



BE WISE – IMMUNISE

CHILDREN

One of the most important things that a parent can do for their child is to make sure they have their routine childhood vaccinations. It is the most effective way of keeping them protected against infectious diseases.

Vaccinations are quick, safe and extremely effective. Once your child has been vaccinated against a disease their body can fight that disease more effectively. If a child isn't vaccinated they will be at increased risk of catching the illness.

Also this year, if your child was 2, 3 on 4 or 1st September 2014 they are eligible for a flu vaccination – this will be in the form of a nasal spray.

PREGNANT WOMEN

Getting the whooping cough vaccine while you are pregnant is highly effective at protecting your baby from developing whooping cough in the first few weeks of their life. It is also recommended that pregnant women receive the flu vaccination.

OVER 65's AND AT RISK PATIENTS

This year's flu campaign is well underway. All patients aged over 65 are offered a flu vaccination together with patients with particular medical conditions including diabetes, COPD and heart disease.

Patients in these groups are also offered a pneumococcal vaccination, which is a one off vaccine to protect against pneumonia.

AGED 70, 78 OR 79

The Shingles programme for this year is targeting patients aged 70, 78 or 79 on 1st September 2014. For more details contact the surgery.

Ferry Road Health Centre Winter 2014

NHS FRIENDS AND FAMILY TEST

The Friends and Family Test (FFT) is an important feedback tool that supports the fundamental principle that people who use NHS services should have the opportunity to provide feedback on their experience. It asks people if they would recommend the services they have used and provides a mechanism to highlight both good and poor patient experience. This feedback is vital in transforming NHS services and supporting patient choice.

From 1st December we will be using "I want great care" to collect our patient responses. If you would like to give your feedback on our services please log on to www.iwantgreatcare.org and complete the short survey.

If you do not have access to the internet you can collect one of our feedback forms from Reception

PATIENT ACCESS

Are you registered for patient access?

Our online appointment and prescription service has been running for some time and we currently have over 750 patients registered for this service.

You will need to register in person for this service. Please ask at Reception for more details.



Dr. Bolidai and staff wish you all a very
Happy Christmas and a Healthy New Year

Surgery News

- Sadly we said “goodbye” to Janet Sinclair and Lynn Blackman from the Nursing Team during the year. Debbie Hemsley, one of our Practice Nurses, is also leaving the Practice at the end of December after ten years with us. We wish them all well for the future.
- We are pleased to welcome Cathy Blaize-Galbraith and Audrey Haffenden to the Nursing Team at Ferry Road. Cathy is our Practice Nurse and as well as managing our chronic disease registers has specialist interest in women’s health and wound care. Audrey is our Health Care Assistant and may be known to some of you as she has previously worked at Rye Hospital and the Conquest. Audrey runs blood taking clinics, warfarin dosing and blood pressure clinics, administers some injections and assists in minor surgery.
- We are still actively looking to recruit an extra permanent GP. Until one is in place Doctor Bolidai will continue running the surgery with the help of our regular sessional GP’s.
- We now have early morning pre-bookable surgeries (Tuesdays and Wednesdays) and late evening surgeries (Mondays and Thursdays).
- Did you know the surgery has a website? Log on for the latest information and updates – www.ferryroadhealthcentre.net
- The Surgery will be closed from 1pm on 15th January, 5th March, 11th June and 10th September for GP Updates/Clinical Training.
- Money from the book sales for 2015 will be divided between our Patient Participation Group, Demelza House and our Local First Responders.

Christmas and New Year

The Surgery will be closed on Thursday 25th and Friday 26th December for the Christmas holidays and again on Thursday 1st January for New Year’s Day. If you have an urgent medical problem when the surgery is closed please telephone 111. The Station Plaza Walk In Centre is open 8am to 8pm throughout the festive period (01424 884410)

The chosen charity for this year’s Christmas raffle is **Hospice at Home** (St. Michael’s Hospice). The Hospice at Home service takes the specialist skills of St. Michael’s Hospice into an individual’s home enabling people to have a choice of their place of care. The team provides specialist, hands-on nursing care 24 hours a day, 365 days a year.

There are three hampers to be won, including a children's hamper and cheese and wine. Tickets are available from Reception and the prizes will be drawn on Thursday 18th December

Improve Your Health and Fitness in 2015

Health Trainers. Small Steps, Big Difference. Do you want to improve your health and not sure how to go about it? Come along and see our Health Trainer, based here at the Surgery, for free one-to-one support. They offer help with improving your mental wellbeing, health eating and weight watching, becoming more physically active, stopping smoking, sensible drinking and improving your sexual health. Ring the surgery for more details.

Quit 51 provides free advice, support and encouragement to help you stop smoking for good. With help you’re up to four times more likely to quit than if you go it alone. Call 0800 622 6968.

If you are aged between 40 and 74 you could be due for your free NHS Health check. Please call the surgery to see if you are eligible for this free health screening and for more details.