



HRH Newsletter

Edition No 1. November 2023



Welcome to the first Newsletter from Hastings and Rother Healthcare. We hope to bring you up to date information on what is happening in the practice, any local events which will be coming up in the future and also any updates from the Patient Participation Group.



This is a campaign to raise awareness of men's mental health, suicide, prostate and testicular cancers. Whilst we are now nearing the end of Movember we thought we should mention this wonderful campaign. One of our own amazing team members surrendered his moustache to the 'team' who shaved and 'decorated' his magnificent beard and moustache, raising money for Movember a year or so ago. I won't add a photograph as he may sue me 😊.

Take care of yourself. Talk to someone.
[Movember - Changing the face of men's health - Movember](#)

Keep Warm

Winter is coming (according to Ned Stark) and I personally do not know where the year has gone. Fireworks have already lit up our skies, the shops are filled with Christmas goodies and, of course, the 'nights are fair drawing in.' This also means that the temperature has dropped and we are looking at the dials on our thermostats at home. We are all more than aware of the substantial rise in the cost of heating our homes and, understandably, looking at ways of keeping these costs down. However, please remember it is really important to keep warm during the coming months and if you need any advice regarding heating costs please do look at the Government Website and of course there are many agencies who

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will be able to offer advice, including your energy supplier. I will list a few at the end of the newsletter and I do hope they will be of help.

Keep warm, stay well and perhaps spare a thought for those who may not be fortunate enough to be able to do so.

Flu & Covid Vaccination

Don't forget to get these important vaccinations. Information can be found on the practice website for your flu vaccine and on the government website for where to get your Covid vaccination.

Who's Who?

There are many people working at Warrior Square and everyone contributes to the care of our patients. We have Teams consisting of the Clinical Team, Administration Team, Reception Team and the Central team which consists of; Finance, Business Operations, Management, Human Resources, Governance and Patient Liaison. Each future edition, I hope, will feature a member from one of the teams.

Patient Participation Group

We have a Patient Participation Group (PPG) whose aim is to work with the organisation to help improve services for our patients. If you would like to join the PPG please ask the receptionist at the surgery for a form and complete and return to the surgery, or, there is a form online which you can complete. I will contact you and let you know the dates and times of the meetings. You will be most welcome to join the group.

Friends and Family Test (FFT)

Thank you to everyone who takes the time to respond to our short questionnaire sent to your mobile following any appointments you have had with the surgery. We do welcome the feedback. Can I please just mention however that this is for feedback only and any questions or requests placed in the comments section unfortunately will not be responded to or actioned. If you need to contact us to action anything for you this can only be done by contacting the surgery. Thank you.

October figures:	Very Good	79.8%
	Good	7.4%
	Fair	1.8%
	Neither good nor Poor	3.0%
	Poor	8.0%



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Christmas Jumper Day Fundraiser

The organisation will be having a Christmas Jumper Day on the 7th December 2023. This is to raise money for a local charity Called FSN (it was previously known as the Fellowship of St Nicholas). FSN aims to provide effective and professional caring action without discrimination and favour for children and young people suffering the effects of poverty, disadvantage, neglect and abuse. Some of their projects include 'Dragonflies' which is a bereavement service which offers support and counselling to children up to age 18, peer support, mental health, wellbeing hubs, community learning, volunteer health coaches, supporting people into training and work opportunities and Pantry offering food, nappies, hygiene and cleaning products for families. Please check their website for all the services this wonderful charity provides. They have centres in St Leonard's on Sea, Bexhill on Sea and Eastbourne.

<https://www.fsncharity.co.uk/>



I wish you all good health.

[Help with your energy bills: Overview - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

[Get ready for winter - Save on energy bills \(helpforhouseholds.campaign.gov.uk\)](https://helpforhouseholds.campaign.gov.uk)

[Grants and benefits to help you pay your energy bills - Citizens Advice](https://www.citizensadvice.org.uk)

<https://www.hastings.gov.uk/housing/improvement/fuel/>