



HRH Newsletter

Edition No 4. June 2024



Welcome to the 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

As always our team works very hard to ensure everyone receives the care that we strive to achieve for each patient. Some fantastic news below:

GOLD Thumbs Up Award

We are delighted to announce that Hastings and Rother Healthcare have won a Gold Thumbs Up Award for the care of our patients with a learning disability. We are so proud of this amazing team of staff who helped make this possible. Thank you all.



What is Happening in June 2024

PRIDE

From 1st June 2024 -30th June 2024

Pride Month is a vibrant and inclusive celebration that honours the LGBTQ+ community, their history, achievements, and ongoing struggle for equality. This annual event serves as a powerful reminder of the importance of acceptance, diversity, and love. It brings together individuals, organizations, and communities to advocate for LGBTQ+ rights and celebrate the progress made towards a more inclusive society.

Pride Parade Sunday 27th of August at The Oval, Bohemia Road.

Crafty Social

LBGTQIA 11 – 15 Year Olds

**6th June at The Nest Hastings Old Town
Hall, TN34 3EW 4.30 – 7.00 p.m.**

Drop in to meet new people, do some crafting, eat snacks and Allsorts and Trans Pride Hastings will be there to talk about events happening this year. See leaflet attached to Newsletter.

National Carers Week

10th – 16th June 2024

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also help people who do not think of themselves as having caring responsibilities to identify as carers and access much needed support. I have attached a link below to the Carers UK site and also Care for the Carers which will give you helpful information. We have a carer's lead within the practice and staff are aware of the support service Care for the Carers and can refer you or answer any further questions.

[Carers Week | Carers UK](#)

[Care for the Carers - Supporting carers in East Sussex \(cftc.org.uk\)](#)

Hastings Voluntary Action

SCONE SOCIAL- BACK FOR ONE DAY

ONLY!

Hastings Ageing Network in partnership with the Oak Bakery are bringing back our hugely popular Scone Social for one day only as part of Loneliness Awareness Week. (See Leaflet attached)

Who's Who

This edition features a member of our excellent Nursing team. We would like to introduce you to Chloe:



Hello, my name is Chloë and I am one of the Trainee Nursing Associates at the surgery. I have been with HRH for nearly four years and I absolutely love my role.

I started HRH as a Healthcare Assistant and last year I started my Foundation Degree at University. I look forward to gaining knowledge and becoming one of the Practice Nurses in the future. My

duties at work are phlebotomy, reviews, health checks, blood pressure reviews, dressings and giving advice about lifestyle and health. I particularly enjoy giving lifestyle advice as I have been on a little weight loss journey, and I feel confident that I can help patients who may also need help with their diet and lifestyle. Many of you see me for your reviews and it is lovely to meet new faces. If you are over 40 and have no pre-existing conditions, come and book a health check with me!

I see a wide range of patients of all ages and I enjoy the variety work I do from this aspect of my work. My favourite part of my job is being able to spend time with patients and to hopefully make a difference to their lives. My patients are my main priority, and I came into GP land to upskill and become a nurse of the future for HRH. I also love my colleagues and I am thankful for all the hard work we put in for our patients.



Thank you Chloe and each and every member of our nursing team for the amazing work you do.

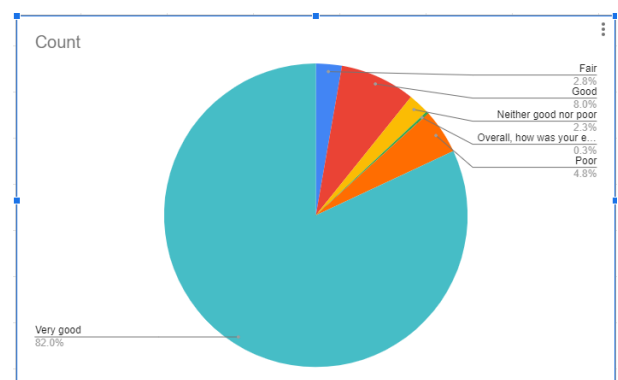
Patient Participation Group

Just to mention our Participation Group (PPG) again. 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.

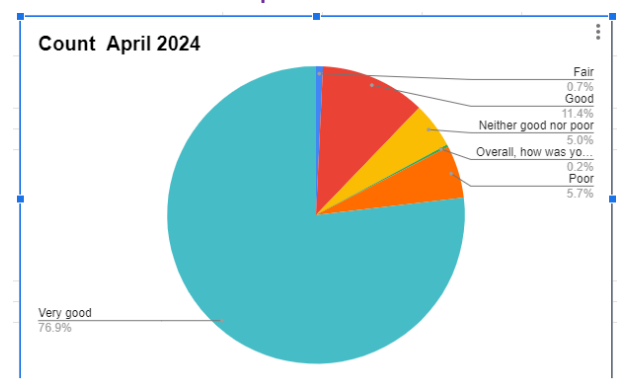
Friends and Family Test

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

March 2024



April 2024



My Little Quote Box

*Try to be a rainbow
In someone's cloud
Maya Angelou*

As always I wish you all good health.

SCONE SOCIAL- BACK FOR ONE DAY ONLY!

Hastings Ageing Network in partnership with the Oak Bakery are bringing back our hugely popular Scone Social for one day only as part of Loneliness Awareness Week.

If you are aged **50** years and over and would like to join us for a free scone with tea or coffee at Central Hall in Hastings town centre on Thurs 13th June from 10.30-12 or know someone who might enjoy coming along then book your places now by emailing debby@hastingsvoluntaryaction.org.uk or by calling 07513 234 307.



We look forward to seeing you all!

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Crafty Social



**For LGBTQIA+
11-15 year olds**

**Come and do some
craft, eat snacks and
meet new folk.**

**Allsorts & Trans Pride
Hastings will be on
hand to talk about
their events this year.**

Automata Workshop
**Make a self portrait
and join our paper
Trans Pride protest.**

6th June 2024

4.30 - 7pm drop in

The Nest

**The Old Town Hall,
Hastings TN34 3EW**