

September 2019

Important Notice for appointment booking:

As of the 1st November 2018 the phone lines will open at 8am and the surgery doors will open at 8.30am.

We now have pre-bookable appointments available.



SMS Service:

We continue to improve our service to our patients and our SMS reminder service is one of the ways that we do this. **Please ensure we have an up to date mobile number for you.**

Your Feedback:

Your feedback is very important to us – feel free to write to us with your comments or questions.

Patient Access:

Repeat prescriptions and appointment booking is available to you online. This is a fantastic tool that can be accessed at the link below – please see reception to get your log in details.



WORLD'S BIGGEST COFFEE MORNING

MACMILLAN
CANCER SUPPORT

The World's Biggest Coffee Morning is Macmillan's biggest fundraising event.

People all over the UK host their own Coffee Mornings and donations on the day are made to Macmillan.

They raised an incredible £26,914,382 in 2018 and are aiming to top that this year.

Join in on the **27th September 2019** (or any date that suits you) and raise vital dough-nations to help us be right there for more People living with cancer.

Visit <https://coffee.macmillan.org.uk> for more information.



We have now extended the appointment booking feature of Patient Access into pharmacies.

Certain services which patients would typically book with their GP practice, such as treatment for sore throat or hay fever, can also be delivered via pharmacies. Other services, such as hair loss treatment and antimalarial medicines, are not available to most, or to any patients on the NHS.

By enabling users to book appointments in pharmacies (as well as their GP practice) within Patient Access, you are able to access a greater choice of appointments. This also helps to alleviate pressure on GP practices.

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Be there tomorrow



On the 2nd September, a candid and heart wrenching new TV advert about how smoking causes early death will be broadcast to Hastings homes. We all know smoking kills but somehow we think it will kill 'other people', not us. The stark truth is that smoking will kill 1 in 2 smokers, often after years of disability and much earlier than expected.

The campaign was developed to highlight why it's worth taking that vital step to quit now with the Stop Smoking Service, and urges smokers to be there tomorrow for their family and loved ones. Smoking still remains the biggest cause of premature death in England. 1 in 2 smokers in East Sussex will die early as a result of smoking. Over the coming year, 1,000 adults across the county are predicted to die from smoking related diseases.

The local Hastings Stop Smoking Service helps many people to quit every year. If you are looking to make a fresh start, please visit www.betheretomorrow.co.uk to find a stop smoking service near you.

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Blood Results:

Please note that we require at least 5 working days for blood results to come through – this allows the Doctor to receive and review the results – and please always phone after 2pm for results. Thank you for your understanding.



Facebook:

Warrior Square Surgery has a Facebook page. We use it to keep our patients up to date on local services and surgery news.



FIND US ON FACEBOOK

Visit us at our website:

We are constantly updating our website with useful information and links to external resources; you can also access information on booking/cancelling appointments and repeat prescriptions .

www.warriorsquare.surgery.co.uk

University students MenACWY vaccine

Teenagers and "fresher" students going to university for the first time are advised to have a vaccination to prevent meningitis and septicaemia, which can be deadly. Please contact reception if you will be attending university for the first time this year and we will arrange the vaccine should you require it.



pre-school booster vaccine

The 4-in-1 pre-school booster vaccine is offered to children from the age of 3 years and 4 months to boost their protection against 4 different serious diseases: diphtheria ,tetanus, whooping cough, polio.



Children are routinely vaccinated against these illnesses as babies through the 6-in-1 vaccine. The 4-in-1 pre-school booster vaccine increases their immunity even further.

Please ask at reception to make an appointment for your child.



The vaccine is given as a single spray squirted up each nostril. Not only is it needle-free – a big advantage for children – the nasal spray is quick, painless, and works even better than the injected flu vaccine.

Need to see a GP or nurse in the evening or at the weekend?

Appointments are now available for all patients registered at any local GP practice.

Appointments booked by your normal GP practice.



#IMPROVINGCAREFORYOU

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HEALTHY RECIPE OF THE MONTH

Avocado & black bean eggs



Ingredients

2 tsp rapeseed oil
1 red chilli, deseeded and thinly sliced
1 large garlic clove, sliced
2 large eggs
400g can black beans
½ x 400g can cherry tomatoes
¼ tsp cumin seeds
1 small avocado, halved and sliced
handful fresh, chopped coriander
1 lime, cut into wedges

Nutritional information (per serving)

Kcal - 356
Fat – 20g
Saturates – 4g
Carbs – 18g
Sugars – 5g
Fibre – 11g
Protein – 20g
Salt – 0.8g

1. Heat the oil in a large non-stick frying pan. Add the chilli and garlic and cook until softened and starting to colour. Break in the eggs on either side of the pan. Once they start to set, spoon the beans (with their juice) and the tomatoes around the pan and sprinkle over the cumin seeds. You're aiming to warm the beans and tomatoes rather than cook them.
2. Remove the pan from the heat and scatter over the avocado and coriander. Squeeze over half of the lime wedges. Serve with the remaining wedges on the side for squeezing over.

September 2019

NHS calls on A-level students to join the NHS

As around 3,300 students in East Sussex get their A-level results, NHS leaders are calling on young people to consider a career in nursing. The NHS has worked with universities to offer more than 7,000 extra nursing places in higher education from September, as part of the NHS Long Term Plan to build a workforce for the future of the health service and supported by its successful 'We are the NHS recruitment campaign'.



The NHS is one of the top ten employers in the world, offering around 350 roles, employing more than 1.3 million people, and caring for around one million patients every day. Tens of thousands of students will call the UCAS clearing line over the next few days to secure a place at a different university to the one they originally chose and in some cases, will change career paths. Over 60,000 students secured a place through the clearing last year and Ruth May, chief nursing officer for England, is urging people at a crossroads to join the health service.

As well as nursing, a career in the NHS can then lead to other roles including psychiatrist, lab technician, physio, paramedic, scientist, GP, surgeon, anaesthetist and over 300 more.

Vikiki Carruth, Director of Nursing at East Sussex Healthcare NHS Trust said: "I've had a fantastic career as a nurse and have worked with some amazing colleagues including midwives, therapists and huge range of other vital clinical and non-clinical roles. I've worked in some amazing places, have had amazing opportunities and have experienced so much of life throughout my career whilst caring for people. We offer so much as carers and clinical leaders in such a diverse range of roles. I believe that the training we provide to our nurses and other healthcare workers is the best in the world and once qualified, the career opportunities on offer are huge. I have no hesitation in recommending healthcare and the NHS to anyone who's thinking about pursuing such a worthwhile and rewarding career – one that brings out your best qualities whilst caring for others".