

BMC PATIENT NEWSLETTER

Spring 2024



Welcome to our new patient newsletter!

The purpose of our brand new newsletter is to keep you informed of what is happening at Bewbush Medical Centre and to bring you key information about your surgery, your general health and the services available to you. We welcome all feedback you have about our Newsletter as well as any ideas you may have for topics you would like included in future editions.

Here is a snapshot of what we have been up to in the last month at Bewbush Medical Centre:



1337 face-to-face appointments with a clinician



1037 telephone appointments with a clinician



11 home visits were carried out



1431 repeat prescriptions were issued



50 patients did not attend for their appointments

We are proud to be an Armed Forces Veteran Friendly Accredited GP Practice



Royal College of
General Practitioners



Armed Forces veteran
friendly accredited
GP practice



Bewbush Medical Centre is an accredited Veteran Friendly GP Practice.

We are proud to support our Armed Forces community and being accredited shows that we are able to deliver the best possible care and treatment for patients who have served in the Armed Forces.

As a Veteran Friendly GP Practice we:

- **Have a clinical lead for veteran health**
- **Ask patients 'Have you served?' to identify veteran patients**
- **Support veteran patients to access dedicated health services**
- **Undertake specialist training to meet the health commitments of the Armed Forces Covenant**
- **Let a member of staff know if you, or your spouse/partner, have ever served in the UK Armed Forces so that we can best support your care needs.**

The Veteran Friendly Practices accreditation scheme is run by the Royal College of General Practitioners in partnership with NHS England and NHS Improvement.

You can find out further information and support by visiting the Royal College of General Practitioners website

We are an Armed Forces veteran friendly accredited GP practice.

This means that, as part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment.

If you are ex-forces, please let your GP know to help ensure you are getting the best possible care.

To find
out more,
ask your
nurse or GP.

DID YOU
KNOW?

You can register yourself as a carer via our website. See: <https://www.bewbushmedicalcentre.nhs.uk/register-a-carer/> for more information.

Shingles

Shingles is a painful condition that is a reactivation of the chicken pox virus, usually on one side of your body. It can be painful and cause complications. If you're aged 70 to 79, or turned 65 on or after 1st September 2023, you should be eligible for a free shingles vaccination.

If you're suffering from shingles, you can find lots of helpful information about how you can best manage the infection including information about how to reduce the pain associated with shingles, and about antivirals you may be offered.



Are you looking after someone who could not manage without your help?

If so, you are an unpaid carer.

Carers Support West Sussex is a FREE service set up to offer you guidance and practical and emotional support.

- Planning for emergencies
- Practical support – responding to your individual needs
- Benefits advice
- Emotional support and carer groups
- A Carers Assessment and tailored planning
- Access to counselling
- Funding to help you buy equipment
- Gaining access to free or discounted offers in West Sussex

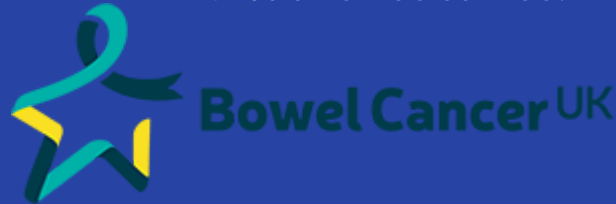
Visit Carers Support West Sussex website for more information.

www.carerssupport.org.uk



It's Bowel Cancer Awareness Month...

More than nine in ten people survive bowel cancer when it's diagnosed at its earliest stage. Awareness of the symptoms can help you to catch it early and improve the outcome. Symptoms of bowel cancer include changes to your poo, bleeding from your bottom, blood in your poo, unexpected weight loss or overall tiredness, and/or a pain or lump in your tummy. If you're experiencing any of these symptoms, it's better to get checked early. Don't hesitate to book an appointment with us on 01293 592230.



We are delighted to have received such positive Friends and Family feedback recently. Should you have any suggestions to improve how the Practice operates or manages its services, please complete a Friends and Family Test feedback form, either via our website (<https://www.bewbushmedicalcentre.nhs.uk/friends-family-test/>) or you can collect a paper form from reception.

Immunisations

World Immunisation Week highlights the importance of acting together to reduce the impact of vaccine preventable diseases. Vaccines help to reduce the number of people who become ill, or suffer serious side effects, from vaccine preventable diseases. Vaccination helps to protect both you and others. Visit <https://www.who.int/campaigns/world-immunization-week/2024> to find out more and be sure to contact the reception team on 01293 592230 to check that you and/or your child is up to date.

CAPACITY AND ACCESS

We are pleased to confirm that our PCN (Bewbush Medical Centre, Saxonbrook Medical, Gossops Green Medical Practice, Coachmans Medical Practice) has been ranked number 3 across all of Sussex for offering an appointment within two weeks of booking.



Staff Wellbeing

Staff wellbeing is at the heart of everything we do and last month we had a special visit from 9 week old Suki. She was extremely good and enjoyed lots of cuddles from staff!



Join our PPG!

Would you like to have a say about the services provided at Bewbush Medical Centre? We would love to hear your views! Speak to our Patient Services Manager Sophie to find out more

