

Newsletter from Friends of Leacroft

| The voice of Leacroft Medical Practice's Patients |

| Our health and well-being matter |

Email: fol@friendsofleacroft.org



LEACROFT
Community Hub

June-2025

Why Taking Your High Blood Pressure (HBP) Medication is Important?

Have you been told you need medication to control your HBP ? **Here's why it's important to take it.**

It is crucial to recognise that HBP, often referred to as the "**silent killer**", can lead to serious health complications if not managed properly. Stopping your HBP medication entirely can result in uncontrolled blood pressure, leading to serious health problems over time. Here are five major risks of stopping HBP medication: **Heart Problems, Stroke, Kidney Damage, Vision Loss and Artery Damage.**

If you are reluctant to take your medication or have stopped taking it for any reason, please discuss your situation with your doctor or pharmacist as soon as possible. There are always options available to address your concerns and find a suitable solution.

Although the FOL team doesn't have the medical expertise to discuss health concerns directly, we deeply value your input. If you'd like, we're more than happy to pass along any feedback about HBP medication to the surgery.

Patients' Diary Events June-2025

Dates	Time	Event	Venue
Every Thursday morning	From 10.00am	Our weekly Social stroll is open to all patients and is subject to weather conditions	Meet outside the surgery
Wednesday 4 th	2.00pm - 3.30pm	Afternoon Tea at the Revive Café	The Charis Centre, West Green RH11 7EB
Tuesday 17 th	From 10.00am	A Day Trip to Brighton seaside. Travel in group *	Meet at Three Bridges Rail Station from 10am.
Monday 23 rd	From 09.00am	Meet & Greet – FoL Promotion Day	Outside the surgery
Saturday 28 th	10.45am	Film Paddington 2 – Please leave your name with the reception. Hot drink and cake provided by the surgery. Future screenings: <ul style="list-style-type: none">July - Pretty WomanAugust - The World's Fastest Indian	The Surgery

All events (Except the Brighton Trip) are free and open to all Leacroft patients.

(*) Patients contribute £5 for the day return rail tickets.

pharmacists, and other healthcare professionals to ensure you receive the best possible care.

Behind the scenes, many GPs train future doctors and oversee their practice's management. Some are self-employed, others are salaried, and some work across multiple practices—but all are trained to the same high standard.

Insights from Recent FOL Coffee Morning

At our regular coffee morning on Tuesday 20/5/2025, Friends of Leacroft hosted two guest speakers from West Sussex Carers Support and the Citizens Advice Bureau. In a warm and welcoming atmosphere, the speakers provided a wealth of information about unpaid carers and energy-related issues.

1) If you care for someone—regardless of how long or how often—and receive no financial compensation, you are classified as an unpaid carer. You can access further support by contacting the Helpline at 0300 028 8888 or via email at info@carerssupport.org.uk

2) For all patients, if you need help or guidance with energy-related issues, you can reach the Energy Helpline at 01273 944 433 or visit the website at <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/>



Doctor! Doctor!

Welcome to the final article in our series introducing GP teams—this time, meet The Doctor Team!

Doctors, or General Practitioners (GPs), are your primary point of contact for everyday health concerns. They are trained across all areas of medicine, including child and adult health, mental wellbeing, and long-term conditions such as HBP, diabetes, asthma, and skin disorders. Some GPs also develop special interests or perform minor procedures.

GPs help you stay healthy, manage illnesses, and support your well-being throughout life. They provide advice, treatment, and health screenings, and may refer you to hospitals or specialists when needed. Additionally, they collaborate closely with nurses,



For further information please email us at: fol@friendsofleacroft.org