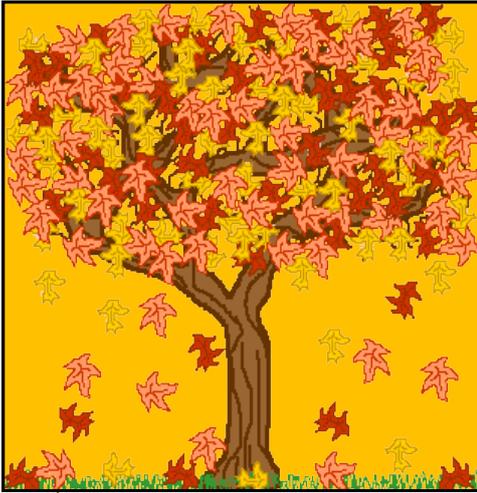


Issue 25: Autumn 2019

AUTUMN



PRACTICE NEWS

We are pleased to welcome Dr Caterina Capurro to the clinical team at Seaside Medical Centre. Dr Capurro will work at the practice every Wednesday.

We also welcome two trainee GPs Dr Ghale and Dr Aung who will be working with and learning from our GP Trainers throughout the year; they are both qualified doctors specialising in general practice.

Danny Brooks has joined the team as a full time Pharmacist which is a new role in General Practice. Danny will be working closely with the doctors on the development of our prescribing service, Danny may contact patients in the future regarding reviews of repeat medication.

SEASONAL FLU VACCINATION 2019

Flu (also known as influenza) is a highly infectious illness caused by the flu virus. It spreads rapidly through small droplets coughed or sneezed into the air by an infected person. For most people, flu is unpleasant but not serious. You will usually recover within a week. Studies have shown that flu vaccines provide effective protection against the flu, although protection may not be complete and may vary between people. Protection from the vaccine gradually decreases and flu strains change over time. Therefore, new vaccines are made each year and people at risk of flu are encouraged to be vaccinated every year. The flu vaccination is offered to people in at-risk groups.

FREE flu vaccines are given to all patients at Seaside Medical Centre that are 65 years of age and over. **FREE** flu vaccines are also given to patients that are under 65 years of age who are pregnant, suffer from diabetes, have lung problems, which include asthma and COPD, heart problems and those that have immunity problems. We also offer vaccinations to patients who are Carers or who deal with those that may be immunosuppressed. Some people are at higher risk of serious illness, complications or even death if they catch flu. This is why the Department of Health recommends flu vaccinations for these groups and why Seaside Medical Centre offers patients this service. Like last year there will be two different flu vaccines, one suitable for the under 65 age group and one for the over 65s. Please enquire at reception if you have any questions regarding the programme, appointment bookings can be made at the Surgery now.

FLU CLINIC DATES AT SEASIDE MEDICAL CENTRE

Over 65's: Saturday 21st, 24th, 26th September and 1st October.

Under 65's: 15th, 21st and 26th October.

THE SEASIDE MEDICAL CENTRE NEWSLETTER

NEW SERVICE I-ROCK

Youth mental health drop-in for 14-25 year olds. No referral or appointments needed. The drop-in is for young people to get help with mental health, relationships, housing, education, employment or wellbeing.

The service is open on Mondays, Tuesdays and Thursday 11am-6pm and is based at DC1, 67-69 Seaside Road, Eastbourne BN21 3PL.
You can email i-Rock at irockeastbourne@gmail.com



NEW SERVICE LIVI SEE A GP BY VIDEO

Patients of Seaside Medical Centre can now see a NHS GP by video using LIVI. Get medical advice, prescriptions and referrals on the same day, even at weekends. The service is provided free on the NHS.



You can download the LIVI app to your mobile phone or tablet, at the App Store or Google Play. Or visit www.livi.co.uk for more information.

LIVI GPs are all GMC-registered NHS GPs (not your registered doctor), who with your consent will be able to access your medical records and give you a considered, in-depth diagnosis based on medical history.

Get the LIVI app here: <https://bit.ly/2ZGrYV0>

NEW SERVICE EXTENDED ACCESS GP APPOINTMENTS EVENINGS, WEEKENDS & BANK HOLIDAYS

Seaside Medical Centre has access to the Extended Access Service (GP HUB). These appointments are available at weekends, bank holidays and on evenings during the week. Appointments can be booked by patients through Seaside Medical Centre when we are open. This service does not operate at Seaside Medical Centre but at other locations in Eastbourne. We hope our patients will find this additional service beneficial, we appreciate it is not always convenient to see a GP during the day due to work commitments, child care or other responsibilities.

Seaside Medical Centre will also continue to offer patient appointments with our Advanced Care Practitioners and Health Care Assistant every Tuesday evening from 18.30pm -20.00pm.

NEW SERVICE MY HEALTH RECORD

Patients of East Sussex Healthcare NHS Trust who have an upcoming outpatient's appointment are being invited to enrol in a new patient portal called 'My Health Record'. This is a secure online system where patients can view their outpatient appointment letters on any internet enabled device. Once enrolled into 'My Health Record' patients will receive all their future outpatient appointment letters through the portal. The system monitors if the letters sent have been read, if they fail to be, a paper version will be sent out via the post.