



## St Lawrence Surgery Additional Services / Classes

### St Lawrence Strollers/Walking Group

This is run by the Friend of St Lawrence on a Tuesday 10 am-12pm.

The strollers will set off from the education room for a long or short stroll.

Once the stroll is finished there are refreshments available.

People are also welcome to attend for the refreshments even if they haven't been for a stroll.

### St Lawrence Singers

This is run by the Friends of St Lawrence on a Thursday 7-8pm.

The singers meet in the education room. They sing all sorts of music.

Everyone welcome – even those that can't really sing!

### Physiotherapy

John Coppin is here every Wednesday between 2-5pm (please book appointments in time order).

Sessions are 30 minutes and cost £30.00 per session.

### Guild Care Social Activities and Support

In partnership with Guild Care, St Lawrence Surgery and The Patient Participation Group we were able to establish a social activity support group for our elderly, lonely and housebound patient to encourage them to socialise and therefore improve their health. Guild Care run this on a Friday morning in the education room, providing a variety of activities such as art and craft, bingo, coffee morning, etc. Guild Care also provides disability friendly transportation for a small fee.

### SEN (Sensory and Educational Needs) Parent Carer Support Group

This support group was initially started by 2 parents of children with additional needs who found it difficult to attend the surgery with their child. Therefore the surgery and a number of parent carers meet at the surgery on a bi monthly basis to discuss upcoming events, what they can expect from the surgery, what new development have been made in order to help them at the surgery or even at home or out and about, there has also been a session with some therapist providing the parent carers with reflexology and relaxation.

### Proactive Care

St Lawrence Surgery is working in partnership with the Sussex Community Trust and Sussex Partnership Foundation Trust to ensure that our vulnerable patients access the most appropriate care for them. The Team consists of a co-ordinator, social services, district nurses, pharmacist, occupational therapist, physiotherapy, mental health nurse and a general practitioner. Proactive Care multi-disciplinary team meet fortnightly. If you would like to know more about this service or how to be referred, please telephone and ask for Imogen or Debbie.

### Palliative Care

A palliative care meeting is held on the second Monday of every month at the surgery, the general practitioners, district nurses and St Barnabas nurse attend to discuss those patient who have approximately 6 months left to live due to illness.

### Medical Passport

We offer a 'My Medical Passport' to children with Disabilities/Behaviour or Mental Health Problems, as well as adult patients with Mental Health Conditions.

The Passport consists of information that allows us as a surgery to have more of an understanding of the patient and the certain needs that may be required in certain situations. This is then uploaded to your Medical Record, allowing it to be accessible to all GP's. Having a Mental Health Passport allows patients to have easier access to the surgery.

### Mental Health Liaison Practitioner

We are very fortunate to have a Mental Health Liaison Practitioner based at the surgery. If you would like to know more about this service or would like to be referred, please ask your G.P.

### MIAMI

MIAMI (Minor injuries, assessment and minor illness) service is now also based at St Lawrence Surgery 7 days per week until 8.00 p.m Monday – Friday and Saturday and Sundays 9.00 – 2.00 p.m. Please call at surgery on 01903 222900 for an appointment.