



Patients' Newsletter

January 2024



Welcome to your New Year newsletter.

New Year New You!

Whether you believe in New Year's resolutions or not, January is always a good excuse to try a new type of exercise, or make any other lifestyle changes around diet, smoking and alcohol. Sometimes, knowing thousands of others are doing the same can be helpful. We've got all the information you need if you fancied making 2024 the year you made a change, whether that's for January or for good!

Elsewhere in this newsletter, we've got news about Cervical Cancer Prevention Week and some stats about the work we did at the practice last year. Happy New Year everyone!

parkrun

We've partnered with Ifield Mill Pond parkrun to become a parkrun practice! Whatever your pace, come along at 9am every Saturday to join in with hundreds of others from your local community right here in Ifield. It's completely free and open to anyone who wants to join.



We're proud to be a
parkrun practice!

Join in the fun at parkrun: walk, jog, run, volunteer or spectate

-  Free and easy to take part
-  Make new friends and feel part of your local community
-  Every Saturday morning



Find out more at
parkrun.org.uk



Royal College of
General Practitioners

Register at parkrun.org.uk



Providing NHS services

Veganuary

The excesses of the festive season can leave you feeling sluggish and bloated. Veganuary is a brilliant time to consider a more vegetable-based diet, and starting with a vegan month in January can really demonstrate the wide variety of meals you can eat which don't include animal products.

No matter what type of food you prefer to eat, the Veganuary website has you covered. With over 1,000 recipes, there's a recipe for every occasion and for anyone regardless of their preferences.

There are health benefits to a well-balanced vegan diet, but as with any change in diet, it's important to make sure you're still getting all the nutrients you need.



For all the information you need, visit www.veganuary.com

Drink Less, Feel Better.

We hope everyone who's challenged themselves to Dry January is doing well! Recently, we invited the team from Crawley Wellbeing to the practice to talk to people about all of their services to help with their wellbeing in 2024.



One of these is their Alcohol Service, a completely free, confidential and non-judgemental service offering advice on reducing your alcohol intake. Whether that's aiming for a completely Dry January or just managing your intake, any reduction in alcohol can help your liver health and save you money.

Crawley Wellbeing also provide support to help people quit smoking. You're three times more likely to quit with the right support and the benefits start straight away: only 8 hours after your last cigarette, the oxygen levels in your blood are recovering. Make 2024 the year you quit.

Get support at www.crawley.westsussexwellbeing.org.uk or call 01293 585317

Talk to Frank



Friendly, confidential drugs advice

For simple, honest information about drugs, Talk to Frank. Visit their website at www.talktofrank.com or call 0300 1236600. They can tell you about the effects of drugs, how to keep yourself safe, and what to do if you're concerned about a friend or family member. Remember, if you need medical help related to drugs, it's essential that you tell the people helping everything you know about the drugs or alcohol you or your friend have taken. Medical staff won't tell the police, and you won't get in trouble.

Cervical Cancer Prevention Week

Did you know that Sweden is likely to eliminate cervical cancer before 2030? We can get to that point too, by making sure we offer HPV vaccinations, cervical screening and treatment for early changes to everyone who might need it.

Cervical cancer mostly affects women under the age of 45. Almost all cervical cancers are linked to infections with certain types of human papillomavirus (HPV). The NHS now offers vaccination against many types of HPV. If you're under 25 and you missed having the vaccination when you were aged 12-13, then you may be eligible for immunisation - get in touch and we'll book an appointment with our nurses for you.

Anyone who has a cervix can get cervical cancer. If you're having vaginal bleeding or discharge that's unusual for you, or pain during sex in your lower back, hips or pelvis, you should book an appointment with a member of our team. While there are many reasons why you might have these types of symptoms, it's important to rule out cancer as a possible cause.

Lastly, if you're due a smear test, please contact us to book an appointment, and please encourage your friends and family to do the same. 1 in 3 people do not take up their invite for cervical screening. You can help us change that. Let's work together to end cervical cancer.



Find out more at www.nhs.uk/conditions/cervical-cancer

Last year...



We did **43,323** appointments.

(That's nearly **25,000** with our doctors, over **8,000** with our nurses, over **7,000** with our Healthcare Assistants, over **2,000** with our Physician Associates and nearly **800** with our physio!)

1,895 appointments

were missed
(that's 1 in 22 appointments)



We answered **53,504** calls.

We registered **1,198**

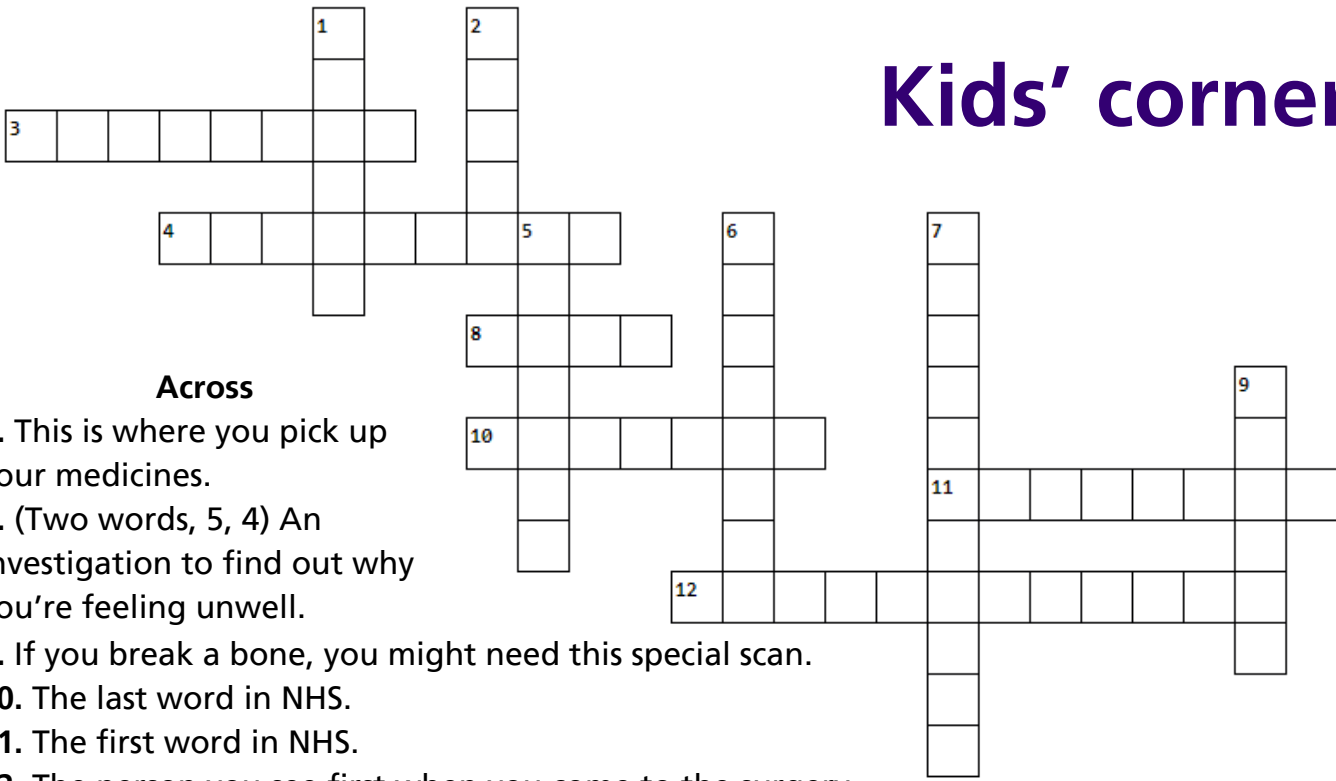
+ new patients.

Your average time in the waiting room was **3.9** minutes.



Here's to more in 2024!

Kids' corner!



Across

3. This is where you pick up your medicines.
4. (Two words, 5, 4) An investigation to find out why you're feeling unwell.
8. If you break a bone, you might need this special scan.
10. The last word in NHS.
11. The first word in NHS.
12. The person you see first when you come to the surgery.

Down

1. This person sees patients when they feel unwell.
2. The person you see for vaccinations and for check-ups for long-term conditions like asthma.
5. The place you come to see doctors and nurses.
6. This is what the doctor gives you when you're unwell.
7. This type of treatment is an injection or nose spray that stops you getting ill in the first place.
9. The second word in NHS.

Healthier Families

When it's cold outside, sometimes it's more difficult to stay active and healthy. Here are some things you could try...



Try out the Disney home games from nhs.uk!

Help the grown-ups to make some healthy snacks!

Copy your favourite dance routine!



For more tips, visit www.nhs.uk/healthierfamilies