



WELCOME TO OUR

◆ Quarterly Newsletter ◆

Do you suffer from a long term condition such as Diabetes, Hypertension, Asthma or Copd?



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

A blood test appointment is required for certain conditions, and this may also include a mini-health screen which will include your height, weight, pulse check, blood pressure, waist circumference and lifestyle information. For diabetic patients you will also be offered a foot check because ensuring good circulation to your feet is essential to maintaining your good health.

↓ In this newsletter you will find:

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



NHS England Breast Screening Awareness

NHS England's national breast screening awareness campaign starts from 17 February and runs through to the end of March and beyond. The campaign aims to encourage first time invitees and low participation cohorts to attend their screening appointment when invited by their local programme.

- It can detect cancer long before you can even feel it. Or, more likely, put your mind at rest.
- So when you're invited, save the date, it could save your life.
- Search NHS breast screening to find out more.



NHS England starts sending bowel cancer screening tests to over-50s

Everyone aged 50 to 74 in England is now eligible to receive an at-home poo testing kit as part of NHS England's bowel cancer screening programme, as it expands to include 50 and 52-year-olds.

The Faecal Immunochemistry Test (FIT), which looks for invisible traces of blood in small poo samples, can help detect bowel cancer before it causes noticeable symptoms.

Don't ignore the post! Bowel cancer is the fourth most common cancer in the UK, with around 44,100 people being diagnosed with the disease every year.

If you notice any changes that aren't normal for you, don't wait for your next screening invite; talk to your doctor!



Social Prescribing

Social prescribers are health professionals working closely with GPs to assist patients with their non-medical needs. They do this by helping them identify, 'what matters to them'. Working collaboratively to create a care plan, which may include referrals to local services and organisations within the community.

Our hope is for patients to have a better quality of life. Ultimately supporting them to improve their overall health and wellbeing, via connecting them to community groups and statutory services for support. For example; social groups like games club, financial and benefit advisors, gardening clubs, sports programmes and much more.

If you are interested in being referred please speak to a member of the reception team.

PRACTICE TRAINING AFTERNOONS

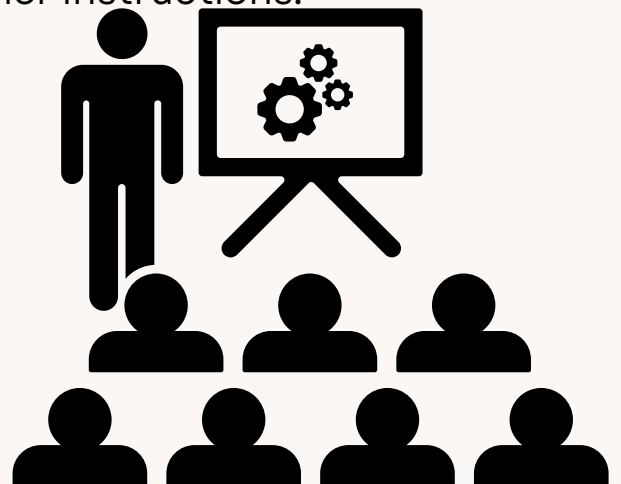
Our team are committed to providing high quality patient care and staying up to date with the latest clinical guidance

All clinical and non-clinical staff are required to complete regular mandatory training.

The practice will be closed from **12:30pm** for staff training on the following dates:

- Tuesday 1 April 2025
- Thursday 15 May 2025
- Wednesday 18 June 2025
- Thursday 17 July 2025
- Thursday 18 September 2025
- Wednesday 15 October 2025
- Wednesday 19 November 2025
- Wednesday 4 February 2025

If you require any non-emergency assistance during this time, our telephone message will have further instructions.



Sussex Dental Helpline



If you need urgent dental help and cannot find a dentist, the Dental Helpline can book you an urgent appointment with an NHS dentist.

For up to-date-information and support on getting urgent dental care, contact:



0300 123 1663

Monday to Friday 8am and 4pm

8. What if I suspect signs of se

Alternatively, email: kcht.dentalhelpdesk@nhs.net
for more information.



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/>

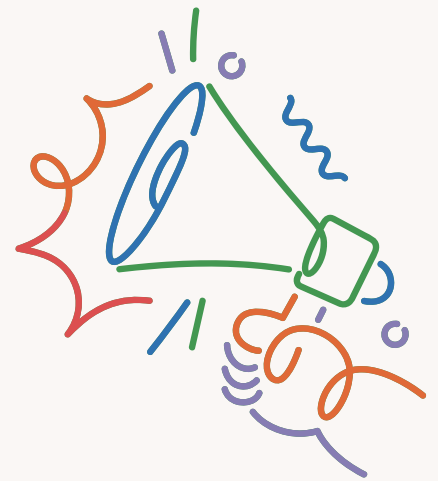


Don't forget to check our leaflet stand on Level 3 for an easy-read selection!

Contact number 01424 464756

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Thumbs Up Award



We are delighted to have achieved a Gold Thumbs Up award for our work around the care of people with a Learning Disability.

This is a fantastic effort, and we are so pleased to be able to recognise the work our team is doing to improve the care for this vulnerable population.

Gold

**Thumbs Up Primary Care
Award recipient**



NHS
Sussex

for helping to improve the health of people with learning disabilities

Cancelling your appointment!



APPOINTMENTS NOT ATTENDED IN JANUARY

370

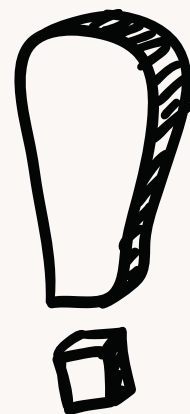
IF YOU CAN'T MAKE IT, CANCEL IT
Forgetting to cancel your unwanted GP appointment can prevent someone else from being seen. So if you can't make it, cancel it. Missed appointments are one of the main factors which contribute to a strain on time and resource within the NHS, so reducing them is essential 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

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