



PPG Newsletter



Welcome to this Spring Newsletter

Do please remember members of the Patient Participation Group (PPG) are available to help patients – details can be found on the surgery website.

The Annual General Meeting of the PPG is to be held on 1st July 2025 at 7.00 pm. at the Buxted Surgery. (More details in due course).

Linda Mason – Chair – Patient Participation Group

Dear Patients

Welcome to the spring newsletter from the PPG representing 16,000 patients at Buxted Medical Centre, East Hoathly and Manor Oak surgeries. The printed newsletter is available in all three surgeries and also online and is sent to those patients for whom we have email addresses. You can also scan a QR code from the noticeboards in all the surgeries to receive it. The PPG is hoping to obtain as many email addresses as possible from patients so if you would like yours to be included please send your email to behmoppg@outlook.com.

The PPG is your **voice** and seeks to make sure **your** patient experience is as good as it can be. It provides information on current medical issues and can also help registered patients to find additional support and services for their condition in the community.

There are PPG suggestion boxes in the three surgeries so do please drop a comment in (good or bad!) as we would love to hear from you. A patient recently did just this – suggesting that it would be a good idea to have chair raisers in the waiting room at Buxted for those who have mobility problems or have had a recent hip operation. Thanks to PPG Committee member Jean-Mary Crozier who has kindly offered to fund the purchase of the raisers, these have been installed at Buxted and will be in East Hoathly and Manor Oak in due course.

The aim of the PPG (and the surgeries) is to make sure that the GP practice puts the patient, and improving health, at the heart of everything it does. The PPG provides support to the practice and acts as a 'critical friend' by making constructive suggestions.

PPG SURGERY DISPLAY

BOARDS There are PPG display boards in every surgery giving up-to-date information on current issues. The current topics are **ovarian cancer, eating disorders and mental health**. Thanks to PPG Committee member Sue Oven for her hard work in putting the information up.

BLOOD PRESSURE MACHINE

Don't forget you can check your blood pressure at the Buxted surgery – there is a machine by the reception area so do use it whenever you want to.

TRAVEL VACCINATIONS

If you need advice on the required vaccinations for your holiday or visit abroad please contact the pharmacy at the Buxted surgery for information

Latest news update from CHARLOTTE LUCK, Practice Manager

We have been able to secure **three new salaried GPs to join our team** at the Practice.

- **Dr Tom Lever** started with us in February
- **Dr Sian Taylor** joined us at the beginning of March
- **Dr Cassandra Streeter** will also be joining us on a permanent basis at the end of March, and
- **Dr Emma Costello** has also recently increased her working pattern to full time hours.

The addition of the extra GPs to our team will make a significant impact on the number of GP appointments we are able to offer patients. As we move into spring and out of winter pressures, we hope that patients will see a significant increase in our appointment offering.

Vaccines

It has been full speed ahead in terms of planning **vaccine clinics** at the surgery. A new Respiratory Syncytial Virus (RSV) was introduced in September by NHS England. To date almost 600 patients have received this vaccine which protects against RSV, a common virus that can cause respiratory tract illnesses. RSV usually gets better by itself but in some people, especially babies and older adults it can cause pneumonia (a lung infection) and bronchiolitis (a chest infection that affects babies).

Further clinics will be taking place in spring, do keep a look out for your invite if you are aged between 75 to 79 or you are more than 28 weeks pregnant (getting vaccinated will help to protect your baby after they're born).

Almost 4,500 **flu immunisations** have been given to our patients this past winter.

The **spring covid booster** is available from April until 17 June and all patients who are aged 75 years and over (including those who turn 75 by 17 June 2025) are eligible, as are residents in care homes for older adults and individuals aged over 6 months old who are immunosuppressed. We are in the process of sending out booster invitations via text which contain 'self booking links'. You are also welcome to call our dedicated vaccination telephone line on 01435811560 to get booked in. Initial clinics are being held on:

Fri. 11 April at **Manor Oak**, 9am–11.30am. Sat. 12 April at **Buxted**, 9am–11.30am.
Thur. 24 April at **East Hoathly**, 9am–12noon.

Uckfield u3a – to Learn -Laugh -Live

Would you like to pursue your interests or try new ones and make friends?

A welcome awaits you at Uckfield u3a for the retired and semi-retired in our area for £12 a year sub.

We have something to interest everyone, both indoor and outdoor Groups with over 80 to choose from.

See our website WWW: uckfield.u3asite.uk or telephone 01825 768709

Not sure, come to our monthly meeting with guest speaker on the first Friday of every month at 1.30 pm at the Weald Hall, Uckfield Civic Centre

PPG Committee Members: Linda Mason – Chair, Jean-Mary Crozier – Vice-Chair, Mike Batchelor, Gina Cuthbertson, Martin Ensom, Alison Ledward, Stephanie Newman, Sue Owens, Bob Ruthven.