

THIS ISSUE:

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

IMPORTANT NOTICE FOR APPOINTMENT BOOKING:

Please note even though we open at 7.30am on certain mornings – **On the day appointments still do not become available to book until 8.30am**



REQUESTS BY TELEPHONE:

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



A big thank you from Hastings Old Town Surgery and Guestling Surgery for all of your generous donations on Friday 28th September at our Macmillan Coffee morning. We really appreciate all the donations and time/help contributions made by our wonderful patients!

Hastings Old Town Surgery raised: £261.00

Guestling Surgery raised: £247.00

A big thank you from the whole team!



BLOOD RESULTS:

Please note that we require 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. Thank you for your understanding.



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.hastingsoldtownsurgery.co.uk



FIND US ON FACEBOOK

FLU SEASON IS OFFICIALLY UPON US!

Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications.

Flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems

Who should get the flu vaccine?

The flu vaccine is routinely given on the NHS to:

- adults 65 and over (including adults over 18 at risk of flu)
- pregnant women
- children aged 2 and 3
- children in reception class and school years 1, 2, 3, 4 and 5
- children aged 2 to 17 years at risk of flu
- For 2018, there are 3 types of flu vaccine:
 - a live quadrivalent vaccine (which protects against 4 strains of flu), given as a nasal spray. This is for children and young people aged 2 to 17 years eligible for the flu vaccine
 - a quadrivalent injected vaccine. This is for adults aged 18 and over but below the age of 65 who are at increased risk from flu because of a long-term health condition and for children 6 months and above in an eligible group who cannot receive the live vaccine
 - an adjuvanted trivalent injected vaccine. This is for people aged 65 and over as it has been shown to be more effective in this age group

Book in with the nurse, attend our Flu clinic or incorporate your flu jab with your GP appointment

NHS App selected screenshots



NHS APP FOR ANDROID AND IPHONE

You may have seen communication around the surgery asking to be part of the piloting of the new NHS App... Hastings Old Town Surgery has been chosen to help the NHS trial the app before official launch to the general public and lead the way in better communication and another point of contact for patients needing to interact with their surgery.

We are very excited to be chosen during this phase and will be keeping all patients up to date once the app is released at full scale.

The NHS App will be available to patients aged 16 years and over.

- Once registered, patients will be able to:
- access NHS 111 Online and the symptom checker on the NHS website
- book an appointment at their practice
- order their repeat prescriptions
- view their GP medical record
- register as an organ donor, and
- set their [national data sharing preferences](#)
- The NHS App will have a secure identification and log-in process, making sure patient data is protected.
- Over time, further services will be added to the NHS app. For example, it will suggest health apps that may be of benefit to patients from the NHS Apps library. It will also enable commissioners to promote digital services to patients that are available locally.

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.

**PLEASE
REMEMBER TO
BOOK IN AT
RECEPTION FOR
YOUR
APPOINTMENT ON
ARRIVAL SO THAT
WE CAN ALERT
THE RELEVANT
CLINICIAN THAT
YOU HAVE
ARRIVED AND
WAITING TO BE
CALLED IN. THANK
YOU**

GP NUMBERS CONTINUE TO FALL DESPITE GOVERNMENT PROMISES

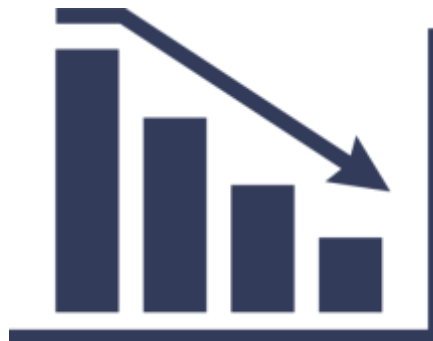
Latest official figures from NHS shows a further reduction in full-time equivalent GP posts of 157 between December 2017 and March 2018.

Since September 2015, the number of GPs has fallen by more than 1,400. The number of GP trainees has reduced by 200 over the same period.

This confirms that there has been little progress towards achieving the governments ambitious target of 5,000 extra GPs by 2020, a promise that was made in 2015, more 3 years ago. Things appear to go backwards.

GP leaders have called for urgent action to tackle the problem, as reduced numbers of GPs struggle to deliver the care that patients need. This in turn impacts on the sustainability of the wider NHS and the ability of the workforce to make the necessary changes to help improve healthcare provision.

At Hastings Old Town Surgery & Guestling surgery, we are always striving to provide a high quality and family friendly service. It is important for us to share with you what is happening on the wider political context of General Practice, as unfortunately such external constraints do have a significant bearing on what we are able to reasonably achieve within the practice.



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MORE SLEEP AND LIMITING SCREEN TIME MAY IMPROVE CHILDREN'S MENTAL ABILITIES

"Limiting children's screen time linked to better cognition," reports BBC News.

A study of 4,524 children in the US found those who used screens recreationally for less than 2 hours a day did better on tests of mental functioning.

The study was designed to assess whether Canadian recommendations on screen time, sleep and physical activity for children aged 8 to 11 were linked to better mental function, which was assessed using a series of tests.

The recommendations are:

- restrict screen time (including TV, smartphones, tablets and video games) to less than 2 hours a day
- sleep 9 to 11 hours a night
- do at least 1 hour of moderate to vigorous physical activity a day

The children who did best on testing were those who followed all 3 recommendations.

Bexhill Hospital League of Friends to purchase second MRI Scanner for Conquest Hospital

The League of Friends of the Bexhill Hospital have agreed to fund the purchase of a second state-of-the-art MRI Scanner for Conquest Hospital. The donation amounts to £679,000, and is in addition to £54,000 previously donated to the Conquest Hospital Scanner appeal, which is funding the first MRI scanner.

Stuart Earl, Chairman of The League of Friends of the Bexhill Hospital said: "The Friends Committee was unanimous in its support to fully purchase a second MRI scanner for Conquest Hospital. A commitment like this is only made possible thanks to local people who give so generously to the Friends. These scanners produce detailed images of the inside of the body, to help doctors diagnose conditions. Having two state-of-the-art scanners will benefit our local residents who use services at Conquest Hospital, and will also prevent many from having to travel further afield for these scans.

This donation, along with their initial sizable donation to the Conquest Scanner appeal, is an enormous boost to the Trust, and will help us provide excellent care and treatment facilities for local people."

The two new MRI scanners will be housed in a, soon to be built, new extension, on the western side of Conquest Hospital.

Magnetic Resonance Imaging (MRI) is a type of scan that uses strong magnetic fields and radio waves to produce detailed images of the inside of the body. An MRI scanner is a large tube that contains powerful magnets. You lie inside the tube during the scan. An MRI scan can be used to examine almost any part of the body. The results of an MRI scan can be used to help diagnose conditions, plan treatments and assess how effective previous treatment has been.