



## St Lawrence Surgery Newsletter 2018 No.4

Produced in partnership with the Surgery and the Patient Participation Group.

### Surviving Christmas and Beyond

You are invited to join our Christmas health and well-being event on Wednesday 12<sup>th</sup> December 2-5pm where you will find many ideas to enhance your own and your family's health. You can also enjoy a cuppa and mince pie as well as a rest from that Christmas shopping!

Speakers and information tables will include: CPR Training, Home First Aid, Carers Support, MIND, Health and Wellbeing Adviser, Physiotherapist and Chiropractor, free NHS health checks, Personal Fitness instructor, Surgery Pharmacist offering advice, Roaming GP and Nurse and many more.

### Popular Christmas Draw. Numbers now on sale!

The PPG are currently raising money to fund a 24-hour blood pressure monitor for the surgery. We only have one at present, and patients must wait several weeks to borrow one from the hospital if the surgery one is already on loan.

You can purchase numbers for £1 each. Please ask at reception

Money raised will be shared 50:50 between the prize winner and funding the BP monitor.

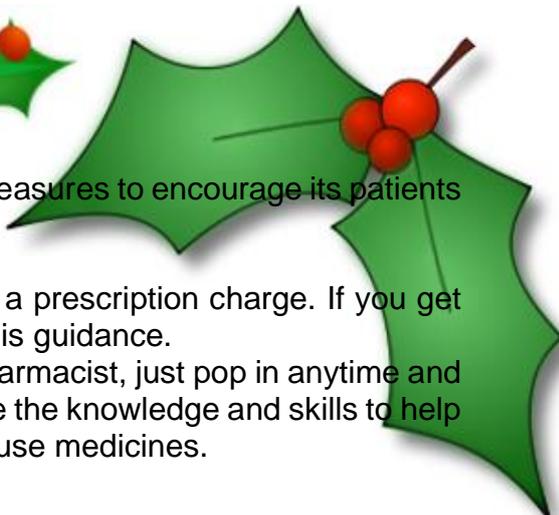
### Christmas Trees and Wreaths

Eric Bridger has kindly donated handmade Christmas Trees and Wreaths made by his late wife (Lavinia). Please come and have a browse. All donations of the entire cost will go to the patient participation group.

### SELF CARE – NO PRESCRIPTION NEEDED

**Please help us to preserve our NHS.** When you consult with one of our clinicians you may now find yourself being asked to purchase certain medicines over the counter from the pharmacy for minor or self-limiting conditions, such as hay fever and fungal skin infections, rather than getting these items on prescription.

The NHS spends an estimated **£569 million** every year on prescribing medicines that can be bought over the counter without a prescription. St Lawrence Surgery is following guidance



from NHS England and Coastal West Sussex by adopting measures to encourage its patients to buy medicines from the pharmacy where possible.

Medicines from the pharmacy are **generally cheaper** than a prescription charge. If you get free prescriptions, you are not automatically exempt from this guidance.

You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you. Community pharmacists have the knowledge and skills to help and advise you on treating common conditions and how to use medicines.

### **Book Stall**

We are always looking for good quality hard and soft back books for our popular book stall. It helps us to raise much needed funds to enhance patients' experience of the surgery. Just leave books at reception. Judith and Phil pop in regularly to update the book stall.

### **The Surgery & PPG are supporting the Red Box Project**

We want to ensure that no girl has to miss out on her education due to period poverty. It is a sad but true fact that there are young girls missing lessons in school due to having their period and no access to basic sanitary products.

St Lawrence Surgery would like to support our young girls in the community, so a red box has been placed within the surgery to accept donations of sanitary products.

Your donations will be distributed to our local schools to help the girls who need it.

With you, our fantastic community, we can give girls what they deserve. Nobody should suffer period poverty.

### **How you can help:**

Donate sanitary pads with wings or tampons, once a month with your usual shop to our red box.

We also need knickers on a less frequent basis.

### **PPG Volunteers Needed**

We are always looking for new PPG volunteers to help our effort to support the surgery for the benefit of patients. For more information contact the chairman, Chris Moon-Willems on 07505 103955

### **I know its early but....**

The PPG would like to wish all patients a very happy Christmas and healthy New Year.

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We hope you enjoy reading our newsletter but if you have any comments about its contents or other things you would like included then please contact:

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Alan Hardwick (Editor) at [alan.hardwick@stlawrencesurgery.com](mailto:alan.hardwick@stlawrencesurgery.com)

**If you would like this in a larger font, then please contact the editor.**

We now have WiFi @ NHS WIFI

If you are a patient, then find us at <https://www.facebook.com/groups/StLawrenceSurgery>