

BMC PATIENT NEWSLETTER

Summer 2024



Welcome to our patient newsletter!

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



1887 face-face appointments with a Clinician



418 telephone appointments with a Clinician



9 home visit appointments with a Clinician



1598 repeat prescriptions issued



41 patients did not attend for their appointments

Extended Access to GP Services

Did you know that we offer extended clinics at Bewbush Medical Centre on a Wednesday evening and on alternate Saturdays? If you have an issue that you'd like to see a clinician about outside of our usual core hours, you can always request to be booked into one of these clinics. These can be pre-booked in advance, however please note that availability is limited. To book, call the reception team on 01293 592230 and they will be happy to assist. Usual opening hours below:



Monday, Tuesday, Wednesday, Thursday, Friday 8:30 am to 12:30 pm; Monday, Tuesday, Wednesday, Thursday, Friday 1:30 pm to 6:00 pmt

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.

RSV

From September 2024, a new vaccine for respiratory syncytial virus (RSV) will be available to older adults aged 75-79 years old. To learn more about the vaccine, please visit:

<https://www.nhs.uk/vaccinations/rsv-vaccine/>

Every year, thousands of older people need hospital care for respiratory syncytial virus (RSV) infection.

RSV vaccination is the best way to protect yourself.

Your GP surgery will contact you to offer an appointment.



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



Your feedback matters!

We want to hear from you! 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.

Preparing for **STOP**TOBER

Stoptober is the Department of Health and Social Care's annual stop smoking campaign, based on evidence that if a smoker makes it to 28 days smoke-free, they are five times more likely to quit for good. Since it first launched in 2012, Stoptober has helped over 2.5 million people make a quit smoking attempt.

If you would like help with quitting smoking, we would be delighted to help. Please contact the surgery on 01293 592230



After 20 minutes...



Check your pulse! It's already returning to normal.

After 8 hours...



Your oxygen levels are recovering too and the harmful carbon monoxide in your body has halved.

After 48 hours...



All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.

After 3-9 months...



Your lungs are working 10% better so less coughing and wheezing.

After 2-12 weeks...



Your blood is pumping to your heart and muscles better thanks to improved circulation.

After 72 hours...



Breathing feels easier and best of all you're feeling more energetic.

After 1 year...



Your risk of a heart attack has halved compared to a smoker.

After 10 years...



Your risk of death from lung cancer has halved as well.

After 15 years...



Your risk of heart attack is now the same as someone who has never smoked.

WORLD SEPSIS DAY - 13TH SEPTEMBER

Sepsis is a response to infection, where the body starts to injure its own organs and tissues. Sepsis can be fatal, and aiming to prevent it is vital. Vaccinations, hygiene and cleanliness, and avoiding the overuse of antibiotics can help to prevent sepsis. Finding out the signs of sepsis could save your, or someone else's, life. To learn about the signs of sepsis and what to do if you're concerned go to www.nhs.uk/conditions/sepsis/

Find your NHS number

Did you know that you can use the Find your NHS number service to locate your NHS number? Visit <https://www.nhs.uk/nhs-services/online-services/find-nhs-number/> for further information



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

Sepsis Symptoms

- S Shivering, fever, or very cold
- E Extreme pain or general discomfort
- P Pale or discolored skin
- S Sleepy, difficult to rouse, convulsed
- I "I feel like, might die"
- S Short or breath

Flu Clinics

Our annual flu clinics are expected to start at the beginning of October 2024. If you are eligible, we will be inviting you for your jab via text or telephone call. To find out more, please contact reception on 01293 592230

