

NEWSLETTER – SPRING 2021

COVID-19 UPDATE

Sussex has now surpassed the three quarters of a million mark of vaccinations to protect those in the most vulnerable groups. This reflects the huge amount of work taking place across the system to give those who are eligible the vaccination as quickly as possible.

The ALPS Group of GP Practices (Arlington Road Surgery, Lighthouse Surgery, Park Practice, Seaside Medical Centre and Grove Road Surgery) are offering vaccines to our patient population through a GP Federation – South Downs Health and Care (SDHC).

1st Vaccines

Our vaccination programme continues to deliver vaccines in line with the Government's priority cohorts. Over 93% of the top four priority cohorts have now received a first dose vaccination. Currently we are offering vaccinations to those aged 16-64 with an underlying health condition. We strongly encourage you to book your appointment when contacted by SDHC.

2nd Vaccines

From mid-March, SDHC started to call some patients for their second doses. If you received a vaccine at Hampden Park just before New Year, you will shortly be receiving an invitation to attend a second dose vaccination appointment on or shortly after 16th March 2021. Invitations for second doses will then be made in line with vaccine delivery and within 12 weeks of your first dose.

Your patience while we work through this challenge is very much appreciated. We would be grateful if you do not contact us about the COVID vaccine as we need our telephone lines to be kept open for patients who need medical help and support. SDHC will contact you regarding your vaccination.

COVID Vaccination Centre

In line with the Government's plan to end lockdown, we have been asked to vacate the Sovereign Centre by the 5th April 2021 to allow the leisure centre to re-open. A new location is being prepared and you will be kept informed where to attend for your vaccination by SDHC.



(correct as of 25.3.21)

Face Coverings

We are unable to supply face coverings and ask all patients to kindly bring their own when attending the surgery. Face masks can be bought from most pharmacies, supermarkets and online. There are also a number of guides online on how to make your own face covering at home with little or no expense.

Remember the disposable masks are for single use only and need to be discarded with your household rubbish. If they are not put into a secure rubbish bin, they are an infection risk to other people as well as being a hazard to wildlife.



Travel Vaccinations

If you are planning a trip abroad and require vaccinations, please complete the Travel Vaccinations Form which can be found on our website under the Clinics and Services Tab.

Once we receive the completed form back, our nurses will then contact you regarding an appropriate appointment.

To ensure we can offer you the best protection, we require at least 8 weeks' notice prior to your travel.



Immunisation Record

There may be a need in the future for you to have access to your immunisation history, including details of any COVID vaccinations which you may have received.

The quickest and easiest way of signing up to have access to your records is by downloading the NHS App. As you are signed up remotely, you do not need to attend the surgery with any identification. Search for the 'NHS App' on Google Play or the App Store). If you are using a computer, visit <https://www.nhsapp.service.nhs.uk/login>

Once you are signed up to the NHS App, you need to telephone us to ask us to activate the immunisations on your record. We will need to ask you some questions from your medical record to confirm your identity.

Staff Changes

We are pleased to announce that Dr Suzanne Barnes will be joining Park Practice from mid-April. She will be working on a Tuesday, Wednesday and Friday. Dr Richard Brierley, who is a locum GP, has helped with cover at Park Practice for the past few years. He will continue to provide cover for us, as and when required.

We also welcome a new Phlebotomist, Ange, who started in February. She works on a Tuesday, Wednesday and Thursday. This will reduce the waiting time for a blood test due to the number of appointment slots she is able to provide per week.

Patient NHS Numbers

A new service is now live to help find your NHS number. This service is for anyone living in England who has forgotten or does not know their NHS number. You can also use this service on behalf of someone else where the name, date of birth and registered home postcode is known. You can opt for the number to be sent to you by text, email or letter. Information can be found on our website under "Access to Health Records". Alternatively the website address is www.nhs.uk/nhs-services/online-services/find-nhs-number/

Keep us Updated!

If you have moved or if you have a new home/mobile telephone number, please complete a form from our reception desk or visit our website and go to 'Change of Address and Name'.



External Letter Box

We are aiming to open up the letter box on our external fencing on Monday 12th of April 2021 which will be available 24 hrs a day. The delay has been due to COVID-19 and how we have been managing incoming mail into the surgery.

We would like to advise our patients that this letter box will only be emptied at 8 am Monday to Friday. If anything is put into the letter box after this time, it will not be dealt with until the following working day.

During surgery hours, you can either use this external letter box or use our internal letter box which is situated to the right of the main front door. This internal letter box is emptied frequently during surgery hours.

COVID –19 Plasma Donation Campaign

HAVE YOU HAD COVID? Convalescent Plasma Programme – be the difference

NHS Blood and Transplant (NHSBT) is leading an urgent programme on behalf of the Government to enable a planned UK medical trial that could produce a vital treatment for those with COVID-19.

The programme is seeking volunteers who had COVID-19 and are now recovering to donate plasma.

Convalescent plasma is the antibody-rich plasma of someone who has had COVID-19. It contains antibodies against the virus and can be transfused to patients with COVID-19 who are struggling to make their own immune system respond. This plasma may help them recover from the infection and save lives.

NHSBT welcomes all plasma donations but are seeking donations in particular from re-covering male patients aged 18-65. Men who have been hospitalised with COVID-19 are six times more likely to have the high antibody levels which might save lives.

Donating plasma is safe and easy and your body quickly replaces the donated antibodies. Donations are taken by NHS Blood and Transplant at one of its donor centres.

If you would like more information about donating plasma or would like to register to donate plasma, please visit <https://www.nhsbt.nhs.uk/how-you-can-help/convalescent-plasma-clinical-trial> or call 0300 123 23 23.

Easter Closure



Please note we will be closed on 2nd of April 2021 (Good Friday) and 5th of April 2021 (Easter Monday).

If you need medical advice or treatment but it is not an emergency please call 111. Please only dial 999 for a medical emergency.

We hope you all have a happy and healthy Easter weekend.