**Martins Oak Surgery**

**Newsletter**

Volume 1 Issue 2 Summer 2023

**Editor’s Comments**

***(Sam Bridgewater – Co-Practice Manager)***

Welcome to the summer edition of our newsletter. I hope you have been enjoying the good weather and have been keeping hydrated. Please do read on for some advice during these warmer months.

**Hot weather advice**



When we experience a prolonged spell of heat, there’s an increased risk of serious illness and even death for those who are more vulnerable. Even if you’re not at increased vulnerability, it makes sense to take some simple steps to stay well during hot weather.
When the weather is warmer, sometimes we don’t realise just how much we need to drink to remain well hydrated. More vulnerable people become dehydrated more easily and are more susceptible to the more serious side effects of dehydration. If fluid intake is difficult, it may be that offering high-water-content foods can help to address this.
You should aim to drink

enough water so that your pee

is a clear, pale-yellow colour. Non-alcoholic fluids count towards your daily fluid intake, but you might want to think about the amount of sugar or caffeine in the liquids you’re drinking.
Dehydration isn’t the only factor though, whether you’re abroad or in the UK, the sun is strong and it’s important to make sure you adequately protect yourself from the sun’s harmful effects. While we need sunlight to produce vitamin D, we do need to make sure we don’t damage our skin in the process.
[https://www.gov.uk/government/publi...ice/beat-the-heat-staying-safe-in-hot-weather](https://www.gov.uk/government/publications/beat-the-heat-hot-weather-advice/beat-the-heat-staying-safe-in-hot-weather)
<https://www.nhs.uk/conditions/dehydration/>
<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/>
<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

**New Bus Service**



FlexiBus is a new flexible, on-demand rideshare service, for

areas with limited or no bus

service. Residents can book a FlexiBus journey to their nearest town, train station, hospital and other key destinations.

The county is being drawn up into ten zones and you can call or book online a flexi bus service within your zone up to 30 minutes before you want to travel and up to 7 days in advance.

Bookings can be made online via the Ride Pingo app and by telephone. Services run from 7am to 7pm, Monday to Saturday.

For more information visit the

Flexibus website.

[https://www.eastsussex.gov.uk/roads.../public/flexibus](https://www.eastsussex.gov.uk/roads.../public/flexibus?fbclid=IwAR35h0hDCx0d4AQyNTiA54fkScT0fPemR5DJXtfexM6Z1X7ZRIYACPwXJRI)

Please do use these services as funding will only continue if people are making journeys and they are benefiting rural parts of East Sussex that currently have no transport.

**Call Recording**

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A call recording system is now operational for both incoming and outgoing calls from our reception desks.

This is now standard practice across GP services in the NHS and allows us to monitor

quality, protect practice staff

from nuisance or abusive calls and respond appropriately to any queries or complaints that may arise.

**Bowel Cancer Screening**



If you are sent a free NHS bowel cancer screening kit in the post make sure you do it.

The kit tests for early signs of bowel cancer.

The test is easy to do. You just need to poo. You can ask someone you trust like a family member or carer to help.

Your results will be checked and you will be told if you to need to do anything else. Finding cancer early makes it easier to treat and can be curable.

You can find out how to do the test in the easy read leaflet at [www.nhs.uk/bowel-screening](http://www.nhs.uk/bowel-screening)

**The Role of ANP/ACP**



Advanced Nurse/Clinical Practitioners (ANP / ACP) can come from a variety of professional backgrounds including Nursing, Physiotherapy, Pharmacy, Paramedics, and Occupational Therapy. They are experienced healthcare professionals with a Masters’ Level award or equivalent who have developed their skillsand knowledge to take on expanded roles and scopes of patient care and who work closely with our GPs.

They can recommend treatment plans for a wide

range of acute and chronic disease including the prescribing of medication and referral to specialists and other healthcare services. They can provide treatment and advice for many problems for which you may have seen a doctor for in the past.

**Signposting and Care Navigation**



As general practice grows and changes, we’re able to offer a wider range of services. As we work in partnership with other practices, we have access to a wide range of staff in a variety of disciplines to complement the work of our practice team. Additionally, we may suggest other services with the appropriate resources to help you with your issue. As ever, we look forward to looking after you and your health in the future.

**Non-attendance for Appointments**

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Week commencing 3rd July 2023:

**1067** patients had an appointment.

Sadly **28** patients this week did not attend their appointment or call to cancel.

Each missed GP appointment costs the NHS an average of £30 per person.

Please call the surgery on 01424 772060 if you are

unable to attend your

appointment, giving as much notice as possible, so that these appointments are not wasted and can be offered to other patients who need to be seen and our clinician time is not wasted.

We need to work together on this, thank you.

**Flu Vaccinations**



We will be offering the flu vaccine to all our eligible patients from September 2023. There will be dedicated Saturday clinics and if these dates are not suitable, then there will be appointments available during usual opening times for you to book into.

We look forward to welcoming

you to one of our flu vaccination clinics in the autumn months.

**Closed**

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We are closed:

Summer Bank Holiday – 28th August 2023

During this time if you need medical advice please use NHS 111.