

Collington and Ninfield Surgeries

Newsletter March & April 2021

Welcome to our Spring Newsletter

We really welcome the start of Spring with the weather improving and the clocks changing for longer days.

With the vaccine programme going well, there is positive news ahead.

We would also recommend to those who can, have a walk or exercise each day within the guidelines.
This not only helps physical health but mental health too.

Proposed Merger Plans

There is a proposal to merge Collington Surgery with Pebsham Surgery. This is a very exciting development which was discussed with the PPG too. The planned merger will take place on the 1st July 2021. We have now instigated a patient consultation process and we would ask all our patients to complete a survey. The survey can be accessed via our surgery website:-

www.collingtonsurgery.com

New Building – Collington

As you may have seen in the press, we are currently in the process of going through the planning process of a brand new surgery in Beeching Road, where the Covid 19 Testing Centre currently is. The plans are being drawn up and we hope to be able to tell you more later in the year, when the build can actually begin. This would then accommodate our newly merged surgeries plus Albert Road will also be having part of the building under their own identity. This will enable our patients to have a state-of-the-art building to accommodate our team, on-site parking, hopefully an onsite pharmacy etc. We will update you once we have more news.

For our Ninfield Patients, the surgery will carry on working as now.

Covid-19 Injections

As you will have heard in the local and national press, the vaccination programme is going well.

We have been in contact with patients in Groups 1-6. Patients in Group 5 should have heard from NHS England inviting them to book at one of the Covid Hubs.

We would continue to ask patients in those groups not to contact us, we will be in contact with you.

However, if you are over 70 and haven't had a vaccine and would like one, please contact your surgery to arrange an appointment.

We have started contacting those for a second vaccination soon too. Again, please don't contact us, we will contact you when clinics are available for these appointments.

PPG for both Surgeries

We had our first virtual PPG meeting and would like to thank those patients who have volunteered to support us with this.

Our next virtual meeting is being held at 10.30am on Wednesday 14th April.

If anyone else would be interested in joining, please contact your surgery.

Ninfield Waiting Room

We are currently refurbishing the waiting room at Ninfield Surgery.

The patient toilet will be easier to access now.

The general works are progressing well and should hopefully be finished by the end of March.

Don't forget the Government Guidelines



When visiting either of our surgeries, you will:-

- Be asked if you have any Covid-19 symptoms
- To wear a face mask, unless medically exempt
 - To sanitise your hands
 - Have your temperature checked
- To keep at least 2 metres away from others
- These guidelines apply even if you have had the vaccine



Covid-19 Symptoms

If you are suffering from any of the Covid-19 symptoms:-

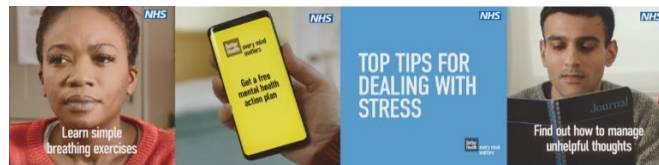
- Temperature
- Persistent Cough
- Loss of smell/taste

Please do not contact or visit the surgery. Please either phone 119 or go online at

<https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>

You can book a test either by post or at the local testing centre, currently in Wainwright Road, Bexhill on Sea. You are not able to just turn up and have a test, so please either phone 119 or use the link above to book a test.

Better Health – Every Mind Matters



This campaign is being supported by the NHS, local authorities and a range of mental health charities, health organisations, we well as other charities and commercial sector partners.

The Every Mind Matters Platform has been continuously updated to support people during the Covid-19 outbreak and has a Covid-19 Hub that includes tips and support on how to deal with change, cope with money worries and job uncertainty and how to look after your mental wellbeing when staying at home. It also includes practical tips and videos from experts on dealing with stress and anxiety, boosting your mood, sleeping better and what you can do to help others – including advice for parents and for children and young people.

<https://campaignresources.phe.gov.uk/resources/campaigns/111-better-health---every-mind-matters/resources>



<p><u>Our GP Partners:</u></p> <p>Dr David Warden Dr Gooch Singh Dr Debbie Gooderick Dr Iche Mangiri</p>	<p><u>Our GPs:-</u></p> <p>Dr Preye Mangiri Dr Elizabeth Pronger Dr Carman Ersek</p>	<p><u>Our Nurses and HCA Staff:-</u></p> <p>Mrs Beverley Prangnell Mrs Lin Barton Mrs Tracy Zipperlen Mrs Kim Fisher Mrs Vicki Wishart</p>	<p><u>Practice Manager</u> Kim Sellers</p> <p><u>Finance Manager</u> Tracy Skinner</p>
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