

THE STATION PRACTICE NEWSLETTER

February 2024/ Issue 2

RAYNAUDS AWARENESS MONTH

Raynaud's is a condition that affects the blood supply to certain parts of the body. Usually the fingers and the toes. It causes the affected area to change colour and you may experience numbness, pain and pins and needles.

Find out more information: <https://www.sruk.co.uk/get-involved/awareness-events/knowraynauds/>

NEW WEBSITE

We have recently been working hard to revamp our website to ensure that it is more user friendly and bring an overall better experience when accessing the content we provide via our website.

Appointments not attended in January

589

NHS LAUNCHES CATCH UP CAMPAIGN FOR MISSED MMR VACCINES

“Measles is a serious illness, with one in five children who get the disease having to be admitted to hospital treatment, so if you or your child have not had your MMR jab, it is vital you come forward”

IMMUNISATIONS HELPS TO PROTECT YOUR CHILD FROM DISEASE

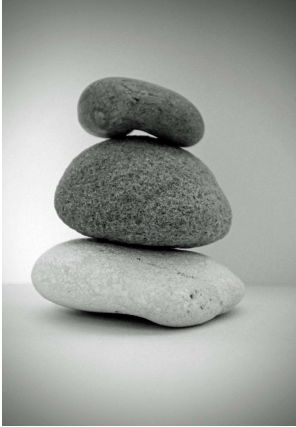
It is very important to bring your child for their routine vaccination appointments. Please speak to reception to arrange your appointment and make sure your child has the protection that they need.

PRACTICE KIOSK

We have made the decision to remove our practice Kiosk. After an audit of usage was performed, we found that the Kiosk was not utilised as much as we would have liked.

DO YOU SUFFER FROM A LONG TERM CONDITION SUCH DIABETES, HYPERTENSION, ASTHMA OR COPD?

We will be inviting our patients in for their annual chronic conditions reviews based on their month of birth. It is important that you attend these yearly reviews to insure that we are able to monitor your condition appropriately and provide any management that may be needed.



LOOKING AFTER YOUR MENTAL HEALTH

If you feel like you **can't cope and are at breaking point**, you can get **same-day or next day help** by:

- Calling **NHS 111** and **select the mental health option** (available 24/7)
- Calling the **Samaritans** on **116 123** (available 24/7)
- Texting the word **SUSSEX** to **85258** (available 24/7)
- Visiting a **Staying Well service** (available in Brighton & Hove, Crawley, Eastbourne, Hastings and Worthing, evenings and weekends).

Find your local Staying Well service: www.sussexpartnership.nhs.uk/staying-well-service