



THE WEALTH OF HEALTH

Martins Oak Newsletter

May 2026

How we did in April

Telephone calls answered – 3418

Call backs requested – 150

Clinicians face to face appointments – 2652

Clinicians phone appointments – 1003

DNA - 80

email :
admin.martinsoak
@nhs.net



Tel 01424 772060

‘From caring comes courage’

*Lao Tzu- 6th Century Chinese philosopher
founder of Taoism*

Welcome to our May 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

Contacting our patients

We are increasingly using technology based information to make contact and give support to patients so it's vital your contact details; mobile phone numbers and email addresses are up to date. You can change these easily by contacting Surgery.

Hearing Aid Clinic - Battle

Red Barn Mews in Battle is the location for East Sussex's Hearing free monthly Hearing Aid Maintenance (HAM) clinics held at Spring Care PAS Centre. These clinics offer maintenance and replacement batteries for NHS hearing aids, information and advice on hearing loss, and services such as ear health checks and British Sign Language lessons. The clinic runs on the first Monday of the month from 10.15-11.45.

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

National Walking Month, 1st–31st May

Walking is an easy way to increase the amount of exercise you are getting, and all you need is a pair of comfortable shoes! National Walking Month encourages people to walk more throughout May, and includes Walk to School Week.

A perfect way to start is short, 20 minute walks that you can fit around your day, perhaps as part of your journey to work or school, during lunch breaks, or at evenings or weekends. You can walk alone, or with family and friends, or perhaps even join a walking group!

Living Streets are running the #Try20 challenge, and have 20 fun and easy ways to fit 20 minutes' walking into your day. Visit their #Try20 page, <https://www.livingstreets.org.uk/get-involved/national-walking-month/try20-tips/> to download a free challenge checklist. Why not challenge your friends, family and colleagues to get involved and see who can tick off the most tips during May?

Find out more at <https://www.livingstreets.org.uk/get-involved/national-walking-month>

There are many benefits of walking, physically strengthens muscles, reduces risk of heart disease, Type 2 diabetes and cancer. Can contribute to mental wellbeing, lowering anxiety and increasing happiness levels.

Additionally walking instead of taking short car journeys helps reduce congestion and air pollution.

Patient Transport Telephone 0300 1239841

Patient transport to and from hospital can be booked by calling this number by patients directly, please quote NHS number, date of birth, required to and from, and time of appointment.

Community defibrillators (AEDs)

These are portable, safe to use devices designed for the public to treat cardiac arrests before ambulances arrive. They provide clear audio instructions, meaning no training is required.

If you call 999, they will direct you to the nearest public access defibrillator.

These are located at:

- Recreation ground – North Trade Road
- Memorial Hall – High Street
- Marley Lane stores – Coronation Gardens
- Battle Fire Station
- Battle Train Station
- Tesco Express – Battle Hill
- Netherfield Post Office – Darvel Down

For more information Resuscitation Council UK - www.resus.org.uk