



# WILLOW GREEN SURGERY



*Happy Christmas and a healthy New Year to all our patients.*

Volume 14 Issue 9

## NEWSLETTER

November 2008

### PATIENT LINK

**P**atient Link's popular Christmas Raffle starts on Tuesday 25<sup>th</sup> November and will be drawn on Friday 19<sup>th</sup> December.

**URGENT**  
Patient Link urgently requires Volunteer Car Drivers for approximately 2 hours a week. Current driving licence required. To apply telephone on 01903 788142 leaving your name and telephone number.

### EVENING SURGERIES

**T**he surgery runs evening clinics on a Monday and Thursday 18.30 to 19.30p.m. These surgeries are for pre booked appointments only. The surgery is not open for routine matters. No emergencies can be dealt with during these surgeries. The out of hours number – 0300 130 1313 should be used for any emergencies that arise after 6.30pm.



### WASTED MEDICINES MEANS WASTED MONEY

**W**asted medication is costing the NHS in West Sussex more than £6 million every year. In a year West Sussex could use the money lost, because of wasted medication, to pay for:  
180 more community nurses or;  
840 more heart by-pass operations or;  
1080 more knee replacements or;  
1200 more hip replacements or;  
8400 more cataract operations.  
It is dangerous to have unused medication lying around at home. When you put in a request for repeat medication only order what you need.

### KEEP WARM KEEP WELL

As we begin to feel the effects of the wintry weather it is important to remind everyone, but in particular older people, to keep yourself and your homes warm. Colds, flu and the

cold weather can also cause other serious health problems such as heart attacks, strokes or pneumonia. Please take steps now to keep warm and well. For more information telephone 0800 316 2805

### FLU CLINICS

**T**his years flu campaign is well underway but it is not too late for people to get their free jabs. We advise any patient over the age of 65 or who is in an 'at risk' group to have a flu immunisation. These include diabetic patients, patients with chronic heart disease, liver or renal disease, chronic respiratory disease including asthma and impaired immunity. Also if you are living in a residential care home or are the main carer for an elderly or disabled person. If you wish to have an immunisation then please contact the surgery. If you are housebound and unable to get to the surgery please let the receptionist know.



## ARE YOUR CHILDREN SCARED OF YOU SMOKING

Every month, hundreds of children across the country lose a loved one who dies from smoking, and every week more than 2000 people die from smoking related diseases. If you cannot give up for yourself then give up for them.

In West Sussex the NHS Smoking hotline number is 01903 708000 or log onto <http://www.westsussexpct.nhs.uk/healthy-living/go-smoke-free/> or phone the surgery and make an appointment with our Smoking Cessation Advisor.

## WEST SUSSEX PCT ANNUAL HEALTH CHECK

The use of resources at West Sussex Primary Care Trust (PCT) has significantly improved over the last year, according to this years Healthcare Commission annual health check. Finances were rated as good, a significant improvement on last years 'weak' rating. Quality of Services was rated as 'fair' maintaining its score from last year.

The controversial Fit for the Future decision is on hold while Trusts move to merge.

## PROTECT

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

- 20<sup>th</sup> January 2009
- 17<sup>th</sup> March 2009
- 16<sup>th</sup> June 2009

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

## FAME AT LAST!



## CARERS RIGHTS DAY 5<sup>th</sup> DECEMBER 2008

Many people don't get the support they need because they don't recognise the caring role they have. If you regularly provide or intend to provide care, you need to find out about the help available. Finding out what you are entitled to can be difficult. Claiming benefits usually involves filling out forms. Try not to let this put you off. A local Independent Advice Centre or Citizens' Advice Bureau should be able to help you with the forms.

The Pension Service (Free phone: 0800 100 6165.) should also be able to help you with more information about benefits and completing the claim forms. For further information on help available visit the website below. <http://www.carersuk.org/Information>

## HOMESHARE SERVICE

There is now a free Homeshare service operating in West Sussex. If you need help with daily tasks,

companionship and have a home you are willing to share **or** would be interested in free accommodation in return for providing help and companionship then contact the Homeshare Co-ordinator on 01903 738904

## CHRISTMAS CHEER

What do you call a man who claps his hands at Christmas time?

*Santappliance.*

Two policemen are called to the scene of a crime in a convenience store. One asks the manager what happened.

He replies "There's a man over there covered in Corn Flakes and he's dead." "That's odd," said the first policeman, "didn't we have one covered in Bran Flakes yesterday? And another covered in Wheata Flakes last week?" "Your right" said the second policeman. *"This must be the work of a cereal killer."*



## CHRISTMAS OPENING TIMES

|                 |        |
|-----------------|--------|
| Christmas Eve - | Normal |
| Christmas Day - | Closed |
| Boxing Day -    | Closed |
| New Years Eve - | Normal |
| New Years Day - | Closed |

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

Visit our website [www.willowgreensurgery.co.uk](http://www.willowgreensurgery.co.uk)

**Happy Christmas**