

Autumn Newsletter

Winter Diarrhoea and Vomiting Bug by Sharran Rigby-Smith

So named because it is more common in winter, but can occur all year round. Caused by Norovirus, it is the most common cause of stomach bugs (Gastroenteritis) and is highly contagious - affecting all age groups.

The bug is spread in three main ways:

- Contact with an infected person
- Contact with contaminated surfaces
- From contaminated food or water

Onset may be sudden and the main symptoms are:

- Nausea (feeling sick) and vomiting
- Watery diarrhoea and mild abdominal cramp
- Mild fever

You may be infectious (carrying the bug) up to 48 hours before you have symptoms.

If you have any of the above symptoms **PLEASE DO NOT VISIT THE GP SURGERY, A&E OR A HOSPITAL** as you will be likely to spread the bug to others.

What should you do?

- ✓ Drink plenty of water or fluid replacement drinks (such as Dioralyte or sports drinks)
- ✓ Take regular paracetamol for abdominal pain and fever
- ✓ If you feel like it, eat foods that are plain and easy to digest

To prevent the spread to others it is important that you do the following:

- ✓ Stay at home and avoid contact with others especially the elderly, children and those known to have a weakened immune system
- ✓ Wash your hands thoroughly with **SOAP AND WATER** - alcohol gel is **NOT** effective
- ✓ Clean all surfaces including door handles thoroughly with a detergent cleaner



If you are worried about any of your symptoms please ask the surgery for a **Telephone call**.

Please avoid contact with others or returning to work until 48 hours after your last symptoms.

A Fond Farewell to Cuckfield Medical Practice



It does seem somewhat surreal to put that into words but I am retiring after nearly twenty eight years at the Practice, twenty of which have been as the Practice Manager.

Having always enjoyed working with the public I joined Cuckfield Medical Practice as a part time receptionist. A year after joining the Practice we were one of the for first Practices to become computerised and I was asked if I would like to increase my hours to full time as the patients medical records needed to be summarised onto the computer. I accepted with enthusiasm but with a nagging thought that once the patients notes were on the computer I would no longer have a job. How wrong could I have been?

The Practice supported me in taking a Diploma in Practice Management as did the Practice Manager at the time and the rest, as the saying goes, is history. The difference between the Practice Managers role then and now is vast, but there does however remain one constant and that is the patient, which is the reason I came into the job in the first place. I have been fortunate to be part of a team that is passionate about providing the best possible care and the Practice continues to strive to give the best service to all of our patients.

What I will miss now I have hung up my 'Jack of all Trades' hat? The patients of course, I will miss them very much. The Practice is in the capable hands of our Interim Manager Lynn McCutcheon and The Practice anticipate appointing a new Manager shortly to start early in the New Year.

Cindy Franzel

Saturday Commuter Clinics

From Saturday 1st November we will be offering a Saturday Clinic to all our patients, ideal for those who are unable to see a GP in the week due to other commitments. Clinics will run from 8:30am to 10:30am at The Vale Surgery and appointments will need to be pre-booked, either by calling the surgery or booking via our online services. To make a midweek or Saturday appointment please call 01444 458738 or use our online services.



We will be Closed on the following dates:

Please be aware that the Surgery will not be open on the following dates and times over the December holiday period:

- Wednesday 24th December - **OPEN**
- Thursday 25th December - **CLOSED**
- Friday 26th December - **CLOSED**
- Saturday 27th December - **CLOSED**
- Thursday 1st January - **CLOSED**



Shingles Vaccination by Sheila Graysmark

Shingles usually affects a specific area on one side of the body and does not cross over the midline of the body (an imaginary line running from between your eyes down past the belly button).

If you've ever had chickenpox you could be at risk of developing shingles, a condition that ranges from mild to severe symptoms and can be unpleasant for some. As older people are more likely to get shingles the new national shingles programme is aimed at people age 70 – 79. Due to limited supplies of the vaccine it will only be available to certain age groups each year.

From 1st September 2014 patients who are 70, 78 or 79 on this date will be eligible to receive the vaccine. Don't miss out on your opportunity to have this vaccine! Please ask a clinician during your next appointment or ask our Receptionists to make you an appointment.

Were you aged
70, 78 or 79
on 1st September 2014?

If you were born on or between:

02/09/1943	and	01/09/1944
02/09/1935	and	01/09/1936
02/09/1934	and	01/09/1935

ask today if you are eligible for a free shingles vaccination

For more information pick up a patient information leaflet or visit www.shinglesaware.co.uk

Don't let shingles become a burning issue

50 Years a Patient by JA



Flu vaccine day this year reminded me I registered at Cuckfield Medical Practice fifty years ago when I returned to live in Sussex.

In 1964 the Partners in the Practice were Dr Farr, Dr Nutt and Dr Barrie. At that time the Surgery was at Marshalls in the High Street, Cuckfield and later moved to a property opposite Marshalls which is now occupied by a Dental Practice. The local Pharmacist and his wife, Mr & Mrs Canning, lived over the Pharmacy, which of course is now Lloyds.

Patients medical records were hand written and stored in individual files in pigeon holes. Now of course we have moved into the world of IT! There used to be a beautiful aquarium in the Surgery, now there is a TV.

In the 70's and 80's there was a quaint small surgery in a house on the corner of Ashenground Road and Sussex Road for the patients of Haywards Heath. During these past years members of the Cuckfield Medical Practice kept well versed with all the health service changes and expectations, and so designed and developed new purpose built surgeries in Glebe Road, Cuckfield and Bolding Way, Haywards Heath.

I am fortunate as I have good health and can remain active, despite the passing years. My visits to the Practice have been infrequent since I registered, I have however visited the Surgery more in the last few years, than in my entire time here as a patient. I would like to say thank you to everyone, past and present and Cuckfield Medical Practice.

Cuckfield Medical Practice would like to thank JA for taking the time to write this piece for our Newsletter.



Would you like to work with us to improve Cuckfield Medical Practice & The Vale Surgery?

Our patient participation group would love to hear your views! Please email us on cuckfieldpatients@gmail.com or follow us on Twitter [@CuckfieldPPG](https://twitter.com/CuckfieldPPG). We are interested in hearing from a wide range of patients or carers who have used local services and are keen to be involved in making a difference to NHS services in the future. We would particularly like to hear from groups who are under-represented, such as young people, parents of young children and also the under 40's.