



WILLOW GREEN SURGERY



Volume 14 Issue 10

NEWSLETTER

February 2009

PATIENT LINK

ORTHCOMING EVENTS:

Air Ambulance Talk

May 2009 date to be advised.

Spring Fayre Saturday 18th April 2009 in the Village Hall Complex.

Festival Market – Thursday 11th June 10 to 11.30. East Preston Village Hall. Patient Link will have a stall there.

East Preston Carnival Float Saturday 13th June

Summer Fayre – Saturday 4th July *date to be confirmed*

Patient Link offers a driving service to patients. If you need help getting to an appointment at Willow Green Surgery, local clinics or hospitals then call the Patient Link helpline on 01903 788142, listen to the instructions and leave your name, contact details and the time, date and venue of your appointment. A Patient Link Volunteer will do the rest and call you back to confirm the arrangements.

in the Village Hall Complex.

URGENT

Patient Link urgently requires a Fundraiser Co-ordinator, Publicity Co-ordinator and Driving Co-ordinators.

To apply telephone 01903 788142 leaving your name and telephone number.

EXPERT PATIENTS PROGRAMME

Are you living with heart disease, back pain, diabetes arthritis, CFS/ME, asthma or any other long term conditions? The Expert Patient Programme could help. This free programme teaches you how to self manage your own condition more effectively. You will have the opportunity to learn new skills to help improve your own quality of life. For more information contact Karen Aylmore, Co-ordinator on 01403 223292 or E-mail Karen/aylmore@westsussexpct.nhs.uk



NEW VISION FOR LOCAL HEALTHCARE

West Sussex PCT has set out major goals to improve health in the county over the next five years. They include reducing the incidences of C.Difficile in hospitals; reducing the current 13 year life expectancy gap in different areas of West Sussex; reducing cancer mortality and variation across West Sussex; 90% of pregnant women to be seen by a midwife in the first 12 weeks of their pregnancy; 80% of stroke patients will have access to a brain scan. These aims are followed by 12 strategic pledges in the Lifelong Health and Wellbeing for Everyone in West Sussex report that is available on the West Sussex PCT website www.westsussexpct.nhs.uk

SMOKING – SCARY STATISTICS

Did you know that the current smoking rates for young people in West Sussex are: 20% for 14 – 15 year old boys, 30% for 14-15 year old girls, 29.6% for 16-24 year old males and 24.4% for 16-24 year old

women, 11% of women smoke during pregnancy? Willow Green Surgery welcomes the removal of cigarette displays from shops and that the Government are putting children and young people at the forefront of the next tobacco control strategy. To respond to the specialist needs of women who smoke during pregnancy there is a NHS Pregnancy Smoking Helpline 0800 169 9 169 this offers a free and friendly service that provides practical advice and regular phone calls to support the process of giving up smoking.



YOUR SAY

More than fifty thousand patients in West Sussex are being asked for their views on how to improve family doctor services in a new survey launched recently. Results from the survey will be used to drive changes locally to GP services.

REMEMBER FIT FOR THE FUTURE?

Proposals to review decisions on acute services have been agreed by the West Sussex Primary Care Trust. The process was on hold while Royal West Sussex NHS Trust and Worthing and Southlands Hospitals NHS Trust considered a proposal to merge. The two Trust Boards have agreed to merge so the Primary Care Trust will review its original decisions relating to

maternity services, inpatient paediatrics and emergency surgery. The review starts in February 2009.

NEW SERVICE

People in West Sussex looking to make life changing decisions for a healthier life are now being offered more support with the launch of a brand new service. West Sussex Primary Care Trust in partnership with West Sussex County Council and local Voluntary Organisations have recruited Health Trainers who will work one to one with people over the age of 18 who want to improve their health and wellbeing. For further information contact 01903 724152 or for older people 01903 731800

PROTECT

The surgery will be closed from 12.30pm on the following Tuesdays for Protect Training Sessions.

- 17th March 2009
- 14th May 2009
- 18th August 2009

We take the opportunity to close for protected time for GPs and staff to learn new skills and update their knowledge.

BREAST IS BEST

Mums in West Sussex looking for support with breast feeding have all the help they need, from other mums, on their doorstep. The MILK groups offer the chance to meet

together and talk about problems or concerns. For more information telephone 01903 276840/276823

HELP WITH TRAVEL COSTS

If travelling to receive healthcare presents you with difficulties you may be eligible to claim back your travel costs when receiving NHS care. Patients on low income or receiving specific qualifying benefits or allowances are reimbursed, in part or in full, the costs incurred in travelling to receive certain NHS services where their journey meets the criteria. Qualifying benefits are:

- Income Support
- Income based jobseekers allowance
- Pension Guarantee Credit

If you are not receiving one of the above but are on a low income you may be eligible through the NHS Low Income Scheme. For more information, advice or support please contact the NHS helpline on 0845 850 1166.

TO MAKE YOU SMILE

Sherlock Holmes and Dr. Watson were having a rest in their hotel room when suddenly a tree walked in. "Elm entry, my Dear Watson," said Holmes. What do you call a fat alien? An extra cholesterol.

To order your repeat prescriptions and find out more about the services we offer.

Visit our website
www.willowgreensurgery.co.uk