

JANUARY 2018

Rudgwick Medical Centre Patient Participation Group

The Horsham Access Hub

This is a new NHS Medical Service designed for the Horsham population to have additional access to GP services, where participating Horsham Practices will have daily access to additional doctors' appointments for patients to consult with a GP held at The Village Surgery, Southwater.

To access this service, you will be asked for consent to share your medical record with other medical professionals; however you can change your consent status at any time by informing staff at your registered practice. When booking an appointment, a receptionist will ask you for a brief outline of your medical problem to ensure that an appointment in the Horsham Access Hub is the correct option for you. For more information on data sharing, please look at the NHS Choices website or ask at reception for a leaflet.

Horsham Repair Café

Save your Christmas cards, big pieces of wrapping paper, cracker decorations and cracker gifts, then come and learn how to upcycle them for a Christmas special on Saturday 6th January.

On the first Saturday of every month between 10am - 1pm at the Quaker Meeting House, Worthing Road, Horsham, RH12 1SL, the Horsham Repair Café offer repairs of clothes, small household electrical items, general household goods, iPhones, iPads, computers and laptops by prior booking. If you are interested, email info@horshamrepaircafe.org.uk



If You See Something, Say Something

Residents of Horsham district want to live in an area where they feel safe. The best way to ensure that crime and antisocial behaviour can be dealt with is to report it.



If a crime is being committed call 999. If it has already happened call 101 or report online. If you see suspicious behaviour then please email Sussex Police: horsham@sussex.pnn.police.uk If possible give exact locations, times, days and description of people and vehicles involved.

Patient Transport Services (PTS)

The independent PTS survey (being carried out by all Sussex Healthwatch) is being re-run this December, as agreed with the Clinical Commissioning Group. Evidence to date indicates that improvements are emerging but we're keen to listen to the views of as many passengers as possible.

Don't rely on others telling us about your transport experience to a health appointment. We want you to have your voice heard. Share your experience by calling 0300 012 0122 to talk with our team.

Helping to Shape NHS 111 and Out-of-Hours Services

Healthwatch have independently been speaking to local people throughout November to learn about their experiences and views on NHS 111 and Out-of-Hours services, to make sure more communities in West Sussex have the chance to influence any changes.



Interestingly, by giving some context before asking local people if they would be happy for NHS 111 to effectively become the number to call if you needed a same day appointment, we found a difference in how people answered this question. Previously people had responded negatively to this idea - those we spoke too were more in favour of this. If this is a subject you are keen to influence, call us on 0300 012 0122.

Know your options and Choose Well

 <p>Self Care</p> <p>Hangover, Grazed knee, Sore throat, Cough</p>	 <p>NHS 111</p> <p>Unwell? Unsure? Confused? Need help?</p>	 <p>Pharmacist</p> <p>Diarrhoea, Runny nose, Painful cough, Headache</p>	 <p>Doctor</p> <p>Vomiting, Earache, Stomach aches, Backache</p>	 <p>Minor Injuries</p> <p>Cuts, Sprains, Stings, Blisters</p>	 <p>A&E or 999</p> <p>Choking, Chest pain, Severe bleeding, Blacking out</p>
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Think! A&E is for Emergencies

Can you believe this? Around 200 people each day visit the Royal Surrey County Hospital A & E Dept. Of those around 50 people could have been treated more appropriately elsewhere. They could have called NHS 111 or 999 if it is critical. They might have visited a walk-in centre, in our case Horsham Hospital, asked the local Pharmacy for advice or they could have seen their GP.

Keep Antibiotics Working

Antimicrobial Resistance (AMR) is the ability of a microbe to resist the effects of medication previously used to treat them. This microbe would come in the form of a bacterial infection and in some cases could be treated by antibiotics. AMR is now making these bacterial infections difficult to treat.



If you're ill and you see your GP you may expect an antibiotic prescription, and while there may be times when your doctor will find this necessary, there may be occasions where their use is inappropriate. For example, antibiotics won't work in treating viruses such as a cough, cold or sore throat so your GP may suggest taking paracetamol, cough medicine or to just simply rest.

Your GP or nurse practitioner will offer you the best advice based on their assessment and won't withhold antibiotic treatment for any other reason than it is unnecessary to prescribe it. Prescribing antibiotics when unnecessary means our bodies may not get better when we actually do have a bacterial infection as AMR may have already built up. So, when you do see your GP please don't rely on a prescription for antibiotics as a sign that your condition is being treated seriously, but do trust the advice given. Then, in future, should you become ill with a serious bacterial infection, the antibiotics you may be prescribed should work as intended.

Save the Date!

On Thursday 19th April in Rudgwick Village Hall there will be a 'Health Event' with various organisations running stalls providing health-related information. If you have any thoughts as to what you would like to see at this event, such as defibrillator demonstrations or Alzheimer's awareness, please contact Peter Gooch on 822791.

Watch this space for further information.



PPG Correspondence

I am pleased to say that one of our current members has stepped up to become the next Chairman and I welcome Helen Allan to the role and thank her for undertaking this task. Penny Spencer will be standing down as Vice Chairman and we hope we can fill this post from within the current committee.

- Peter Gooch, Interim Chairman

Walk Your Way to Better Health

Over 6.3 million adults aged 40 to 60 do not achieve 10 minutes of continuous brisk walking over the course of a month and are missing out on important health benefits, according to the Public Health England (PHE). People in the UK are 20% less active now than they were in the 1960s and on average walk 15 miles less a year than 2 decades ago.

PHE's new 'One You' physical activity campaign is encouraging adults to build 10 minutes continuous brisk walking into their day as a simple way to improve their health. Download the 'Active 10' app which been developed to show how much brisk walking a person is doing each day and how to incorporate more of it into their lifestyles.

Taking at least one brisk 10-minute walk a day has been shown to reduce the risk of early death by 15%. The severity of the current physical inactivity epidemic amongst adults contributes to 1 in 6 deaths in the UK and is costing the NHS over £0.9 billion per year.

