

## THIS ISSUE:

We continue our aim to keep you informed of the services at Churchwood and give you important insights into General Practice

### REQUESTS BY TELEPHONE:

A polite reminder to patients that any requests for results must be phoned for **after 2pm** and any requests for a home visit must be made by **10am**.

As the weather gets warmer don't forget to stay hydrated!



A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to people in their 70s.

The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. And shingles is fatal for around 1 in 1,000 over-70s who develop it. It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks.

You are eligible for the shingles vaccine if you are aged 70 or 78 years old.

In addition, anyone who was previously eligible but missed out on their shingles vaccination remains eligible until their 80th birthday.



Eligible? Book an appointment to see the nurse or if you are already seeing the GP they can do this for you within your appointment

## BLOOD RESULTS:

Please allow at least **5 working days** for blood results to come through – this allows the Doctor to receive and review the results – and please always phone after 2pm for results.



## VISIT US AT OUR WEBSITE:

We are constantly updating our website with useful information and links to external resources; you can also access information on booking/cancelling appointments and repeat prescriptions

[www.churchwood-surgery.co.uk](http://www.churchwood-surgery.co.uk)



**Care Navigation** is now live at Churchwood Surgery. Our receptionists have completed accredited training to become Care Navigators. This training supports our staff to offer patients choices about the service which best meets their needs. It will mean that you may be asked more questions by our receptionists when booking an appointment to ensure you are directed towards the right service.



## General Data Protection Register : GDPR

In line with the new compliance standards – our website is now updated to provide you with all of the information you need to know about how we protect your data.

Head over to our site to have a look:

<http://www.churchwood-surgery.co.uk/info.aspx?p=20>



## ZERO TOLERANCE BEHAVIOUR POLICY

The Practice has a policy of “zero tolerance” of verbal and physical violence towards GP’s, staff or other patients.

The practice will request the removal of any patient from the practice list who is aggressive or abusive towards a doctor, member of staff, other patient, or who damages property.

All instances of actual physical abuse on any doctor or member of staff, by a patient or their relatives will be reported to the police as an assault.

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Churchwood  
Medical Practice



## Minor surgery clinics now available weekly at our sister surgery; Warrior Square

Every Tuesday we will now be holding a minor surgery clinic at Warrior Square Surgery with Dr Bashkatova.

Minor surgery includes procedures such as:

- Benign Lesions that cause functional impairment
- Lipomas
- Epidermal cysts
- Lumps
- Benign moles (that are otherwise disturbing)
- Ingrown toe nails with wedge excision
- Abscesses

General rules:

We will operate on the middle face area/cheeks/forehead & edges but **NOT** in the middle of the face

We also avoid the throat area above arteries

We do not take biopsies of unknown rashes, if diagnosis unknown then a referral to Dermatology will need to be done.



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<http://www.churchwood-surgery.co.uk>

## Low-fat diet reduces risk of breast cancer death

"A low-fat diet full of fruits and vegetables could reduce risk of breast cancer death,"

This headline is based on a long-term follow-up of a US trial conducted in the 1990s, which included nearly 50,000 postmenopausal women.

The women were assigned to continue their usual diet or to follow a diet low in fat and high in fruit and vegetables for 8 years.

During the trial, 1,764 women developed breast cancer. The low-fat diet didn't have a significant effect on the risk of breast cancer developing, but the researchers then followed the women who developed breast cancer for a further 10 years. A diet high in saturated fat is already an established risk factor for breast cancer, as well as other types of cancer, as is being overweight or obese.

Fruit and vegetables may have influenced the results – though it could be that they're just part of a healthy overall lifestyle.

This study adds to the overwhelming amount of evidence that a balanced diet and regular physical activity will reduce your risk of cancer, as well as many other long-term conditions.

## Medication Passport launched

Medication Passports to help people keep track of their medicines, have been launched at Eastbourne DGH, and funded by the Friends of Eastbourne Hospital.

A Medication Passport lists a person's medicines and dosage and can be shown to health professionals, to help substantially reduce the risk of any communication mix up about an individual's medication.

Jane Starr, Medication Safety Officer at the Trust said: "It can be difficult for some people to keep track of their own medication sometimes, especially if they are taking a lot of pills and when changes are made to their dosages. The Medication Passport helps to keep a record of someone's medicine and is a very handy document to pass to their doctor or pharmacist. It will help to substantially reducing the risk of any medication communication mix up. I would like to thank the Friends for their generosity in supporting this initiative."

Sarah Wilkinson-Cox, Matron on Berwick Ward said: "The passports are a wonderful idea and my team are now giving them to patients on discharge who found them very handy."

Medication Passports are available from any local Pharmacy or download the App called Medication Passport by Imperial College Hospital, from the App Store on an iPhone.

## Urgent appeal for blood donations

Blood stocks are currently at urgently low levels. Current stocks of Group O (the universal blood type used in emergencies), Group B and A positive blood are particularly low at the moment.

NHS Blood and Transplant have launched an urgent appeal for anyone who can to give blood. This can be done at either a permanent Donor Centre or a community-based venue. Find out when and where you can give blood by visiting [www.blood.co.uk](http://www.blood.co.uk).