



NORTHLANDS WOOD PRACTICE NEWSLETTER SUMMER - 2025

WELCOME - We hope you have had the chance to enjoy a break or have one planned soon.

At the Practice, the staff are continuing to provide a smooth and consistent service throughout the summer, with team members coordinating their time off to ensure everything runs as usual for patients.

DO YOU CARE FOR A FRIEND OR FAMILY MEMBER WHO IS DISABLED OR LIVING WITH A LONG-TERM ILLNESS?

If so, you may be considered an unpaid carer - and it's important to know that support is available. Whether you need advice, practical help or someone to talk to, Carers Support West Sussex can help.

Contact Carers Support West Sussex:

- Telephone: 0300 028 8888
- Email: info@carerssupport.org.uk
- Website: www.carerssupport.org.uk/local

71
appointments
were missed in
June

KEEPING YOUR HEALTH RECORDS UP-TO-DATE

It's recommended that all patients update their health records every five years with the following information:

- Blood pressure
- Weight
- Height

There are two easy ways to do this:

- Request a questionnaire at reception to complete and return.
- Use the self-check facilities available in the waiting area.

Missed appointments have been gradually increasing. They not only waste valuable NHS time, but also mean other patients miss out on care they may really need. If you're unable to attend, please let the Practice know as soon as you can.



PHARMACY SUPPORT FOR COMMON CONDITIONS

Did you know that Kamsons Pharmacy can help with a range of common conditions - without the need to book a GP appointment?

They can provide advice and treatment for the following:

- Sinusitis (12 years and over)
- Sore throat (5 years and over)
- Earache (1–17 years)
- Infected insect bite (1 year and over)
- Impetigo (1 year and over)
- Shingles (18 years and over)
- Urinary tract infection (women aged 16–64)

This service helps you get the care you need quickly and conveniently, while also freeing up GP appointments for more complex needs.

Next time you need help with one of these conditions, consider visiting Kamsons Pharmacy first.



Working together as a Primary Care Network (PCN)

Our local practices work closely together as part of a Primary Care Network (PCN), which means they can share staff and resources to better meet the patient needs.

For example, Dr Farley, who has recently joined the team, will be seeing patients across all four practices in the network. So, you might occasionally have an appointment at a different practice than usual.

This also applies to some nurse-led services -like smear tests, diabetic reviews, and other clinics - which may be offered at various sites, including evenings or Saturdays.

Visit

**www.haywardsheathvillagespcn.org
to find out more about our local Primary Care Network.**

