



Ifield Medical Practice

PATIENT'S NEWSLETTER

January 2023

Welcome to Ifield Medical Practice's monthly newsletter

Happy
New Year

Happy New Year to each and every one of you.

We hope you have all had a healthy and safe festive period. We are looking forward to this New Year and delivering a great service.

Primary Care Network (PCN) Initiatives

Ifield Medical Practice are part of a Primary Care Network called Healthy Crawley. In this PCN we collaborate with Pound Hill Surgery, Woodlands & Clerklands and Furnace Green Surgery.

Enhanced access: Each Saturday one of the practices in the PCN offer a Saturday clinic on a rota basis. We have a Saturday clinic once a month at Ifield Medical Practice. When you call up you may be offered a Saturday option at our practice if it is for a new medical issue. Alternatively if you like the idea of a Saturday appointment, our Reception team can let you know when the next date will be for you to call a couple of days before that coming Saturday.

We also offer early morning and evening appointments at Ifield Medical Practice.

Bank Holiday Closures 2023

Easter Bank Holiday: 07 and 10 April 2023

May Bank Holiday: 01 May 2023

Kings Coronation : 08 May 2023 New

Spring Bank Holiday : 29 May 2023

Summer Bank Holiday: 28 August 2023

Christmas Bank Holiday :25 and 26 December

Dry January

Each January people from across the UK sign up to be free of alcohol for 31 days.

Reducing the amount you drink can have long-term health benefits. We recently had a health promotion at the practice and were pleased that some patients engaged with this initiative.

If you have been partaking in Dry January - Well done!

Ladies, Please book your routine cervical screening by calling our Reception Team

**CERVICAL
CANCER
PREVENTION
WEEK**
23 - 29 Jan 23



Cervical cancer screening involves testing for HPV infection to detect pre-cancer and cancer, followed by treatment as appropriate.

Testing is done among women who have no symptoms and may feel perfectly healthy.

When screening detects an HPV infection or pre-cancerous lesions, these can easily be treated and cancer can be avoided.

Screening can also detect cancer at an early stage where treatment has a high potential for cure.

Did you know?

If you are under 25 and giving support with daily life to a family member or friend you may be a young carer.

There is support available to you. If you would like to find out more, or need support, please contact the practice and ask to speak to Amy, our Care Coordinator.

Alternatively please visit <https://carers.org/about-caring/about-young-carers>

Pharmacy First

Your local pharmacy can issue over the counter treatment and see you for any of the following issues

Athlete's foot

Constipation

Threadworm

Toothache

Vaginal thrush

Warts and verruca's

Conjunctivitis

Head lice

Fever/ Temperature

Diarrhoea

Sore throat

Teething

Insect bites/ stings

Haemorrhoids

Hay fever

minor skin rash

Protect the NHS by keeping A&E free for serious emergencies

NHS Services continue to face high demand and your decisions as a patient really make a difference. East Surrey Hospital have been coping with high demand recently and people attending A&E with non-emergency conditions are likely to face a very long wait for treatment.

Please remember to only use 999 and A&E if your condition is an emergency.



Meet the team
10th February 2023
10am - 12:00

On the 10th February, two of the Management team and our Reception Lead will be in the waiting room at Ifield Medical Practice between 10am-midday. We will be on hand to meet patients and answer any questions you may have.

Perhaps you have a question about the practice

Maybe you have a good suggestion you would like to share

Something you wanted to always know about a GP practice

Perhaps you want to give us feedback

We have also asked our patient participation group (PPG) to attend. They would also be keen for any new members so if this is of interest to you they would offer a warm welcome.

Newsletter suggestions

GET IN TOUCH! We would love to get patients involved with the newsletter, after all it's written for you!

Please do send us your suggestions for future topics or ideas. We are continually looking to turn our patients' feedback into real improvements in the services we provide.

email us at ifieldmedicalpractice@nhs.net



Example of a storage system

Your paper NHS record

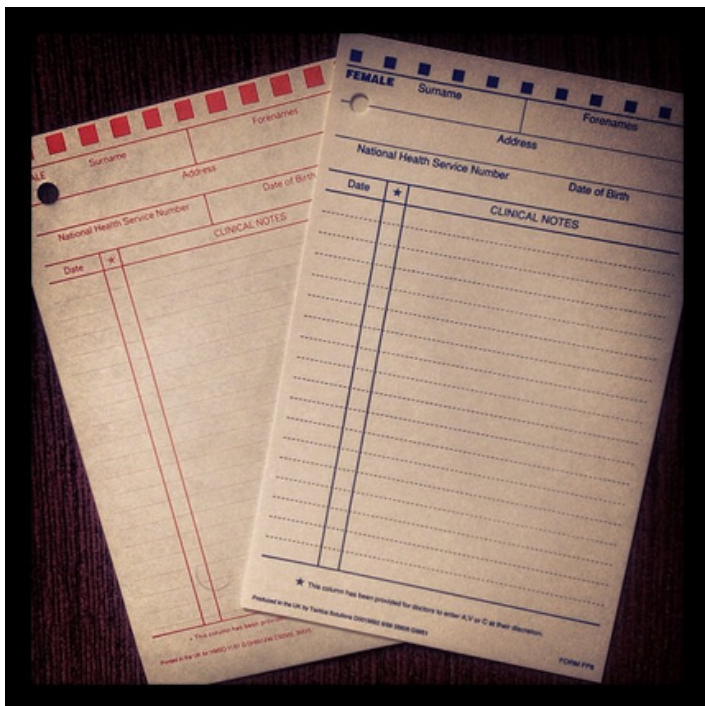
We were recently asked whether we keep the old paper records for each of our patients. We certainly do and have a large secure storage system here at Ifield. Everything on your paper record is summarised and put on your computerised notes but these are an important part of your medical record which we treat with respect and care.

If you were to leave our practice we then forward these on to your new practice. We also receive these paper notes if you join us from your previous practice.

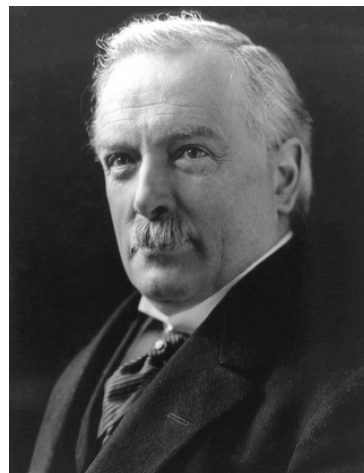
These tiny brown card envelopes are called a 'Lloyd George' in the NHS.

The reason they are called Lloyd Georges is after the politician David Lloyd George who introduced a national health insurance scheme in 1911.

David Lloyd George went on to become Prime Minister between 1916 - 1922



The Lloyd George card inserts where consultations were written on



David Lloyd George