



THE WEALTH OF HEALTH

Martins Oak Newsletter

April 2026

How we did in March -

Telephone calls answered – 3951

Call backs requested – 187

Clinicians face to face appointments - 2303

Clinicians phone appointments - 1059

DNA - 75



‘Of all the things I’ve lost – I miss my mind the most’ – Ozzy Osbourne

Welcome to our April Patient Newsletter. It is produced every month and available electronically via our website/Facebook or there will be paper copies available in the reception waiting room.

The purpose of the newsletter is to inform patients of Practice news, updates and the wider primary care messages.

Your feedback on our newsletter is welcomed and we would be delighted to hear of any ideas and content you would like to see in future editions.

You can send these to admin.martinsoak@nhs.net

STAFF

The surgery now has weekly clinics with social prescriber Marie who can help patients with financial advice, completing forms, advice on housing and wellbeing.

We also have a mental health advisor – Bex who can signpost patients to access the best advice and support.

It’s nearly Hayfever season

Hayfever season in the UK generally runs from March to November, with symptoms peaking from late March to September when pollen counts are highest.

Tips for managing symptoms– monitor levels on the weather forecast, stay indoors wear protection such as sunglasses, and wash clothes hair after being outside. Use antihistamines, nasal sprays, and eye drops ideally before the season starts.

How to plan for travel vaccines

You should get travel vaccines at least 6-8 weeks before travel to allow time for the vaccine to become effective and the full course to be administered, as some require multiple doses. Complete a travel form and drop it into the surgery and we will get in touch – happy holidays!

Check for moles

To check a mole for skin cancer, use the ABCDE rule to look for:

Assymetry, **B**order, **C**olour, **D**iameter and **E**volving. Normal moles are generally symmetrical, round, and have smooth edges.

Beyond the ABCDE rule watch out for a new mole, a change in appearance, a mole that becomes crusty, sore or bleeds and if its itchy. Seek medical advice from your GP if you are concerned.

GET TO KNOW OUR CLINICIANS

Shellie Barnes our Advanced Clinical Practitioner has an interest in Womens Health.

The importance of pelvic floor health

Pelvic floor exercises are important for women of all ages. These exercises strengthen the muscles that support the bladder, bowel and uterus, helping to keep these organs working properly. Keeping these muscles strong can help prevent problems such as leaking urine when coughing or exercising, needing to rush to the toilet, or a feeling of heaviness in the vagina caused by pelvic organ prolapse. Pregnancy, childbirth, ageing and menopause can all weaken the pelvic floor over time, so doing these exercises regularly can make a real difference to long-term pelvic health. Even a few minutes a day can help. If you're not sure how to do pelvic floor exercises, there are helpful guides on the NHS website, and the Squeezy App-developed by UK women's health physiotherapists-can guide you through the exercises and send reminders to help you build them into your daily routine. In our area we are also able to refer ourselves for Pelvic Health Physiotherapy. Anyone can refer themselves whether they are having pregnancy related pelvic issues, bladder/bowel leakages, pelvic organ prolapse or pelvic pain.

This can be done online or via the GP surgery –

<https://womenshealthsussex.org/maternity/pelvic-health-physiotherapy-referral/>

Helpful links for patients:

NHS guide to pelvic floor exercises: <https://www.nhs.uk/conditions/urinary-incontinence/10-ways-to-stop-leaks/>

Pelvic floor health information from the Royal College of Obstetricians and Gynaecologists:

<https://www.rcoq.org.uk/for-the-public/pelvic-floor-health/>

Squeezy app information: <https://squeezyapp.com/>

Bank Holiday Closures

Early May Bank Holiday 4th May 2026 and Spring Bank Holiday 25th May 2026

For medical advice or information when we are closed, go online to NHS111 or call 111

IN AN EMERGENCY DIAL 999