



Arlington Road Medical Practice

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Surgery Christmas Opening

Friday 22nd - open as usual until 6.00pm
Saturday 23rd - Tuesday 26th inc. - Closed
Saturday 31st - Monday 1st January inc. - Closed

We will be open at our usual times on all other **weekdays** over the Christmas period.

To contact the Out of Hours GP Service, for urgent problems that will not wait until we are next open, please call NHS 111 by dialling 111 on your telephone keypad.

Please remember to order your prescriptions in plenty of time before we close for Christmas

We take this opportunity to wish all of our patients a Merry Christmas and a Happy & Healthier New Year!

Pharmacy Christmas Opening Hours

Arlington Road Pharmacy will be closed on the following dates over the Christmas and New Year period...

Monday 25th - Tuesday 26th
December inclusive
Monday 1st January

On all other days they will be open at their usual opening hours which are...

Mon - Fri: 8.30am–6.30pm
Saturday: 09.00am-1.00pm
Sunday: Closed



What's in this edition...

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Prescription Requests

Please remember to order your prescriptions that will be due around Christmas in plenty of time. Also ensure you have enough of all of your medications to cover the Christmas Period.

1 in 4 calls to the GP Out of Hours Service is for medication – please save this service for genuine urgent treatment and advice that you cannot plan for.





Staff Profile

Dr Emma Pickering joins the Partnership

We are delighted to announce that Dr Emma Pickering has joined the Partnership at Arlington Road. Dr Pickering completed her final year of GP Training with us at the Practice under the supervision of Dr Mark Jones and during this time proved her worth, capability and what an asset she would be to the Surgery team. She also spent four months

with us in her 2nd year (FY2), so many patients have got to know Dr Pickering already.

After Medical School at the University of Southampton, Dr Pickering has completed all of her training locally, attached to East Sussex Healthcare NHS Trust at Eastbourne and Hastings. Dr Pickering first knew she wanted to pursue General Practice when in her 3rd year at University she had a placement with a GP who was wonderful and really inspired her to start thinking about general practice as a career.

Dr Pickering was drawn to General Practice as she values the relationship that can be built with patients. She finds the opportunity, over time, to build a more trusting, meaningful relationship with the patient can be really fulfilling for both the patient and the clinician. For her, job satisfaction is feeling she has been able to make a real difference in patients' care.

Outside of work, Dr Pickering finds relaxation on the Downs or the beach with her golden retriever, she is also keen on water sports such as, sailing, surfing and swimming.

So Dr Pickering, what's it been like joining the team at Arlington Road?

"It's been wonderful, it's no secret that I've hoped to join Arlington Road since I first came in 2018 and the closer I've become to the team the more I've realised how lucky I am to be a part of this great practice."

Current Shingles Vaccination Programme

From 1st September 2023, patients turning either 65 or 70 years old become eligible for the Shingles vaccination (a new vaccine called Shingrix). The vaccination course for these age groups is 2 doses given 6 months apart. **As patients turn either 65 or 70 years old we are inviting them in and will also invite them back for their 2nd dose. The invitation stays open until the day before their 80th birthday.**

Patients who are currently 66, 67, 68 or 69 years old will need to wait until they turn 70 years old before being eligible.

Anyone who has previously had one dose of the older Shingles vaccine (Zostavax) in previous years do not need to have any more doses of the new Shingrix vaccine.

The other eligible group are patients aged 50+ who are immunosuppressed – **we will also be inviting this group of people in.** They will also have 2 doses but the doses will be given 8 weeks apart.

Handing Documents into Reception

Please ensure that any documentation you hand in at reception or post into the practice includes your full name (not just a signature) and date of birth as a minimum. We have had an influx of letters recently with just a first name, or signature or information such as blood pressures readings with no name on at all. We need to be sure we can confidently identify the patient to be able to action the information. Thank you.



The Team at Arlington Road, organised by Dr Paul Frisby, once again sported their favourite festive sweater on Thursday 7th December to raise money for Save the Children.

Each staff member participating donated at least £2.00 and we'd love it if you could help us raise more by donating online at [Our Christmas Jumper Day \(savethechildren.org.uk\)](https://www.savethechildren.org.uk), scanning the QR code above or by texting ARMP and the amount, for example if you wish to donate £2.00, text ARMP2 to 70050.



Emergency food for local people in crisis.

A project seeded by the Trussell Trust. Registered Charity No. 1149902

The Surgery is a collection point for the Eastbourne Foodbank. If you would like to make a donation, please hand any items in at reception. To check which items are most needed by the Foodbank at the current time visit

<https://eastbourne.foodbank.org.uk/give-help/donate-food/>.

We also have a collection at reception where you can make monetary donations to the food bank if you prefer.



Mental Health and the Festive Season

Andy Williams sang "It's the most wonderful time of the year", but not everyone enjoys the festive season. 36% of people surveyed by Mind said they feel too embarrassed to admit they feel lonely at Christmas. That's one in three people. Let's normalise talking about it.

If you struggle with your mental health at this time of year, there are lots of options for support, including talking to one of the team at your GP surgery. If you need help while the surgery isn't open The Samaritans offer a non-judgmental listening service 24/7, including on Christmas Day. They also have some advice on how you can self-care during the run-up to Christmas. If you're not in crisis, but could do with some company and you're on "X", formerly known as Twitter, there's a Christmas Day chat called #JoinIn with host Sarah Millican. It provides a bit of friendly chat and company on Christmas Day.

<https://www.mind.org.uk/news-campaigns/news/third-of-people-too-embarrassed-to-admit-they-are-lonely-at-christmas/>

<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/spending-christmas-festive-season-alone/>

<https://sarahmillican.co.uk/joinin/>

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If you're facing the thought of Christmas alone and you're an older adult, the Salvation Army may be able to help. They're offering meals and support to a wide variety of individuals and families.

Could you offer friendship to an older adult? Age Concern run a telephone service where you can volunteer to speak to someone each week. This helps to ensure that older people aren't isolated, and you gain the opportunity to find a new friend. You're matched with someone with similar interests so you can get a really good conversation going.

<https://www.salvationarmy.org.uk/christmas>

<https://www.ageuk.org.uk/get-involved/volunteer/telephone-friend/>

Flu Vaccination and Child Flu

Flu can make you feel very unwell and, for some people, it can cause serious complications.

Flu can cause pneumonia, exacerbations of existing health conditions and serious complications like inflammation of the heart or brain.

If we've contacted you about your flu vaccination or a flu, it's because you're likely to be at higher risk of complications if you catch flu. If your child is considered more "at risk" from complications of flu, you should have received an invitation for vaccination. If you haven't booked an appointment for you or your child and we have contacted you, please contact us to make an appointment.

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

<https://www.nhs.uk/conditions/flu/>

Staying Warm

Staying warm when it's cold outside can be challenging, and the UK is expected to see a colder than average start to December. Budgets are squeezed for many, so cost-effective tips from the BHF are especially welcome.

The Red Cross have information about staying warm during the winter, including a link to the 3,000 plus Warm Hubs across the country that are offering a warm place to be if you're struggling to heat your home.

Longer term, to save money on your energy bills, you might want to consider ways to make

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your home more energy efficient. The Energy Saving Trust has advice about the ways in which you can improve the efficiency of your home.

<https://www.bhf.org.uk/information-support/heart-matters-magazine/medical/beat-the-cold/keeping-warm>

<https://www.redcross.org.uk/stories/health-and-social-care/health/tips-on-keeping-warm-this-winter>

<https://energysavingtrust.org.uk/energy-at-home/>

Maintaining Healthy Eating

Food prices have gone up significantly over the last few years. For many people, this means having to eat more cheaply. You can still have a good, varied diet on a budget and the British Dietetic Association has some brilliant ideas for reducing food costs while maintaining a healthy diet.

Do we know whether we're eating the right amounts of the right foods? The British Nutrition Foundation has a handy guide to portion sizes, and rather than concentrating on weighing and measuring, it uses easy-to-compare measurements, such as a baked potato the size of your fist being a portion.

<https://www.bda.uk.com/resource/food-facts-eat-well-spend-less.html>

<https://www.nutrition.org.uk/putting-it-into-practice/balancing-the-diet/get-portion-wise/>

Norovirus

Norovirus is known as the winter vomiting bug. We often see an increase in viruses during the winter and this is also true for norovirus.

If you do find you catch norovirus, the symptoms should be better within a few days, though for some people the illness may be more severe or may last longer than normal, which may require medical treatment. Regular hand-washing and good hygiene, including during food preparation, is one of the ways we can help to make sure norovirus doesn't spread.

You can find out more about preventing the spread of norovirus by using the government website.

<https://www.nhs.uk/conditions/norovirus/>

<https://ukhsa.blog.gov.uk/2022/11/1...-you-catch-it-and-helping-to-stop-the-spread/>