

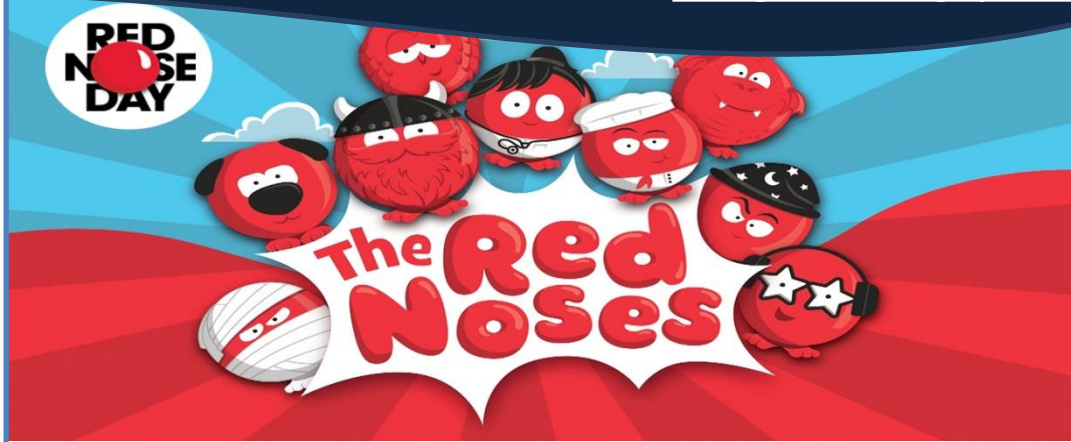


CHANGES TO APPOINTMENT BOOKING AT THE FRONT DESK:

Please note we will no longer be taking appointment bookings **at the front desk** on the day to see the GP unless it is for a follow up or after 9:00 AM. Please call at 8:30am to book an appointment on the day for the GP.

REQUESTS BY TELEPHONE:

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



COMIC RELIEF FRIDAY 15TH MARCH

We are holding a range of fundraising activities on Friday 15th March to support this great cause. Activities will include a cake sale & a raffle with many great prizes donated by local businesses and the employees of the surgery.

We also have a "Just Giving" Page set up for easy online donations:
www.justgiving.com/Hastings-old-town-surgery



We have an amazing group of volunteers in the Guestling & Pett community.

If you require help with:

- . Transport to the doctors, hospital, shopping
- . Pet care, walking/feeding
- . Social visiting and chatting
- . Setting up online services
- . Minor household repairs

Please telephone 0743 480 3325 to request assistance from one of the Volunteers.



DID NOT ATTEND

In the month of February : 99

This incurs a cost of **£2237.40** to the NHS as well as removing the opportunity for others to be seen.

We understand it is not always possible but please try your best to cancel appointments in advance to allow others the opportunity to be seen.

PLEASE UPDATE YOUR CONTACT DETAILS

We would like to remind patients to review and update telephone and address details so that we can keep your records up to date.

Important information:

As of 1st March 2019 we will no longer be able to accept any requests for repeat prescriptions through our email address.

We can only accept requests either through 'Patient Access', the new 'NHS App' or by coming into the surgery and filling out a 'Repeat Prescription' form. You could also go to your nominated pharmacy and request your medication through them.

If you are not already set up for Patient Access please drop into the surgery and we will be happy to get you registered. Once you are set up you can download the app and order prescriptions as well as book appointments.



St. Michaels Hospice Christmas badge appeal

We would like to thank everybody who took part in our 2018 Christmas Badge Appeal.

We managed to raise a total of £36.08 to contribute to the annual running costs of the hospice which is over £6Million per year!



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 Vaccines for under 65's

We have a limited amount of flu vaccines available for under 65's until the end of March, please contact reception for more details.



BEXHILL DIABETES SUPPORT & SOCIAL GROUP

This friendly Group provides useful information and ideas to help you manage your lifestyle and diet more efficiently.

Monthly meetings held on the 2nd Tuesday of the month **but not August**, at the Bagnall hall, 25 Sackville road, Bexhill-On-Sea (behind the Bexhill Caring Community Shop)

First visit is free, membership is a nominal £5.00 annually, due in February from 14.00 – 16.00

For more details contact:

Christine Warwick (Administrator): 01424 214103

Website: www.bexhill-diabetes.co.uk

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



HEALTHY RECIPE OF THE MONTH:



Mexican penne with avocado

Ingredients:

100g wholemeal penne
1 tsp rapeseed oil
1 large onion, sliced, plus 1 tbsp finely chopped
1 orange pepper, deseeded and cut into chunks
2 garlic cloves, grated
2 tsp mild chilli powder
1 tsp ground coriander
½ tsp cumin seeds
400g can chopped tomatoes
196g can sweetcorn in water
1 tsp vegetable bouillon powder
1 avocado, stoned and chopped
½ lime, zest and juice
handful coriander, chopped, plus extra to serve



Nutritional information, per serving:

(This dish serves 2)

495kcal
15g protein
65g carbohydrate of which 26g sugars
15g fat of which 3g saturates
18g fibre
0.4g salt

1. Cook the pasta in salted water for 10-12 mins until al dente. Meanwhile, heat the oil in a medium pan. Add the sliced onion and pepper and fry, stirring frequently for 10 mins until golden. Stir in the garlic and spices, then tip in the tomatoes, half a can of water, the corn and bouillon. Cover and simmer for 15 mins.
2. Meanwhile, toss the avocado with the lime juice and zest, and the finely Chopped Onion.
3. Drain the penne and toss into the sauce with the coriander. Spoon the pasta into bowls, top with the avocado and scatter over the coriander leaves.

Contacts:



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Out of hours: 111



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Out of hours: 111

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New test to help improve early cancer detection

A new simple test, which will help detect hidden quantities of blood in a stool sample which can be an indication of bowel cancer, improving early cancer detection, is being used by East Sussex Healthcare NHS Trust as part of the colorectal cancer pathway. This new Faecal Immunochemical Test is given to a patient at a GP examination. It detects the presence and quantity of human blood in a stool by measuring for a particular antibody. This extremely sensitive test offers a result within 48 hours, and means patients can be prioritised for an urgent investigation, speeding up the detection and treatment of bowel cancer.

Mr Raj Harshen, Consultant General and Colorectal Surgery said: "We are delighted to be able to offer this new test for our patients as part of the colorectal cancer pathway. It will revolutionise the way bowel cancer is detected, and lead to earlier diagnosis and faster treatment."

The benefits of using this new Faecal Immunochemical Test to support an enhanced pathway for colorectal patients are:

A reduction in the number of patients undergoing unnecessary colonoscopies with the associated risks and stress
Patients will get their Faecal Immunochemical Test result within days, meaning the majority of patients will be advised that their risk of colon cancer is low, soon after their GP appointment, with appropriate sign-posting for the management of ongoing symptoms
Patients who do have cancer will have their diagnosis more quickly and will be able to start treatment sooner
An improved performance on the Trust's 62 day cancer wait target

Reminder:

Guestling Surgery are now accepting card payments