



HRH Newsletter

Edition No 2. January 2024



Welcome to the second 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.

What is Happening at HRH

Well no surprises here. The surgeries were very busy during December with everyone working hard to try and ensure our patients received their prescriptions, certificates etc, in time for Christmas. Well done to everyone. The teams also outdid themselves with the amazing decorations this year, the organisation looked very festive and I am sure that Santa must have been impressed when he visited us. Early in December a fundraising event took place organised by one of our excellent Care Co-ordinators (featured in who's who). The whole organisation donned Christmas jumpers and donated towards the chosen Charity which was the Friends of St Nicholas (FSN). We are pleased to say we raised over £150 pounds which we hope will help this excellent charity continue their wonderful work.

What is Happening in January

Welcome to "Dry January" which is the month where we challenge ourselves to give up alcohol for that month (or for as long as possible). It is a good time to do this especially as some of us may have over-imbibed, shall we say, over the holiday period. Good luck to everyone who aims to complete dry January. Link at end of newsletter.



15th January 2024 Brew Monday (was Blue Monday)

The third Monday in January was known as 'Blue Monday' as it was purported to be the 'Saddest Day' of the year. The campaign now is to turn that around to 'Brew Day' and get together with people

to have a cuppa and to talk to people. The Samaritans run this campaign and you can check on their website for advice and information around Brew Monday. Email at the end of Newsletter.



‘One You’ Stop Smoking Service

East Sussex has commissioned the services of ‘One You’ Stop Smoking. This service is available to patients who wish to stop smoking. We will have a specialist stop smoking advisor available on a Wednesday and Friday at Warrior Square Surgery. Appointments for this service can be booked via Patient Access (First appointment is normally 30 minutes). You can also contact the surgery to book an appointment. Please do make use of this service. I have attached a link at the end of the Newsletter to One You which will give you more information about this service.

Cervical Cancer Prevention Week 22 – 28 January 2024

Cervical Cancer Prevention Week 2024 which takes place 22-28 January. You can find lots of information via the link at the end of newsletter, and more resources about cervical cancer and prevention in the Charity’s shop: [Jo’s Trust Shop](#)

Who’s Who?

This edition features a member of our team of excellent Care Co-ordinators, Hannah. Not only does she carry out all of her expected duties, she also was the person who organised the Christmas Jumper Day where money was raised for FSN. Last Christmas she also organised for the team members to donate a sensory toy for a child which was also very successful. I asked Hannah to describe her role:



Hello everyone, the role of Care Co-ordinator was created in order to help support our more vulnerable patients. I was very interested in this role as it fills the gap between administrative and clinical work. My duties include helping

support our patients who reside in our nursing homes, care homes and learning disability homes. Currently the organisation looks after twenty three homes. Part of my role is, along with my colleagues, to help care for our older population, patients with learning disabilities, housebound patients and indeed any patient who may require more support. I can see patients in the surgery, via a telephone call or visit them at home. From these consultations I can also refer patients who require just that little extra help to enable them to cope at home, to the relevant organisations which will hopefully make life a little easier for them. I enjoy my role very much. It is a very diverse role and it is very rewarding meeting patients and hopefully being of help to them. I also enjoy arranging fundraising events, and have, over the years, organised fundraising for Children in Need, a local Children's Hospice and, just recently, raised funds within the organisation for this year's chosen charity which was FSN (Fellowship of St Nicholas. This was very successful and the whole organisation took part.

Thank you Hannah, we are very lucky to have this excellent team of Care Coordinators who are dedicated to their job and who go the 'extra mile' for others. Thank you to the whole team.

We have a wonderful team of people in our organisation and we hope to include someone from each different team over the coming months and feature them in future newsletters.

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 November 2023 Figures

Very Good	82.9%
Good	9.1%
Fair	1.1%
Neither good nor Poor	2.3%
Poor	4.6%

These figures will be put up on the board in the reception area of the three sites along with an extract of some comments.



Christmas Jumper Day!!



As always, I wish you all good health.

[Brew Monday 2024 | #Brew Monday | There's always time for a cuppa and a catch-up \(samaritans.org\)](#)

[Welcome to One You East Sussex: Get Back to a Healthier You](#)

[Dry January | Alcohol Change UK](#)

<https://www.jostrust.org.uk/get-involved/campaign/cervical-cancer-prevention-week>.