Surgery and your PPG Committee may we wish you a happy and healthy new year.

Lots happened in the health sector in 2022 and we hope you have found our updates informative and useful. Things have moved so quickly that it has not always been possible to capture everything in our newsletters hence the reason to send out separate emails which we understand members have appreciated.

Your Patient Participation Group Committee is a dedicated group of volunteers who work closely with the Surgery to bring you the latest news and updates. Please let us know what else we can add to the newsletters and if you would like any other matters raised. If you know of friends or family who are patients of Holbrook Surgery who would like to receive the newsletter, please pass this on to them and get them to contact us on [holbrookppg@gmail.com](mailto:holbrookppg@gmail.com) so that we can add their names to our mailing list.

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## What is the Primary Care Network [PCN] and how does it impact on Holbrook Surgery?

The Horsham Central Primary Care Network (PCN) is simply the collaboration of services between the four doctors' practices of Horsham – Holbrook, Park, Orchard, and Riverside. (Courtyard surgery is part of a different PCN).

All patients in England should now be covered by a PCN. PCNs are made up from neighbouring general practice surgeries. New government funding is being channelled through the PCNs to employ staff to deliver new services. It is also the intention that there will be more of a shared vision between surgeries which will include the sharing of equipment, resources, and expertise. One of the core features is also to empower patients and allow them to have their say. You can of course do this through your Patients Participation Group. The new services include Clinical Pharmacists, Social Prescribers, Care-Coordination, Paramedics, Physiotherapists, and Wellbeing and Health Coach. All are there to enhance your health and wellbeing. The PCN employs the following new staff who work across the four surgeries: -

**Clinical Pharmacists** - there are five pharmacists and one lead pharmacist (two pharmacists are currently on maternity leave)

There are pharmacists in the surgery on

Week 1 Monday, Tuesday, Thursday

Week 2 Monday, Wednesday, Thursday

It is hoped that once the other two pharmacists are back from maternity leave there will be a pharmacist every day.

The lead pharmacist works on a Monday.

**Pharmacy Technician** - there is only one of these and they work on a Friday.

**Paramedics** - there are three paramedics who work in the surgery on Tuesday, Wednesday, Thursday & Friday.

**Social Prescribers** - there are four and can be seen at the surgery on a Monday or Friday.

**Care-Coordination** - there are four and they are in the surgery on Mondays and Tuesdays

**Physiotherapists** - there are four and they are in the surgery on Mondays and Wednesdays.

**Health and Wellbeing Coach** has recently been appointed and works at Holbrook on a Tuesday

For more information about our Primary Care Network here is the link to its website

<https://www.horshamcentralpcn.co.uk>

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## Getting your Covid booster jab.

Covid is part of our lives now and booster jabs seem to come around all too quickly. Is it really worth getting another one? There have been a number of studies to find out how long the immunity lasts. It is looking like immunisation may not stop us getting Covid, but it certainly stops us getting seriously ill. A recent study published in the British Medical Journal showed that among 60 to 69 year olds the vaccination was still 80% effective against serious illness after six months but only 60 % effective after 15 weeks against minor illness. This explains why many of us still contract Covid after being vaccinated but don't end up in hospital. As well as a fall-off in effectiveness with time, the vaccine also has to change to cope with later variants of the virus. The latest vaccinations can deal with a wider range of variants, in particular the Omicron strain that was so prevalent in the last wave.

For these reasons it is important that the more vulnerable people, for example older age groups or those with depressed immune systems, should continue to keep their immunity topped up. If we do this, we can control Covid as a minor illness and avoid the serious illness and hospital admissions with which the pandemic began.

If you are eligible for a booster or any Covid vaccination please make a booking on the NHS website and keep yourself, and the rest of us, safe. The PCN is still running clinics, but demand has dropped off and it is not known how long these will continue. The advice is that if you are eligible get your jabs while you still can.

## Flu jabs

Did you know that there have been more admissions to hospital than there have been for Covid. It is not too late to get your Flu jab. Can we encourage you to have this, if you are eligible. You need to arrange this through the surgery.

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## Scarlet Fever – Strep A

Parents and carers are rightly concerned about their children getting this and need to know what to look out for. It is usually a mild illness, but it is highly infectious. The symptoms include a sore throat, headache, and fever, along with a fine, pinkish, or red body rash with a sandpapery feel. On darker skin, the rash can be more difficult to detect visually, but will have a sandpapery feel.

The advice is to contact NHS 111 or the surgery if you suspect your child has scarlet fever, because early treatment with antibiotics is important to reduce the risk of complications such as pneumonia.

For further information here are a couple of links which provide further information

<https://www.holbrooksurgery.com/news>

<https://www.nhs.uk/conditions/scarlet-fever/>

## BBC News: Flu nasal spray vaccine for children may reduce Strep A risk

The results of a recent UK Health Security Agency [UKHSA]

<https://www.bbc.co.uk/news/health-64002174>

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## Cost of Living Support

Life is very difficult for many at this time with the spiralling cost of living. The PCN recently organised an information event about this. There is lots of advice available, and the following links may be useful: -

<https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>

<https://www.westsussex.gov.uk/leisure-recreation-and-community/cost-of-living/>

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## More about our Surgery's Staff

### Lisa Ellis – Practice Manager

Lisa is married with three children and awaiting her first grandchild in March. She has worked at Holbrook Surgery since 2015 starting as Office Manager and then taking over as Practice Manager when Heather Heatley retired. Lisa says that the last two years have been very difficult having to manage Covid with everything that this has entailed. Her primary role is to make sure the surgery runs smoothly as possible both for staff and patients. Lisa is the PPG's main link with the surgery.

### Lisa Jelley - Advanced Nurse Practitioner

Lisa joined the practice in January 2020. She qualified as a nurse in March 2014 and went on to undertake a master's degree in advanced clinical practice in 2018. She works at Holbrook Surgery three days a week per week undertaking minor illness clinics, clinical audits and managing projects alongside our Practice Manager, Lisa Ellis. She also works for our Primary Care Network, two days per week as the Clinical Operations Lead.

### Helen Parker - Care Co-ordinator

As the practice Care Co-ordinator, Helen provides assistance to any patients who are in need of extra support, to help them to remain living at home as independently as possible. A large part of her role is as a liaison between patients and other staff at the surgery if needed, and also with any community organisations as appropriate. She also supports patients who are carers for family members, friends etc, and who may be experiencing difficulties in their role. Helen works every day except Mondays, so if you feel she may be able to help you, please do contact her at the surgery, and she will do her very best for you.

The surgery's website now has the names and pictures of all the staff including all the receptionists and secretaries.

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## Other Developments

### Extended Access

You will recall that we emailed out in September to tell you that our Primary Care Network was going to be providing evening clinics and a Saturday clinic for patients from the four surgeries. Just to let you know that these are up and running and working well. These are hosted by Holbrook on Tuesday and Thursday evenings. Appointments for these clinics are made through the surgery. Our Practice Manager tells us that Holbrook patients are definitely benefitting from these new clinics which is good to hear.

### PPGs meeting together

Representatives from the four Horsham Central surgeries' PPGs recently met to share experiences and discuss how we can best collaborate to work with the Primary Care Network. The PCN is developing a lot of new services and we feel it is important that patients have a voice. Ollie Cudd, the PCN's new Patient Engagement and Communication Lead, whose remit is to liaise with the PPGs, came to the meeting. This was a really useful meeting, and the plan now is that Ollie will arrange further meetings. Three of us from our PPG attended the meeting and we all came away feeling that as a PPG we have a really good contact with our surgery. We seem to be most active and in contact with the most patients. For your interest, we have 500 email addresses on our mailing list. Most recipients of our newsletters and emails will have a partner or a family, so we are reasonably confident that we are in contact with at least 1000 patients. This is still only a small proportion of the surgery's patients, but this is probably what you would expect and importantly we continue to grow,

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## Community Health staff contact details

### Community Nurses

The Community Nurses, who many of us still call District Nurses, are based at Rose Wing, Horsham Hospital. Messages can be left via One-Call on 01293 228311.

### Health Visitors

Health Visitors are based at Rose Wing, Horsham Hospital and can be contacted on 01403-227000 extn 7664. They run the clinics at: Roffey Children & Family Centre, Godwin Way, RH13 6SQ on Monday 10.00 - 11.30 am., Holy Trinity Church Hall, Rushams Rd, RH12 2NT on Tuesday 2.00 - 3.30 pm., Horsham Nursery School, Children & Family Centre, RH13 5UT on Wednesday 10.00 - 11.30 am., Needles Children & Family Centre, Three Acres, RH12 1RS on Wednesday 2.00 - 3.30 pm., Holbrook Club, North Heath Lane, RH12 5PJ on Thursday 10.00 - 11.30 am. No appointments are necessary for these clinics. They can give help and advice on any childcare issue or parenting problems, i.e., sleep and behaviour/potty training/general child development, nutritional advice and minor ailments. Assessments are offered for all children at 1 year and 2 years by appointment, which will be sent to you. For first time parents, a visit is arranged at home in the antenatal period and a post-natal group is run at Horsham Hospital. They work closely with other local agencies and can be a source of referral if you have specific problems, e.g., children with special needs.

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### It's been Christmas, but are you even *more* overweight?

Being overweight with a BMI (body mass index) higher than 25 means you are more likely to suffer from health issues.

So how do you calculate BMI? Go to Weight Watchers website

<https://www.weightwatchers.com/uk/bmi-calculator>

**Under 18.5 Underweight** - This could be a sign that you're not eating enough or indicate underlying medical conditions.

**18.5 – 24.9 Healthy weight** - Keep up the good work!

**25 – 29.9 Overweight** - **Building** healthy habits, like eating healthily and being more active, can help you lose weight.

**30+ Obese** - Losing weight and working towards a healthy BMI should be a priority. Holbrook Surgery has a Health and Wellbeing Coach, Rachel Lewis, who can help you with your goals and give specialist advice. Why not give it a try?

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### Useful Abbreviations used in the NHS which you might come across – there are many more!

A & E	Accident and Emergency	ENT	Ear, Nose and Throat
AP	Assistant Practitioner	FOI	Freedom of Information
BMI	Body Mass Index	HDU	High Dependency Unit
BNO	Bowels not open	ICU	Intensive Care Unit
CAMHS	Child and Adolescent Mental Health Service	ISA	Independent Safeguarding Unit
CHD	Coronary Heart Disease	MNR	Measles, Mumps and Rubella [Vaccination]
CMHT	Community Mental Health Team	MRSA	Methicillin-resistant Staphylococcus aureus
CPN	Community Psychiatric Nurse	PALS	Patient Advice & Liaison Service
DNA	Did Not Attend	SARS	Severe Acute Respiratory Syndrome
DNR	Do not resuscitate	SAU	Surgical Admission Unit
DSU	Day Surgery Unit	#	Broken bones

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