

NEWS FLASH



WITTERINGS MEDICAL CENTRE
PATIENT PARTICIPATION GROUP

29 July 2022



**Please be aware that you are required to wear a mask
when visiting the Medical Centre**



Dr Caroline Hall retirement

Dr Hall has retired from the Medical Centre after 16 years at the Practice. We are compiling a leaver's book with messages from patients and colleagues.

If you would like to leave a message for Dr Hall, please send it to reception.witterings@nhs.net or visit us at Reception to sign the book by 12th August 2022.

We wish her and her family all of the luck in the world with her forthcoming move.



September Vaccinations for 50's and over

The Practice are preparing to deliver the Autumn seasonal flu vaccines. These will be Saturday clinics starting in September. We aim to open the appointment booking the first week of September. Ages 50 years and up will be eligible again this year. Further details will be added to our website, through the PPG August Newsletter and posters at the Practice. Please keep your eyes peeled for confirmation of dates.



Hidden Hearing

FREE HEARING TESTS

Hidden Hearing has a dedicated team of hearing care experts who you can visit at more than 280 clinics across the country. We deliver high-quality hearing aids and are committed to helping people hear better.

**Starting on Thursday 11th August 9.00 am - 5.00 pm
we will be welcoming Hidden Hearing to the Witterings Medical Centre.
They will be coming fortnightly on a Thursday.**

**Patients will need to contact the team to arrange their own booking,
either via their website or calling 0800 0372 080**

Website: [Free hearing tests - hearing aid trials | Hidden Hearing](#)



Dementia & Carers Coffee Morning



There will be no Coffee Morning in August

**The next meeting will be on
Wednesday 7th September at
WITTERINGS MEDICAL CENTRE
10.00 – 11.30 am**

and the first Wednesday of every month thereafter

Dementia Support is a Community Service run by Sage House, City Fields Way, Tangmere PO20 2FP
Tel: 01243 888 691 Email: info@dementia-support.org.uk Web: www.dementia-support.org.uk

SELF HELP & MENTAL HEALTH ISSUES

If you need help with minor injuries and illnesses or mental health issues you will find links on the website www.witteringsmedicalcentre.co.uk/self-help-self-referral which may avoid the need to contact the surgery. For instance, if you or someone you know has a mental health issue you can contact the **Sussex Mental Healthline on 0800 0309 500** for support and information.

Are you looking after someone who couldn't manage without your help?

If so, you'll know caring can be wonderfully rewarding, but also stressful - and that it's difficult sometimes to manage your own health and wellbeing needs and find time for yourself. Carers Support West Sussex support unpaid carers aged 18 and over who care for a friend or relative of any age, who, for example, has a long-term condition, a learning or physical disability, autism, substance misuse or mental health issues. They provide tailored information and guidance, practical and emotional support, contingency planning, and opportunities to meet other carers through groups, activities, and workshops both online and in localities across the county.

Find out more, or register as a Carer: Call 0300 028 8888
Email info@carerssupport.org.uk, visit www.carerssupport.org.uk



How to access mental health support if you're lesbian, gay, bisexual or transgender

Mental health problems are more common among lesbian, gay, bisexual and transgender (LGBTQ+) people. If you are struggling, feel alone or need a little help, then check out our guide on how you can get the support you need.

Go to: [How to access mental health support if you're lesbian, gay, bisexual or transgender | Healthwatch Westsussex](#)



Questionnaire on Annual Health Checks for Autistic People

Are you autistic and living in West Sussex? If so, **Impact Initiatives** would like to hear about your experiences of accessing GP services and health checks/health reviews. You can do this by completing a questionnaire (please see link below). By sharing your experience, you can help to influence how an annual health check system specifically for autistic people would be implemented.

Read more and go to questionnaire: <https://forms.office.com/r/XsBcQyXEKd>
or contact Harriet Wilson at Impact Advocacy via email or phone/text if you would like a paper version or if you need any help to complete it.
harriet.wilson@impact-initiatives.org.uk, 07909 254 216.