

LOXWOOD MEDICAL PRACTICE

Your partner for a healthier future

Friends of Loxwood Medical Practice Newsletter July 2018

WELCOME TO OUR NEWSLETTER FOR 2018 DESIGNED TO KEEP YOU INFORMED OF UPDATES OR CHANGES TO PRACTICE WORKING

SPECIAL 'COMMUNITY SPIRIT' EDITION

*Health and Wellbeing Fayre at
Loxwood Medical Practice RH14 0SU*

Save the date

14th September 2018

Look out for more detailed information in the coming weeks.

Our second Fayre is on Friday 14th September 2018 3.00 to 6.00

*Once again, it will be a free, educational and
interactive event for local people of all ages.*

A feel-good festival of fun, health and wellbeing!



ZUMBA CLASS 2016



LEISURE CENTRE



BASIC LIFE SUPPORT NUTRITION

After the success of our very first Health and Wellbeing Fayre, we would like to invite you to participate in our second event.

Our GP practice Mission Statement is 'Your partner for a healthier future'.

To promote this partnership, we are continuing to support adults of all ages, young people and children in the local area, in learning about healthy living, including nutrition, exercise and general wellbeing.

This innovative event will bring together healthcare professionals from both local NHS services and the private sector, such as physiotherapists, counsellors, wellbeing advisors, carers support, nutritionists and fitness teams. Come along and find out how these therapists can help you improve both your physical and mental health!

There will be an opportunity to sample some healthy but tasty foods and we will be supporting a 'healthy' Macmillan bake sale. We aim to hold another competition too, celebrating 70 years of the NHS.

We look forward to seeing you all!



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HEALTH AND
WELLBEING
FAYRE NEWS

PUT THIS
on YOUR
CALENDAR!



DIARY DATES

We are half way through the year and summer has arrived. We do have a couple of dates when we will be closed for the afternoon for staff training which are on 19th September and 17th October from 12.00pm.

If you need to speak to a doctor or nurse during this time please listen to our telephone message which will direct you to the correct 'out of hours' team. In an emergency only call 999.

Alternatively you could visit our website or NHS Choices, www.nhs.uk which have guidance and useful tips on self care.

We will also be closed all day on Monday 27th August.

Remember to use sun screen, wear a suitable sun hat, sunglasses, seek shade and drink plenty of water during the hot weather.



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If you wish to withdraw consent at any time for communication via email or mobile telephone SMS messages please contact the surgery on 01403 752246 or email loxwood.txt@nhs.net

NEW COMMUNITY REFERRER JOINS OUR TEAM



We are pleased to welcome a new team to the Rural North Chichester LCN. Chichester District Council have appointed 2 new community referrers Freddie and Kate as part of their social care team to our local area. This is the first time, that staff working in social care will be located directly in a GP Surgery. This joint collaboration between the District Council and Primary Care has been tailor made to help and assist people living in a rural environment. They will be the link between healthcare and all the community services, charities and organisations that are thriving in our communities creating a genuine partnership. This is a major step forward and creates a more effective joined-up service focusing on the health of the whole community, preventing illness and keeping people well at home.

Loxwood Medical Practice—Your partner for a healthier future.

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NEW COMMUNITY REFERER

OUTSIDE LIFESTYLE SAFETY

REPEAT MEDICATION

MACMILLAN SUPPORT

REPEAT MEDICATION

We have seen a gradual increase in demand over the last few years on our dispensary services. To ensure we maintain a high standard of service and patient safety the doctors have asked that you allow **48 hours** between sending us a repeat request and collecting medication. If you are in need of your medication quicker than 48 hours, the dispensary staff will have to interrupt the doctor for approval.



ENJOY YOUR OUTSIDE LIFESTYLE SAFELY

Ticks are tiny, spider-like creatures that live in woods and areas with long grass. They are found all over the UK. Ticks don't jump or fly – they attach to the skin of animals or humans that brush past them. Once a tick bites into the skin, it feeds on blood for a few days before dropping off.

To remove a tick safely:

Use fine-tipped tweezers or a tick-removal tool – you can buy these from pharmacies, vets and pet shops.

Grasp the tick as close to the skin as possible. Slowly pull upwards, taking care not to squeeze or crush the tick. Dispose of it when you've removed it. Clean the bite with antiseptic or soap and water.



The risk of getting ill is low. You don't need to do anything else unless you are unwell. If you develop flu-like symptoms – such as feeling hot and shivery, headaches, aching muscles or feeling sick, or a circular red rash, please make an appointment to see our minor illness Nurse Sarah, or a GP.

Tell them if you've been in woodlands or grassy areas. Lyme disease is a bacterial infection that can be spread to humans by infected ticks. It's usually easier to treat if it's diagnosed early.

Many people with early symptoms of Lyme disease develop a circular red skin rash around a tick bite. The rash can appear up to 3 months after being bitten by a tick and usually lasts for several weeks. Most rashes appear within the first 4 weeks.



YOUR DONATIONS PLEASE...



To help us raise money for our charities, during the Health and Wellbeing Fayre we will hold a 'healthy' Afternoon Macmillan Bake sale, a slight twist on the usual Macmillan Coffee Morning. This is your opportunity to show off some delicious recipes, savoury or sweet. We would love to receive donations on 14th September, of any bakes that are tasty and nutritious. For instance you can use whole grains, fruits and vegetables, nuts and seeds, oats, honey, tray bakes, tartlets, the ingredients are endless... Lets get the whole community baking!

Your donations at the village fete raised **£82.85** for the local team, thank you.



WE ARE MACMILLAN. CANCER SUPPORT