



Patients' Newsletter

November/ December 2023



Welcome to your winter newsletter.

Carers Rights Day - 23rd November 2023

Each year on November 23rd, Carers UK promotes Carers Rights Day. Whether someone has recently become a carer, realised they have been caring for a while without support or has been caring for someone for many years, it's important they understand their rights and are able to access the support that is available to them whenever they need it.



Visit the Carers UK website to understand more about your rights as a carer. West Sussex Carers Support is also hosting some events for Carers Rights Day - visit their site to book in for an online session or find out where to visit them in person.

www.carerssupport.org.uk

Getting Online

See your GP health record on the NHS App



- you can see all new entries
- includes consultation notes, medicines and immunisations
- need help? Get support in the app or visit nhs.uk/helpmeapp



The NHS is giving people access to their GP health records on the NHS App, making it easier for you to manage your health. You can see information including consultation notes, test results and letters.

Online access to your records gives you up-to-date and accurate information from your appointments. You can also see the latest information around your care, medications and test results without having to phone the surgery.



Receive messages from your surgery in your NHS App, instead of by SMS text or letter
Download the NHS App and turn on notifications

**MORE SECURE,
MORE RELIABLE**

Order repeat prescriptions on the NHS App



To find out more, visit www.nhs.uk/helpmeapp

Prescriptions

You could save money on prescription payments if you pay for more than three items in three months, or 11 items in 12 months, by buying a Prescription Prepayment Certificate, or PPC.

You could also be entitled to help with costs or even free prescriptions through the NHS Low Income Scheme, which is aimed at those with long term conditions and those living in deprived areas.

To find out more, search for "NHS help with prescription costs" or visit www.nhsbsa.nhs.uk.



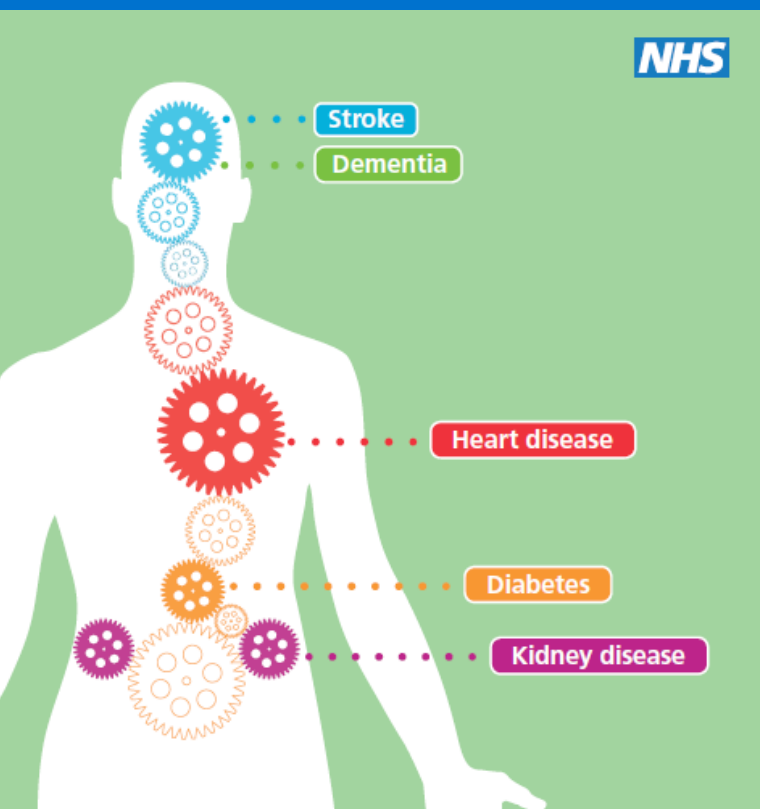
Hospital Prescriptions

If you attend the hospital and are given a prescription, you **MUST** get it dispensed at the hospital pharmacy. We cannot issue hospital prescriptions at the surgery.

Private Prescriptions

If you attend a private clinic, we will not be responsible for issuing prescriptions for drugs they recommend.

NHS Health Check (40-74 year olds)



Even if you're feeling great, if you're over 40 you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A **free** NHS Health Check can help you reduce these risks and make sure you stay healthy.

You'll be asked some simple questions about your family history and lifestyle, such as whether you smoke. We'll record your height and weight and check your blood pressure and cholesterol.

After the check, we'll discuss how you can reduce your risk and stay healthy with personalised advice. You'll be taken through your results and what they mean.

If you're 40-74, you're entitled to this check once every five years. Please call us on 01293 510900 to book your health check with one of our nursing team.

Free NHS Health Check

Helping you prevent heart disease, stroke, diabetes, kidney disease and dementia



Did you know we have an on-site Wellbeing team? This includes a mental health practitioner. If you want to see one of the team, please ask our reception team to refer you.

Health and Wellbeing Event

Thursday 7th December 2023
10 - 4pm

Support and information for patients living with and beyond cancer and their families

Structure of the Day

The day will run from 10.00am to 4.00 pm at the Macmillan Centre at East Surrey Hospital. There will be drop in information stands from local charities and support groups. There are also some talks and discussions taking place throughout the day, these must be booked in advance by emailing sash.wellbeingevent@nhs.net

10.00- 10.30am	Maria Tricarico and Alex Willifer from Carers Support
10.40-11.10am	The Role of Primary Care
11.30 am- 12.00pm	Cara Read - Citizens Advice Bureau Support Officer Benefits Advice – What are you entitled to?
12.15 -12.45pm	Gemma Harris - Oncology Physiotherapist “Helping you do the awesome things in life”
1.30-2.00pm	Maggies—Everyone’s home of cancer care What Maggies offers for those facing cancer
2.05-2.30pm	Sarah Newman – local cancer and exercise specialist and ambassador for 5kyourway
2.35-3.00pm	Adam Connelly from Healthwatch Surrey
3:05-3:30pm	Demi McAteer – Breast Cancer Now

There will also be short introductory sessions for some of our therapies including Reiki, hypnotherapy and massage. These will be run on a drop in basis on the day.

Light refreshments will be provided at lunch time.

Don't to forget to register your interest by emailing sash.wellbeingevent@nhs.net



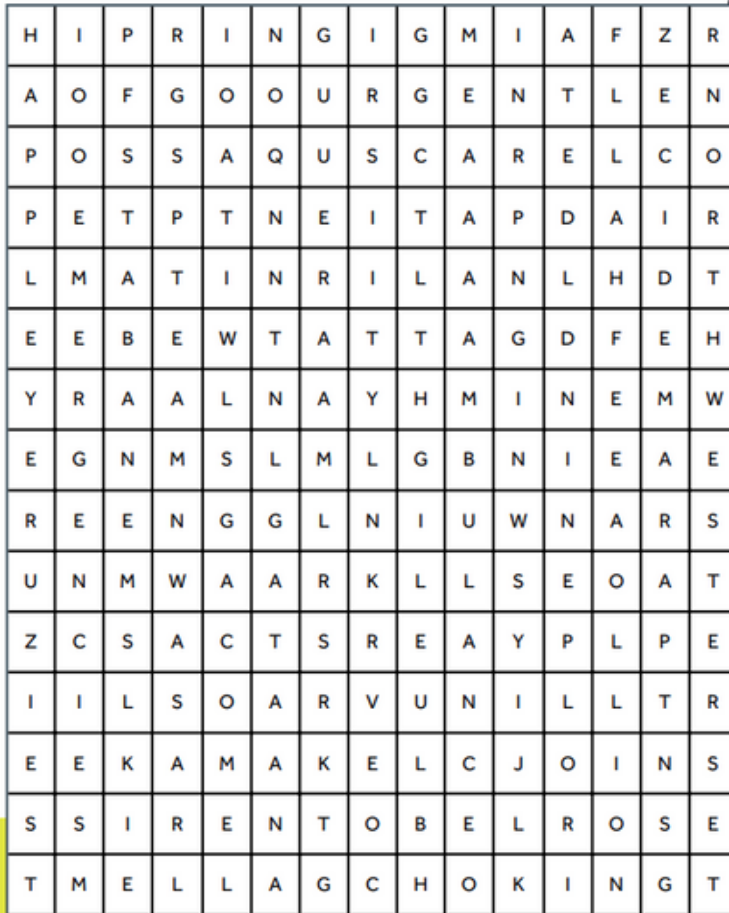
Working together | Improving together

Organisations and Charities who will be available to advise patients and their families' for support:

Carer Support
Maggies
Action for Carers
First Community Health and Care – prehab and rehab
St Catherine’s Hospice
Prostate Cancer Support Group
South East Cancer Help Centre
Richmond Fellowship
Restore—Breast Cancer Reconstruction Support Group
Gemma Harris – Oncology Physiotherapist
Bras at Home
Mid-Sussex Prostate Cancer Support Group
Bluebells Cancer Support Group and Health Sanctuary
The Brigitte Trust
Headwrappers
Prostate Project
Healthwatch Surrey
Sarah Newman – Exercise specialist
St Luke’s Radiotherapy Department
East Surrey Macmillan Cancer Information Centre



Kids' corner!



Can you find the following words?

- Ambulance
- Blue Light
- Call Handler
- Care
- Choking
- Emergencies
- Hospital
- Mask
- Nine
- Paramedic
- Patient
- Seizure
- Siren
- Urgent



That's your diaphragm!

Hiccup!

"Hic!" You've just hiccupped for the millionth time since you finished your big dinner. Have you ever wondered where these funny noises are coming from?

The part of your body to blame is your diaphragm (say: DYE-uh-fram). This is a dome-shaped muscle at the bottom of your chest. All your hiccoughs start here!

When you breathe in, the diaphragm helps pull air down into your lungs. When you breathe out, the diaphragm relaxes and air flows up, out of your lungs, and back out through your nose and mouth.

But sometimes your diaphragm gets irritated. When this happens, it pulls down and makes you suck air into your throat suddenly. The air rushes in and hits your voice box. That makes your vocal cords close suddenly, and you go... "Hiccup!"



Providing NHS services