



# Autumn Newsletter

Rudgwick Medical Centre  
Patient Participation Group

## Banish The Winter Blues!

*Many people feel tired and sluggish during winter. This is due to the lack of sunlight, which disrupts our sleep and waking cycles.*



### ***Make the most of natural daylight***

Get outdoors as much as possible whenever you can!

### ***Get a good night's sleep***

Go to bed and wake up at the same time every day. Have a routine.

### ***Have a hearty breakfast***

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps boost your intake of starchy foods and fibre.



### ***Eat more fruit & veg, drink more milk***

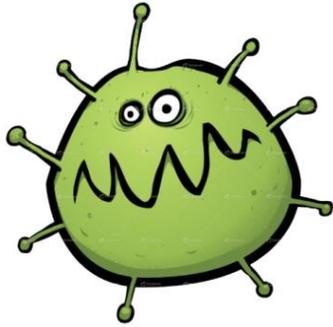
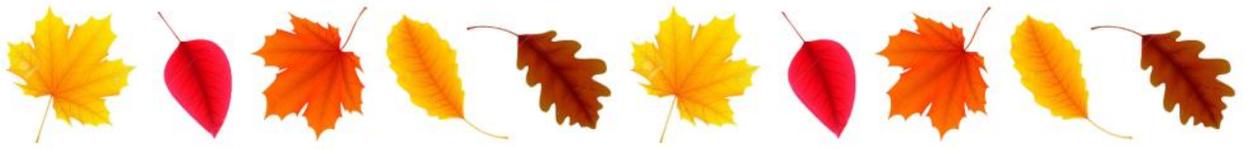
You are more likely to get a cold in winter, so make sure your immune system is in tip-top condition!

### ***Try new activities for the whole family***

Regular exercise helps control your weight, boost your immune system, and is a good way to break the tension that can build if the family is constantly cooped up inside the house.

### ***De-stress with exercise or meditation***

Stress has been shown to make you feel tired. Exercise pumps up your endorphins and makes you feel good! Make room for some quiet time to de-stress and recharge your batteries.



## Flu Jabs

Don't forget it's flu jab season. The surgery will hold two clinics on Saturday **26 October** and **9 November** which will be on a pre-booked appointment basis. Book your appointment now!

## Appointments At The Surgery

*Following training, receptionists have started signposting calls when patients phone to make an appointment.*

**This means that if you are unsure whether you need to see a GP, whether it's urgent or routine, the receptionist will try his/her best to match your need to the availability of doctors.**



They will also refer you on to urgent care in Horsham or Crawley if necessary.

Feedback from patients suggests that, while receptionists cannot ask intrusive or clinical questions, it helps if patients can be as clear as possible about what service they require: an appointment, a call back, or an appointment with the nurse.

***GP call-back:*** *If the receptionist is unsure whether you need an appointment, and if you're happy, the GP will phone you back to discuss your situation. Patient feedback indicates that this service is really working.*

Patient views are currently being sought on the shape of mental health services in the future locally. You might like to get involved: <https://horshamandmidsussexccg.nhs.uk/news/public-consultation-on-mental-health-plans-launched/>



## Diabetes Support

Looking for support group for pre-diabetes / diabetes? Perhaps you could tell the PPG if you've had challenges signing up with a support group if you've recently discovered you're pre diabetic or diabetic?

Email Helen Allan [ppg.rudgwick@gmail.com](mailto:ppg.rudgwick@gmail.com) The local Commissioner is looking into local support for people in the Village who have recently been diagnosed with diabetes or as pre-diabetic. Any information would be helpful.

## Palliative and end-of-life care in the community

Our next PPG event is at 3.30pm on the 17th October at Bucks Green Hall. External speakers will update us on developments in local care and answer any questions you may have. Please come along!

## Book Swap Phone Box!

Encouraging children's literacy and promoting health & wellbeing in the Village! With generous donations from the Rudgwick community and local businesses, we are pleased to announce the opening of a new community resource for children, the **Rudgwick Book Swap**, located in the phone box by the BT exchange on Church Street.

Children can take along a book they wish to swap and select another to take home and enjoy. This is a free facility which we hope will provide many years of enjoyment for children of all ages.





## Joining the PPG

***Everyone who uses the surgery in Rudgwick and lives in the village is automatically entitled to join the Patient Participation Group.***

The PPG steering group meets four times a year for an hour or so. We would love to have more men and young people on the steering group.

*It's ideal for anyone hoping to enter medicine or another health profession to gain experience of local health matters and services. Participating in the PPG would show any health professional programme admissions tutor that you're seriously interested in health issues in the community.*

You can sign up for our Newsletter which keeps you up-to-date with current health matters in the Village and locally by emailing the Practice Manager Sue Knight at:

[Hsccg.rudgwick-rudgwick@nhs.net](mailto:Hsccg.rudgwick-rudgwick@nhs.net)

You can join our steering group which organises local events and writes and publishes a newsletter as well as feeding back to the surgery matters of concern from patients. Email Helen Allan at:

[ppg.rudgwick@gmail.com](mailto:ppg.rudgwick@gmail.com)

Please like our Facebook page to keep up to date with useful information and local health events.

<https://www.facebook.com/pg/RudgwickPPG/posts/>

