

Holbrook Surgery Newsletter

Winter - Issue 3

January 2020



Welcome to the first issue of the 2020 Newsletter

Your Patient Participation Group Committee were at the 'flu clinics' last year raising awareness of the PPG and getting new members to sign up to receive the 3 Newsletters we send out each year.

We had some very interesting conversations and lots of positive feedback about how good the surgery is, especially with its ability to get appointments quickly. Please let us know what else we can add to the Newsletter and if you would like any other matters raised. If you know of

friends or family who are patients of Holbrook Surgery and would like to receive the newsletter, please contact us on holbrookppg@gmail.com.

Vaccinations

Vaccination has been mentioned before in our Newsletter but given recent publicity we have reprinted this extract from the NHS website. If you would like more information on this please check out the following website <https://www.nhs.uk/conditions/vaccinations/why-vaccination-is-safe-and-important/> or speak to your doctor.

Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent up to 3 million deaths worldwide every year.

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or seen very rarely.

Other diseases like measles and diphtheria have been reduced by up to 99.9% since their vaccines were introduced.

However, if people stop having vaccines, it's possible for infectious diseases to quickly spread again.'



If you are a looking after a partner, relative, friend or neighbour who has a long-term illness, or is disabled or frail then you may need some support. Carers Support, an organisation, which is free and confidential, can help by providing practical information and emotional support.

They have specialist workers who can give support and promote health and wellbeing for the carers themselves. If you want more information you can pick up a leaflet in the surgery, check out the website at www.carerssupport.org.uk or telephone them direct on 0300 028 8888.

Self-management Course for adults with a long-term health condition **20.01.20 – 24.02.20**

The Living Well Programme which is part of the Expert Patients Programme (EPP) helps adults who have conditions such as Heart Disease, MS, Depression, Arthritis, ME, CFS, IBS and more. The aim is to aid adults to take more control of their health by learning new skills to manage the condition better on a daily basis. The free course is run over 6 weekly sessions, each lasting 2.5 hours and is facilitated by two fully qualified volunteer tutors. The course covers such things as how to manage pain, anxiety, depression, isolation etc and sets out weekly goals. It helps with solving problems, healthy eating, physical activity, managing medication, preventing falls and other useful aspects. If you think this could help you, or someone you know, then contact the EPP on 01403 227000 ext. 7547 or www.sussexcommunity.nhs.uk/epp

Know Your GP



Dr. Nadia Ziyada joined the Holbrook Practice in April 1998. She is married with two children. Her special interests are in eye diseases, women's health and family planning. Visit Holbrook Surgery website to find out about other GP's special interests

Holbrook Surgery Newsletters are produced by your PPG in conjunction with the practice doctors. If you no longer wish to receive electronic copies please notify the PPG at holbrookppg@gmail.com and your details will be removed from our data base

PPG Committee Members: Nick Longdon - Barbara Blamires - David Hawkins - David Searle

Referral to a Specialist

Your GP will have discussed with you that a referral to a specialist is being recommended. It may be because certain tests or investigations cannot be carried out in the surgery or because the GP wants a specialist's help in deciding the best way to treat your condition. You might be given a reference number and a password to book an appointment, or you may receive a letter from the hospital, or a letter asking you to phone the hospital where the specialist attends. The specialist will then make arrangements for any tests or investigations or surgical procedures you may need. S/he may decide to change your medication and if so, will give you a prescription or enough medicine for a few days, after which you may need to see your GP if another prescription is required if it is a medication the GP can prescribe. It is important that you make sure that you check everything with the specialist so that you understand what is being done to help you, what happens next and how you can contact the specialist's office if you need to. Remember, if you need a Fit Note, the specialist can issue one for you.

North of Horsham Development

Concerns have been expressed about there being no new surgery planned for the new development and that Holbrook and other Horsham surgeries would be required to take on the new residents. We understood that this was because the local NHS Clinical Commissioning Group, which provides the funding for GP practices, was unwilling to fund a new surgery. The PPG has written to the CCG and has received a response which has been circulated to PPG members. This suggests that there are currently no plans for a new surgery but that the situation will be closely monitored and, therefore presumably subject to review. If you have not received the CCG response please email holbrookppg@gmail.com This is going to be an issue which we will need to watch carefully.



LIVI - See an NHS GP on your phone

This is a new NHS service which is coming to Holbrook. The Surgery's current server is old and will not support Livi. An order for the upgrade is with the CCG and the surgery is waiting for the go ahead.

Holbrook Patient Participation Group (PPG)



To date there have been four patients of the surgery acting as an informal steering group to get our PPG established. David Searle

has been responsible for putting the Newsletter together with contributions from Barbara Blamires, David Hawkins and Nick Longdon. Nick has been responsible for maintaining the list of members, emailing out the Newsletter and news updates, liaising with the Surgery and representing the PPG at various health meetings. The four of us have also met with Lisa Ellis, the Deputy Practice Manager and also with the GPs. It seems to have worked well but we are wondering if anyone would like to join us and now that we are getting established whether we should be more formally constituted with a Committee, Chair, etc. Please send your views to Nick at holbrookppg@gmail.com

DNA (Did Not Attend)

In our June newsletter we mentioned that in March there had been 75 DNAs and what an awful waste of our Doctor's time this had been. In December we learn that there were 93. Nick recently had to go to Horsham Hospital for an ultrasound. When he attended for his appointment, he asked the radiographer about her day and was shocked to learn from her that out of the 14 planned appointments four had failed to attend. The radiographer said that this happens all the time.

Winter Warmer Serves 6 Red Pepper and Sweet Potato Soup

675g (1½ lb) sweet potato, peeled
2 red peppers, deseeded and cut into large chunks
1 large onion, chopped
1 litre (2 pints) chicken or vegetable stock

Cut the sweet potato into even sized pieces about 5cm (2 inches), tip into a large pan with the other ingredients and bring to the boil over high heat. Boil for a few minutes, season to taste, cover, lower heat and simmer for about 20 minutes, or until the potatoes are tender.

Strain the soup and put the vegetables into a food processor, then whiz until smooth. Return the liquid and pureed vegetables to the pan and bring to the boil, season with salt and pepper and serve hot. Can be made up to 2 days ahead and reheated. Freezes well