



# Newsletter

Summer 2023



Dear All,

It's been a soggy old summer and the news is generally miserable but our great Medical Centre team are working harder than ever to keep our community healthy, despite the challenges the NHS is facing. I can't open my paper without coming across another '**NHS in crisis**' story and since I'm about to be a Pensioner I'm more than aware that my medical needs are likely to increase!

Quite depressing, but there are things that we can do to help and I thought I would focus on those in this newsletter.

We are a Community - and a very visible one at that. We aren't an anonymous group in a large city and that's probably why we choose to live here. We come together to make things happen. People have been working together to fight Planning Applications throughout the year and we have a host of local groups and societies providing support and friendship.

I'm going to ask you to think about all the doom and gloom stories about the NHS and then think how you could **support our Medical Centre so that they can support us.**

We need them and the way things are going Nationally it's a miracle that we have such a great team and such an impressive facility, stacked with information, to support us.

20% of Junior Doctors are now leaving the profession after Foundation training and 21.6% of fully qualified GPs under the age of 30 left the profession in 2022.....it's clearly not an easy job. We are very lucky to have a full quota of GPs. In fact, our Patient to GP ratio is much better than the national average. So lets keep our team working for us and encourage them by showing that we appreciate what they do.

The constant complaint is '**I can't get an appointment**'. True, it can be tricky but **140 people failed to show up or cancel their appointments in June!** That's down to us and it's just crazy. The Medical Centre have introduced a new appointment booking system and that has helped, but still

people are asking to see a GP when they really don't need to. Most of that is down to the current confusion about the NHS and I'm enclosing a chart which I hope will help you to decide who you need to see.

The great news is that the feedback on the medical treatment provided by our Medical Centre is excellent but I'm afraid the days of Doc Martin are long gone, we all need to take more responsibility for our own health now and think carefully about the support we need.

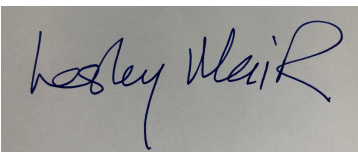
First stop is the **Medical Centre website**. Check it out, it's fabulous. Full of health advice, appointment bookings, links to support groups across a huge range of medical, mental health, medication, self help and social support networks, information about prescriptions, sick notes .....its all there and truly, it's **the best surgery website in West Sussex**.

**[witteringsmedicalcentre.co.uk](http://witteringsmedicalcentre.co.uk)**

When you've checked out the website, pop in to the excellent **Patient Information Centre** at the surgery. Totally discreet, full of information on a host of medical conditions, support groups, social events for specific need groups, local authority facilities..... You name it, if the people in PIC can't help you they will direct you to somebody who can. PIC is open all day and staffed from 9.30-11.30.

I'm enclosing information on specific issues that I hope you will find informative and useful - several to help you and one that really will help our great community.

In the meantime, I hope you enjoy the rest of the summer and stay healthy!



Lesley Mair  
Chair - Witterings Patient Participation Group.

NB If you have any helpful feedback about your experience of the Medical Centre or any suggestions, please email your comments or questions to the PPG **[contact@witppg.co.uk](mailto:contact@witppg.co.uk)** and we will raise them with the Medical Staff. All matters are dealt with in confidence.

**We cannot deal with any issues concerning your personal medical treatment.** Please contact the Practice Manager to discuss these. **[reception.witterings@nhs.net](mailto:reception.witterings@nhs.net)**

For general observations or comments about the NHS, please contact our MP.  
**[gillian.keegan.mp@parliament.uk](mailto:gillian.keegan.mp@parliament.uk)**

# Navigating the NHS

Not so easy these days so we have produced a chart that we hope will help. If you think it is useful, please print it out and keep it for reference. Plus, if you have friends or neighbours who would benefit, please print a copy for them too! Thank you.

Witterings Medical Centre

witteringsmedicalcentre.co.uk

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## Stay well - Choose the right service for you and the NHS

<b>NHS Choices</b> www.nhs.uk	<b>Self Help</b> & Witterings Medical Centre website	<b>Local Pharmacy</b> Pharmacy Link, Boots, Witterings Pharmacy	<b>Surgery</b> GP, Nurse and Paramedic	<b>999 and A&amp;E</b>
				
<p>The internet is full of medical advice (not all of it reliable!) For trustworthy, up to date information about symptoms, healthcare and Social care, log on to the NHS website for the best advice and guidance. The site will help you decide whether you need to seek more help.</p>	<p>Self care is the best choice to treat minor illnesses and injuries. Many conditions can be treated at home with a bit of thought, on-line research and over-the-counter medicines - plus plenty of rest. The excellent Medical Centre website is full of useful information - witteringsmedicalcentre.co.uk</p>	<p>All pharmacists train for 5 years in the use of medicines. They can offer clinical advice and over-the-counter medicines for a range of illnesses -coughs, colds, sore throat, tummy trouble etc. We are lucky to have 3 excellent pharmacies in the Village. <b>NB - Witterings pharmacy is independent of the Surgery.</b></p>	<p>Book an appointment at the Medical Centre by phone or on-line if you have a serious, urgent care need, have an illness that doesn't improve with self-treatment, are worried about your health or have an ongoing health condition. Urgent on-the-day call at 8.30am. Nurse and other appointments call after 11am.</p>	<p>Always call 999 or go immediately to A&amp;E if you or somebody in your home is seriously ill or injured and you think their life is at risk. Examples are chest pain, difficulty in breathing, signs of a stroke, sudden confusion, choking, heavy bleeding, seizures or sudden, rapid swelling of the lips, mouth, throat or tongue.</p>

**NHS 111** - Call the trained NHS staff if you think you need medical help and advice right now, aren't sure about going to A&E but are worried and the Medical Centre is closed.

**Pop into PIC!** - The excellent Patient Information Centre in the Surgery is open 8am-6.30pm and staffed 9.30-11.30am. Full of take - home literature on most medical conditions.

## Breast Screening Survey

### Understanding why women don't attend screening appointments



Breast cancer is the UK's 5th biggest cancer killer but data shows that only 75% of women in Sussex attend their screening appointments.

Currently, women are automatically invited for their first screen between the ages of 50 and 53. Thereafter, they are invited every 3 years. After 71, women can request Breast Screening. The sooner breast cancer is diagnosed, the more effective treatment will be. So it is

vital to understand why 25% of women don't take up the offer of screening. Please support the NHS by filling in this short survey which will take less than 5 minutes.

<https://www.healthwatchwestsussex.co.uk/news/2023-07-13/breast-cancer-screening-survey>

# Home Start - Supporting parents in our community

We live in such a beautiful place, it will probably surprise you to know that the Witterings area has been identified as a Vulnerable Rural Community.

If you have small children and don't have a car, it can be tricky, expensive and time consuming to attend clinics, hospital etc. Isolation can be a real problem, causing stress and distress amongst young families.

Luckily, a local benefactor has stepped in to enable Home Start to be set up on the Peninsula, another great initiative for the benefit of our community.

Sadly, funding for Home Start nationally has been cut so we are very grateful to have a funding grant.

Can you spare 2 hours per week to help a local family and make a huge difference to a child's life?

There are a variety of volunteer roles available:

- **Provide 1-to-1 support to a family in their home – this will enable Home Start to truly support a local family.**
- **Help at a family 'Stay and Play' group.**
- **Provide transportation to a family so they can get to an appointment or to the family group.**
- **Represent Home-Start at local events on their stand.**
- **Assist with fundraising and distributing leaflets/posters.**

 **Be More**  
**Be Amazing**

 **HOME START**  
**Chichester & District**



**Could you spare 2 hours a week to support a local child and family?**

- **Full training given**
- **Meet new people**
- **Help your community**
- **Gain confidence and new skills**

If you feel you can spare 2 hours - not a lot of time - please contact Home Start and explore the options for help available. The more we can do to encourage child development in the early years the better that child's life chances will be.

You will receive full training on:

- Role of the Home-Start Volunteer
- Listening, Values and Attitudes
- Supporting Parents
- Supporting Children
- Safeguarding

Once this has been completed volunteers are ready to be matched with families who require support, or join other volunteering activities which would be no more than 2-hours per week.

To find out more call 01243 773477 or visit [www.home-startchichester.org.uk](http://www.home-startchichester.org.uk)

**Because childhood can't wait**

Charity No. 1123768





## **Flu and Covid 19 Vaccines to protect you this winter...**

### **Covid Vaccine - Vaccines will be offered to the following groups:-**

- Residents in a care home for older adults
- All adults aged 65 years and over
- Persons aged 6 months to 64 years in a clinical risk group
- Frontline health and social care workers
- Persons aged 12 to 64 years who are household contacts of people with immunosuppression
- Persons aged 16 to 64 years who are carers and staff working in care homes for older adults.

**Eligible patients will be invited for the Autumn Covid vaccines and these will be given at sites across West Sussex, not at the Medical Centre.**

### **FLU Vaccine - Vaccines will be offered to the following groups:-**

- those aged 65 years and over
- those aged 6 months to under 65 years in clinical risk groups
- pregnant women
- all children aged 2 or 3 years on 31 August 2023
- primary school aged children (from Reception to Year 6)
- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- frontline workers in a social care setting without an employer led occupational health scheme including those working for a registered residential care or nursing home registered domiciliary care providers, voluntary managed hospice providers and those that are employed by those who receive direct payments (personal budgets) or Personal Health budgets, such as Personal Assistants

**The Flu vaccination programme will take place at the Medical Centre. Available dates are Saturday 23rd September, Saturday 30th September and Saturday 21st October 2023. Booking can be made by calling the Medical Centre or online.**

**The vaccines are there to protect you so, if you are eligible and are contacted by the NHS or the Medical Centre, please book you appointment and show up on the day.**

**Thank you**

