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Your partner for a healthier future

Friends of Loxwood Medical Practice Newsletter January 2016

WELCOME TO OUR NEWSLETTER FOR 2015 DESIGNED TO KEEP YOU INFORMED OF UPDATES OR CHANGES TO PRACTICE WORKING

RESEARCH READY

We are very proud to announce that the Royal College of General Practitioners have certified that Loxwood Medical Practice has achieved the status of 'Research Ready'.



This means we can conduct high quality clinical research to help improve NHS care and find out what treatments work best.



In our Practice you may be asked to take part in a clinical research study. Taking part in a clinical research study is voluntary and can

be a rewarding experience. To find out about local clinical research studies go to <u>www.ukctg.nihr.ac.uk</u>

MOBILE RETINAL SCREENING

We are delighted to announce that we are going to be the first GP surgery within our CCG to have mobile 'Diabetes Retinal Eye Screening' here at Loxwood.

For many years our patients with Diabetes have had to travel to clinics as far away as

Midhurst and Worthing, for their annual eye reviews. Considering the limitations on driving after an eye screening consultation this proves very inconvenient and for this reason many do not attend appoint-

ONLINE ACCESS

National guidelines have changed regarding our online services. Soon you will be able to access and view parts of your medical record as well as the regular booking appointments and ordering medications. Due to these changes there has been an update to the software for SystmOnline.

The front 'home' screen has changed slightly. This has caused a few minor errors, when ordering repeat medication. After selecting the 'Medication' title from the home screen, you then proceed to the 'Medication' section, where you can choose what you want to do, such as view your past requests or order medication.



ments that are vital to maintaining healthy eyes.

Patients who are due a review will receive an appointment letter in the post as normal. The first clinic visit will be the week commencing 11th April 2016, here at Loxwood Medical Practice.



If you are ordering more medication, you must first select the round circle, then a box will appear by the name of the medication you can order. Tick the box next to the medication you wish to request. Then click the 'Request Medication' box at the bottom of the page.

This takes you to another screen which enables you to check that what you have requested is correct. You must select the 'Request Medication' box at the bottom **again**. Finally this takes you to the last screen which confirms your order has been sent. You have the choice to print a confirmation for your records.

IMPORTANT: If you do not see the last confirmation page, your request has not been finalised and the dispensary will not have received your order request.

DIARY DATES

Periodically the Practice will close to enable us to meet with other NHS clinicians and administration staff to update any skills.

During 2016 we will be closed for the afternoon on the following days from approximately

12.30-5.30;

- Wed 10th February
- Thurs 10th March
- Tues 17th May
- Wed 29th JuneThurs 14th July
- Wed 28th September
- Weu Zotii September
 Thurs 12th Ostahar
- Thurs 13th October

• Thurs 17th November During this time you will need to call the 'Out of Hours' team. Their telephone number does change please call our reception and listen to the message which will give the correct telephone number for these events. During the weekend or evening you must call 111.

We will also be closed for the whole day during the Easter holidays, on 25th and 28th March.





WOOD MEDICAL PRACTIC

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DRY JANUARY, FEBRUARY OR MARCH..

For many people 'Dry January' is the motivation they need to address how much alcohol they routinely drink. However it is very easy after a long day to unwind with a nice glass of something and before you know it the drink is sneaking up on us. Visit www.nhs.uk/change4life for some sensible advise or ask to see one of our Nurses.

THANK YOU

Your generosity throughout the whole year is over-

unnoticed. This Christmas our staff

received some lovely gifts from patients

and a huge thank you to every one of you.

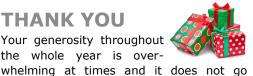
In addition to our Macmillan Coffee Morn-

ing this year which raised £350.73, your

lose change has also supported Breast

Cancer Now, the Royal British Legion and

the Poppy Appeal and Help for Heroes.



?????? WE WANT YOUR HELP ?????? This year we would like to focus our support on one local charity that helps local people stay fit and well within the local community. Our aims for the future are to care for the whole community not only those who are sick and thus maintain everyone's wellbeing to help reduce health problems in later life.

If you know of any deserving local charity, we would love to hear from you. Please contact Mandy Mcdermott on 01403 752246 or email us to nominate a local



SERVICE

This Sussex wide service is to help people access healthcare appointments who are unable to use public or other transport owing to medical conditions. You can book transport if you meet certain criteria which would otherwise prevent you from getting to your appointment by calling 0300 111 2131. This transport is free to use and is not for urgent ambulance journeys.

You cannot access SystmOnline from overseas.

The NHS provide services for all patients who are residents of the UK only. Therefore if you are on holiday and need to contact us urgently and it cannot wait until your return to the UK, you can email us at loxwood.billingshursttxt@nhs.net or telephone our reception.

DRY JANUARY CHARITY SUPPORT **CRYOTHERAPY HEALTH FAYRE**

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PATIENT TRANSPORT SERVICE

DID YOU KNOW

CRYO

Cryotherapy is a service our nurses offer once per month.

You must have been seen by a doctor first who will refer you for this treatment if it is appropriate. There are certain criteria that need to be followed for this treatment process to work safely and successfully, and the nurse can advise you of these. You must be over the

age of 12 years. This treatment is for the removal of verruca's, only at the discretion of the doctor, if you have used other treatments correctly which have been unsuccessful.

Cryotherapy is the local or general use of low temperatures in medical therapy. The term comes "cryotherapy" from the Greek cryo cold, meaning and therapy meaning cure.'