

Preston Park Surgery

February NEWSLETTER 2025

Stay informed, stay protected, and let's work together for a healthier 2025!



Introduction

Welcome to our new look 2025 Newsletter!

We hope you all had a wonderful Christmas and a successful (and perhaps even dry!) January. As we step into the new year, we're excited to bring you our refreshed newsletter, packed with important updates and health information to keep you and your family well.

This month, we're focusing on the vital role of vaccinations and child immunisations in preventing serious illnesses. Vaccines are one of the most effective ways to protect yourself, your children, and the wider community from preventable diseases.

In this issue, we'll provide information on the benefits of routine immunisations, address common concerns, and guide you on how to ensure your family stays up to date. Whether you're a parent looking for advice on childhood vaccinations or an adult wanting to check your immunisation status, we're here to help.

In addition to this, our newsletter now includes a **Health Tips & Seasonal Advice** section and a **Meet the Staff** spotlight. This month, we take you behind the scenes with "**A Day in the Life of a Practice Nurse**"—a great insight into the hard work and dedication of our nursing team.

Stay informed, stay protected, and let's work together for a healthier 2025!

IMPORTANT NOTICE FOR PATIENTS

CHANGES TO APPOINTMENT BOOKING TIMES

Effective from:

Tuesday, 11th February

Front Desk Appointments Booking will be **Unavailable Before 9:30 AM**

From 11/2/25, you will only be able to book appointments at the front desk after 9:30 am each morning.

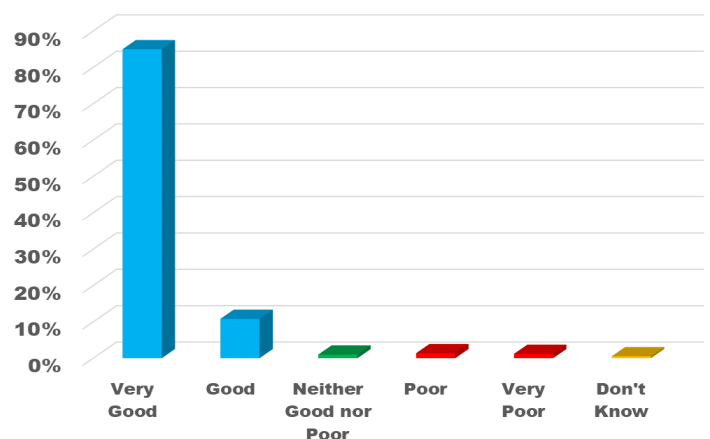
✓ Phone lines remain open from 8.30 am as usual for appointment bookings.

Friends & Family Test Results

Excellent Results continue!!!!

To End of January 2025

95% of patients said Good & Very Good



Vaccinations: What You Need to Know

Why vaccines are important

Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide every year.

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or are now very rarely seen.

Other diseases like measles and diphtheria have reduced to a very low number of cases each year since vaccines were introduced. These cases are often related to travel.

However, if people stop having vaccines, it's possible for infectious diseases to quickly spread again.

The World Health Organisation (WHO) has listed vaccine hesitancy as one of the biggest threats to global health

Vaccines do

- ✓ Help to protect you and your child from many serious and potentially deadly diseases
- ✓ Protect other people in your family and community—by helping to stop diseases spreading to people who cannot have vaccines, such as babies too young to be vaccinated and those who are too ill to be vaccinated
- ✓ Undergo rigorous safety testing before being introduced— they're also constantly monitored for side effects after being introduced.
- ✓ Reduce or even get rid of some diseases—if enough people are vaccinated

Vaccines do not

- ✗ do not overload or weaken the immune system
- ✗ do not contain mercury
- ✗ do not contain any ingredients that cause harm—only ingredients essential to making them safer and more effective
- ✗ do not cause autism—studies have found no evidence of a link between the MMR vaccine and autism

Be aware of anti-vaccine stories

- ◆ Anti-vaccine stories are often spread online through social media and offline
- ◆ Always get your vaccine and health information from trusted sources, such as NHS or World Health Organisation (WHO)
- ◆ The vaccine information on social media may not be based on scientific evidence and could put your child at risk of a serious illness
- ◆ All the current evidence tells us that getting vaccinated is safer than not getting vaccinated

Child Vaccination Schedule

Vaccines for babies under 1 year old

Age	Vaccines
8 weeks	6 in 1 vaccine Rotavirus MenB vaccine
12 weeks	6 in 1 vaccine (2nd dose) Pneumococcal vaccine Rotavirus vaccine
16 weeks	6 in 1 vaccine (3rd dose) MenB vaccine (2nd dose)

Vaccines for Children aged 1 to 15

Age	Vaccines
1 year	Hib/MenC vaccine (1st dose) MMR vaccine (1st dose) Pneumococcal vaccine (2nd dose) MenB vaccine (3rd dose)
2 to 15 years	Childrens's flu vaccine (every year until children finish Year 11 of secondary school)
3 years and 4 months	MMR vaccine (2nd dose) 4 in 1 pre-school booster vaccine
12 to 13 years	HPV vaccine
14 years	Td/IPV vaccine (3 in 1 teenage booster) MenACWY vaccine

Vaccines for Adults

Age	Vaccines
Under 65 years	Flu vaccine available for everyone in the “At Risk” group
65 years	Flu vaccine Pneumococcal vaccine Shingles vaccine (if you turned 65 on or after 1st September 2023)
70 to 79 years	Shingles vaccine
75 to 79 years	RSV vaccine

Vaccines for pregnant women

When it's offered	Vaccines
During flu season	Flu vaccine in pregnancy
Around 20 weeks pregnant	Whooping cough (pertussis) vaccine
From 28 weeks pregnant	RSV vaccine

Useful Website links for additional information

www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/

www.nhs.uk/vaccinations/shingles-vaccine/

www.nhs.uk/vaccinations/vaccination-tip-for-parents/

www.nhs.uk/vaccinations/rsv-vaccine/

www.nhs.uk/vaccinations/pneumococcal-vaccine/

www.nhs.uk/vaccinations/flu-vaccine/



Meet the Preston Park Surgery Team:

“A Day in the Life of a Practice Nurse”

Hello & Welcome to an insight into our job. Our nursing team at Preston Park Surgery is comprised of three Practice Nurses, two Health Care Assistants, a Phlebotomist, and one Advanced Nurse Practitioner. Each member of this team provides a vital service, and it is our Practice Nurses who are at the forefront of the fight against diseases and infection. The role has become ever more important as the overall workload on General Practice has risen with the shift to primary based care.

There is no such thing as a typical day for a Practice Nurse? A practice nurse in a GP surgery plays a crucial role in delivering patient care, balancing a variety of clinical duties with patient education and administrative tasks. Each day brings different challenges, requiring adaptability, efficiency and compassion.

Our day usually begins from 8am and Monday mornings are the busiest. The day starts with checking the clinic schedule and ensuring all necessary equipment and stock levels are in place. Preparing vaccination trays, checking emergency equipment, and reviewing patient notes help set the stage for a well-organized day. A brief meeting with GPs, healthcare assistants, and administrative staff ensures clear communication about any urgent cases or changes to appointments.

As patients begin arriving, the first appointments generally start from 8.30am and we are on the go through the whole morning. The daily appointments can vary as we undertake asthma & COPD reviews, diabetes checks plus healthy heart and well person checks. In addition we could also be doing dressings, syringing ears, taking bloods, ECGs, baby & child immunisations, blood pressure monitoring as well as cytology screening and wound care. A five minute coffee break at the desk usually keeps us going until lunchtime.

Afternoons are usually taken up with chronic disease management and seeing and reviewing patients with asthma, hypertension, diabetes and COPD. Longer appointments are also required for complex dressings requiring compression bandaging. We offer appointments until 5.30pm so patients who require treatment at the end of their working day can also be seen. The atmosphere in the surgery in the afternoon is very different from the morning. The frantic pace has slowed down and whilst the phones are still ringing the morning urgency seems to settle.

Patient interaction is at the heart of the role. Supporting patients through difficult diagnoses, reassuring anxious individuals, and helping them manage long-term health conditions requires excellent communication skills and empathy. Building trust ensures patients feel confident in their care plans.

Before finishing for the day, we ensure all documentation is completed and prepare for next day's clinics. Equipment is cleaned and restocked, ensuring everything is ready for another busy day.

There may be a final check-in with the team to discuss any concerns or patient follow-ups.

So is being a practice nurse a good job? **Unquestionably YES.**

The work is diverse, challenging and often demanding but we work within a close-knit supportive team and the GPs at Preston Park Surgery have a strong teamwork ethic and a common vision. While the role is demanding, it is also deeply fulfilling. The gratitude and kindness of patients, the ability to make a tangible difference in their health, and the sense of teamwork within the practice make every challenge worthwhile. No two days are the same, and the ability to impact lives through compassionate care makes being a practice nurse in a GP surgery an incredibly rewarding career choice.

Health Tips & Seasonal Advice

How to Stay well this winter

Winter comes with a higher risk of health issues, particularly for older people or those with long-term conditions and compromised immune systems.

Being cold can raise the risk of higher blood pressure, heart attacks and strokes. The cold, damp weather can aggravate existing health problems, making you more vulnerable to respiratory winter illnesses. But there are things you can do to stay well.

Top tips to stay well from the NHS

- **Get your vaccines and boosters.** Protect yourself and others by getting your [flu vaccination](#), and if you are an at-risk group your [COVID-19 booster](#)
- **Keep warm during the day.** Wrap up in lots of layers of thin clothes, even when you go to bed. Keep doors closed to block draughts. Try to heat rooms you regularly use to at least 18°C. [Make sure you're getting the help you're entitled to with your heating costs.](#)
- **Keep moving.** Move around indoors and try to get outside for a walk. Avoid sitting for more than one hour.
- **Wrap up at night.** Wear layers to bed, including socks. Use a hot water bottle or an electric blanket. (**Don't use a hot water bottle and electric blanket together.**) Keep your windows closed at night.
- **Eat well.** Make sure you eat a balanced diet with lots of seasonal fruit and vegetables. And try to eat at least one hot meal a day.
- **Stay hydrated.** Regular meals and hot drinks can help you keep warm.
- **Have your medication on hand.** Make sure you have the right medicines at home in case you get poorly. Ask your pharmacist if you're not sure what medications you should have.
- **Stop the spread of germs.** Protect yourself and others by washing your hands with warm, soapy water, covering your mouth when you cough or sneeze, and wearing a mask in public spaces.
- **Look after your mental health.** The winter months can take a toll on our mental-wellbeing, so make sure you're looking after your mental health, just as you do your physical health. If you are feeling down, speak to someone – a friend, family member, or a healthcare professional like your doctor.



Help us
help you **make
the right
choice**

NHS
Sussex

Please make the right choice

Sore throat, cuts and grazes,
hangovers, headaches



Treat minor
issues at home

Coughs, colds, tummy trouble,
rashes, aches and pains



See a pharmacist

Persistent symptoms and
long-term conditions



Speak to your GP
practice

Not sure where to go
or what to do?



Visit 111.nhs.uk or
call 111

Sprains, burns and
minor fractures



Visit your local Urgent Treatment
centre / Minor injuries unit

Serious or life-threatening
emergencies like chest pain



A&E or 999