



WELCOME TO OUR

Quarterly Newsletter

Support for your
Mental Health



The festive season can be a time of joy and spending time with loved ones but it can also be a stressful and lonely period. During this time is important to try to remember to look after your mental health and wellbeing.

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 work SUSSEX to 852258 (available 24/7)
- calling Staying Well in Hastings on 0800 0236475

Find out more on **Mind.org.uk** website



In this newsletter you will find:

Latest updates, current campaigns, and more. Keep Reading!

GET VACCINATED TO PROTECT YOURSELF AND OTHERS THIS WINTER



Pertussis (whooping cough) vaccination programme for pregnant women:

VACCINATION SAVES LIVES

Cases are rising... There were 7,599 laboratory-confirmed cases of whooping cough in England from January to May 2024, compared with 858 for the whole of 2023.

Anyone can catch whooping cough but very young babies and young children who have not been protected against it via the maternal pertussis vaccine or received the 3 doses of their own 6-in-1 vaccine are particularly at risk of severe disease. It's crucial pregnant women have the vaccine. If you are pregnant and would like to learn more about which vaccinations are right for you, please search 'NHS vaccinations in pregnancy' and speak to your midwife.

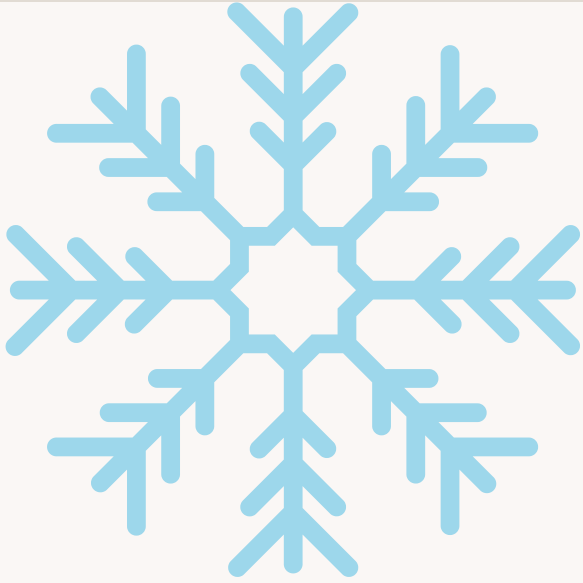


STAY PROTECTED THIS WINTER

As the temperature drops and we enter winter, it's crucial to protect our most vulnerable populations. We encourage eligible individuals to receive the three key winter vaccinations—COVID-19, flu, and RSV—as early as possible to ensure maximum protection throughout the season.

To date across Sussex, population vaccinated:

- RSV - 30,691 of 93,35 eligible population
- Flu - 513,472 of 1,008,013 eligible population
- COVID - 314,351 of 610,164 eligible population



Keep Warm and Well this Winter

We are pleased to be working with Citizens Advice 1066 and would like to inform you that you could be eligible for a free Warm Home Check and additional help with the cost of keeping warm this winter.

Living in a cold home can harm your health. It can make a range of health conditions worse, such as breathing and heart problems, and asthma in children.

To find out more visit

- www.citizensadvice1066.co.uk/energyform or call 0800 145 6879.

and

- <https://warmeastsussex.org.uk/>

Festive Season Opening Hours

The practice will be closed on the following days:

- Wednesday 25 December 2024
- Thursday 26 December 2024
- Wednesday 1 January 2025

Please ensure you order your repeat medication in time for the holiday period.

Out of hours

If you require medical assistance on dates we are closed please visit [NHS 111 online](#), call [NHS 111](#) or in the event of an emergency, call [999](#).

If you have a minor ailment you could visit your local pharmacy who will be able to provide you with some help or ring Hastings Primary Care Hub on 01424 884410, located on the ground of Station Plaza Health Centre.



How to manage common infections

The Managing Your Common Infection (Self-Care) leaflet can be used as a tool to increase patients' confidence and knowledge on how to self-care for their own infections thereby potentially reduce inappropriate antibiotic use.



How can I manage my common infection?

A leaflet for adults aged 16 years and over

1. What are the symptoms of a common infection?

A Eyes

- Sticky eyes

B Ears, nose and throat

- Pain or soreness
- Runny nose
- Swollen tonsils

C Chest

- Cough
- Shortness of breath
- Green or yellow mucus

D Gut

- Vomiting
- Diarrhoea

E Skin

- Infected blisters
- Redness or swelling around a wound
- Athlete's foot (an itchy rash between the toes)

F Genital and urinary

- Pain on passing urine
- Passing urine more often at night
- Cloudy urine
- Discharge
- Pain in lower tummy

2. What if I think I have coronavirus (Covid-19)?

Common symptoms of Covid-19 to look out for are:

- a loss of, or change to, your sense of smell or taste
- a high temperature, and
- a new, continuous cough.

For more advice about Covid-19 visit <https://gov.wales/coronavirus> or call your regional medical helpline (see back of leaflet).

3. How can I treat a common infection?

- Get plenty of rest** until you feel better.
- Take pain relief** if you need to (make sure you follow the instructions).
- Drink plenty of fluids** (6 to 8 drinks, or 2 litres) so that you pass pale-coloured urine regularly.
- For **coughs**, try honey and cough medicines. For **sore throats**, try medicated lozenges and pain relief.
- Soothe **eye infections** with a clean warm or cold damp flannel.
- For an **outer ear infection**, apply local heat (such as a warm flannel).

4. How long could my infection last?

Cough	Sore throat or earache	Common cold	Norovirus (winter vomiting)	Sinus infection
21 days	7 to 8 days	14 days	2 to 3 days	14 to 21 days

Contact your GP if your symptoms are getting worse or if you are not better by the times above.

The surgery wants to raise awareness and understanding of antimicrobial resistance. Both the NHS and health organisations across the world are trying to reduce the use of antibiotics, especially for health problems that are not serious.

5. Will my infection need antibiotics to get better?

- Your **body can normally fight off** common infections on its own.
- You do not usually need antibiotics, unless symptoms of a **bacterial** infection (such as a urine infection) are severe – a healthcare professional can advise you on this.
- Taking antibiotics when you do not need to puts you and your family at risk.
- Follow your **healthcare professional's advice on antibiotics**.



Find out more about antibiotics at www.antibioticguardian.com

6. How can I stop my infection from spreading?

If you need to cough or sneeze:

catch it



with a tissue (or your inner elbow)

bin it



throw away used tissues

kill it



by cleaning your hands

Clean hands for at least 20 seconds with soap and water or hand sanitiser:

- ✓ before preparing and eating food
- ✓ after touching pets or animals
- ✓ after using the toilet
- ✓ when leaving and arriving home



Avoid touching your eyes, nose or mouth with unclean hands.

If possible, **keep your distance from others** (2 meters or 6 feet), especially vulnerable people in your household.



Do not share items that come into contact with your mouth, such as eating utensils and toothbrushes.



Keep you and your family **up to date with vaccinations**. **Always get winter vaccines** (such as flu) if you are eligible.

Visit or call a **pharmacy for further advice** on common infections.

7. What symptoms of serious illness should I look out for?



Severe headache and vomiting



Ongoing **fever or chills** (Temp above 38°C or less than 36°C)



Problems **swallowing**
Turning blue around the mouth



Coughing **blood**



Breathing faster or slower than usual



Kidney pain in your back just under your ribs



Chest pain or tightness
New **very fast or slow pulse**



Visible **blood** in urine
Severe pain on passing urine, or passing more urine at night
Cloudy urine not improving in 1 to 2 days with fluids

If you have the symptoms above, contact your GP urgently or use the following services for your region.

NHS England



www.111.nhs.uk

NHS Direct Wales



www.111.wales.nhs.uk

NHS Scotland



www.nhs24.scot

Northern Ireland



Project supported by the PHA

Contact your GP practice

These services can provide a confidential interpreter if you need one.

8. What if I suspect signs of sepsis?

Sepsis is a life threatening reaction to an infection. Possible signs are:

- **s**lurred speech, confusion or drowsiness
- **e**xtrême shivering
- **p**assing no urine in a day
- **s**evere breathlessness
- **i**t feels like you're going to die
- **s**kin blotchy or discoloured.

Call 999 immediately if you or others have signs of sepsis.

Contact number 01424 464756

WWW.THESTATIONPRACTICE.CO.UK

Learning Disability Community

Why annual health checks are so important for people with a learning disability?

People with a learning disability do not always know when they are ill or need to see a doctor. They may not be able to tell people that they feel unwell or different.

During the check, the healthcare professional will ask the person about their lifestyle; what food they eat, whether they drink or smoke, and what exercise they do. The healthcare professional may recommend health tests, check for other illnesses and ask about known problems such as epilepsy.

The Annual Health Check is a chance for the clinician, the person with a learning disability and those who support them (if relevant) to review the individual's physical and mental health.

Who can have an Annual Health Check?

People aged 14 and over who have been assessed as having a moderate or severe learning disability, profound learning disabilities, or a mild learning disability who may have other health needs, are entitled to a free Annual Health Check.

The surgery will invite all people with a learning disability who are eligible for an Annual Health Check each year.

Please check this useful website for more information <https://www.mencap.org.uk/>



Don't forget to check our leaflet stand on Level 3 for an easy-read selection!

Cancelling your appointment!



APPOINTMENTS NOT ATTENDED IN NOVEMBER

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IF YOU CAN'T MAKE IT, CANCEL IT

Forgetting to cancel your unwanted GP appointment can prevent someone else from being seen. So if you can't make it, cancel it. Missed appointments are one of the main factors which contribute to a strain on time and resource within the NHS, so reducing them is essential for both improving patients' access to health services and reducing the demand for appointments.

There are things you can do to help reduce DNAs:

- Cancel your appointment by phoning us on 01424 464 756, Monday to Friday or by using the 'cancel' option on your Online Access account or by texting back on the appointment reminder 'CANCEL'
- Make sure all your details are up-to-date next time you visit your GP – that way we can send you text reminders;
- Put the date in the diary or an alert in your phone so you definitely won't forget!

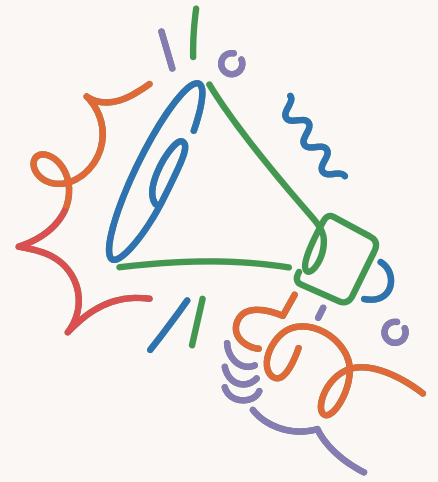
Please help us to utilize our appointments as best as possible by cancelling any future appointments that you do not need and also allow other patients who are waiting for an appointment to get this appointment.

At this practice alone, over 400 appointments are missed each month, with each one costing the NHS approximately £190. This amounts to an estimated £16,600 in wasted resources for the practice each month.

Contact number 01424 464756

WWW.THESTATIONPRACTICE.CO.UK

Children and Young People Friendly GP Practices Accreditation



We are delighted to have achieved the Children and Young People Friendly GP Accreditation.

This recognition reflects our commitment to making the practice more welcoming and accessible for young people. From creating a dedicated section on our website to providing tailored information in a new leaflet corner on Level 2, we've worked hard to ensure young people can easily find the care and support they need.

We are proud to support our young patients and look forward to continuing this important work.



**Children and Young
People Friendly
accredited GP
Practice 2024**