

# Grove Road Surgery Newsletter

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## Editors Comments

(Stephen Fowler, Practice Manager)



The leaves are falling, some winds have been of storm force recently and the temperature is dropping. All this adds up to 'Christmas' which will soon be here. I'm sure you didn't need me to remind you of that, but I do need to tell you about our Christmas and New Year opening times.



We have been quite busy carrying out the seasonal flu vaccinations. We completed a patient survey both on-line and here in the surgery during October. With the Christmas and New Year coming please ensure you order your repeat medications in plenty of time. Finally, on behalf of all the surgery staff, may I wish you a very merry Christmas and a happy and healthy New Year.

## Holiday Opening



We are open our normal hours on Monday 24<sup>th</sup> December but at 6pm we close for the Christmas period. South East Health, the 'Out of Hours'

Doctor service then takes over and should you telephone the surgery number of 720606 your call will automatically be directed to them, throughout our closure period. We are closed throughout the Christmas period, re-opening 8am Thursday 27<sup>th</sup> December. We then work normally, until closing at 6:30pm on Friday 28<sup>th</sup> December, re-opening at 8:00am on Monday 31<sup>st</sup> December. We are again closed on Tuesday 1<sup>st</sup> January for just the day, opening again as normal from 8am on Wednesday 2<sup>nd</sup> January 2013.

## Seasonal Flu Jabs



We still have vaccinations left, so if you would like to take advantage of this offer, please contact reception who will book you an appointment. We would prefer the jab to be given to those remaining patients from our at risk registers who have yet to have their flu jab, i.e. those with Asthma, have a heart condition, have had a transplant etc as well as those who are carers or live in a house or home with an at risk group patient. However, these patients have all received their invites weeks ago so we can now offer the remaining stocks of flu jabs to anyone who wishes to have it. If you wish to have a flu jab or wish to discuss having one, contact reception

## Patient Survey Results



Almost 300 of you completed our patient survey on-line and just over 200 of you completed the survey whilst here in the surgery. Thank you to all those who took part. We now have 502 returns to analyse. The findings will be discussed with the doctors and staff, including the patient participation group (PPG) and these results will be made known more fully in the next newsletters. They will also be on the practice website.

## Patient Group ( PPG )



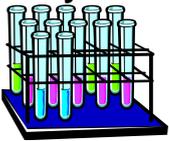
We have had another successful year working with the patient group and we thank them for their help and support in year. We currently have 7 members in the group, 4 ladies and 3 gentlemen, but we would like to recruit a few new members into the team. We are specifically looking for member from an ethnic minority and a young mum. If you would like to join this voluntary group, who meet on a Wednesday morning 4 – 6 times a year, we would dearly like to hear from you.

## Children Vaccinations



For several years these have always been carried out on a Tuesday afternoon. From September we started hosting these clinics on Thursday mornings and following a very successful trial, which includes positive feedback from patients and staff alike, we have decided to retain the clinics in the Thursday slot.

## Phlebotomy Clinics



Similar to the previous article, at the end of August we started trying to undertake as many blood tests as we could in-house. This avoids patients having to attend the hospital. We are now very much self-sufficient, as we do almost all blood tests ourselves. In the cases where patients still go to the hospital lab, it is because the patient works in the hospital or lives very close to it, so the convenience factor plays a considerable part.

## I'm Fine Thank You ( poem submitted by a patient )

There is nothing the matter with me,  
I'm as healthy as one can be  
I have arthritis in both my knees  
When I talk, I talk with a wheeze  
My pulse is weak, my blood is thin  
I'm awfully well for the shape I'm in

Arch supports I have for my feet  
Or I wouldn't be able to walk the street  
Sleep is denied me night after night  
But every morning I find I'm alright  
Memory is failing, my heads in a spin  
I'm awfully well for the shape I'm in

The moral of this tale I unfold  
Is for you and me who are growing old  
It's better to say " I'm Fine " with a grin  
Than let folks know the shape we're in

How do I know my youth is all spent  
My ' get up & go ' has got up & went  
I really don't mind, I think with a grin  
The grand places my get-up has been

Old age is golden, I've heard it said  
Sometimes I wonder as I get into bed  
My ears in a drawer, my teeth in a cup  
My eyes on the table until I wake up

Sleep overtakes me, I say to myself  
What else have I got to lay on a shelf

When I was kid my slippers were red  
I could kick my heels over my head  
As I got older my slippers turned blue  
I could dance the whole night through  
Now I am old my slippers are black  
I walk to shops and puff my way back

Each day I rise and dust off my wits  
Pick up the paper and check the 'obits'  
My name is missing, so I'm not dead  
I have my breakfast & go back to bed.

## NHS Fraud - who pays?



It was reported in the media that a man from Liverpool had been found guilty of fraud to the NHS of £31,500 and jailed for 1 year. He managed this by registering at multiple GP practices across England and Wales in order to obtain prescription drugs. Registering himself and his wife as temporary residents, claiming to be on holiday and having forgotten his or his wife's medication. Our concern is who pays for this. The £31,500 remains unrecovered. We know the DGH overspent its budget last year by £20million. This year it seems they are on course for a £30 million overspend. Every 1p of the NHS purse is precious and under threat and not just through austerity measures. If we don't safeguard our NHS and stop it being abused, we simply will no longer have an NHS. If you have evidence of, or suspect fraud or corruption is taking place in the NHS, report it.

## Save The DGH Hospital

Both Eastbourne Hailsham and Seaford (EHS) and Hastings & Rother (H&R) Clinical Commissioning Groups (CCG) agree that some services would have to be single sited and that reconfiguration has to take place. East Sussex Hospital NHS Trusts (ESHT) recommended that the DGH would provide stroke services and that the Conquest would

take over emergency surgery as well as trauma and orthopaedics (T&O). It is not surprising that H&R CCG concur with ESHT proposals. Our CCG recommended for T&O as well as Emergency Surgery to go to the DGH with stroke to go to the Conquest. So this is the complete opposite as EHS believe that this is the best outcome for our population. ESHT made arguments that £8M in capital would be required if T&O and emergency Surgery were to be retained by the DGH. ESHT also put forward the argument there was within the DGH, little or no space to accommodate these services. We now know, as reported in the media on Friday 23<sup>rd</sup> Sept. that the NHS Sussex recommendation is for the T&O services as well as emergency surgery to move to the Conquest Hospital, with the DGH providing stroke services. It is possible that there will be appeals but in the meantime the surgery has 'save the DGH' petition forms for patients to sign.

## Doctors Footnote

A lovely poem, reads better the 2<sup>nd</sup> and third time – try it! Also, on a more serious note remember to order your medication in time for the holidays. We say it every year so make no apologies for repeating ourselves again;  
**' Santa does not do drugs '**

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