



The Moatfield Examiner

Special Edition
Autumn 2018

- Celebrating 70 years of the NHS

- Moatfield Surgery Patient Participation Group

- Surgery Expansion

- Our Be Safe in Winter Guide

- Achievements in 2018

- Useful Numbers

Celebrating 70 years of the NHS

A perfect opportunity to celebrate the achievements of one of the nation's most loved institutions.

Also: Be safe this winter – read about some simple steps everyone can follow.

Seventy Years

The National Health Service turned 70 on 5 July 2018.

The NHS was created out of the ideal that good healthcare should be available to all, regardless of wealth. When it was launched by the then minister of health, Aneurin Bevan, on July 5 1948, it was based on 3 core principles:

- that it meet the needs of everyone
- that it be free at the point of delivery
- that it be based on clinical need, not ability to pay

These 3 principles have guided the development of the NHS for the past 70 years and remain at its core.

Moatfield Surgery has been treating patients in East Grinstead for about 60 years. Originally the doctors were based in three separate surgeries in Cranston Road, Maypole Road and Lingfield Road. In 1987, the surgeries, with six doctors, moved into one purpose-built building. Since then, the building has been extended several times with further additional building work to accommodate the ever increasing services that we provide for a growing patient population.

The practice currently serves approximately 14,500 patients.

Over the decades the service has seen many changes, developments and achievements:

5 July 1948 – The NHS is born

1952 – charges of one shilling are introduced for prescriptions

1958 – polio and diphtheria vaccinations programme launched

1960 – first UK kidney transplant

1962 – first full hip replacement is carried out

1968 – Britain's first heart transplant

1972 – CT scans revolutionise the way doctors examine the body

1978 – the world's first IVF baby is born

1980 – MRI scans are introduced

1987 – world's first heart, lung and liver transplant takes place

1994 – NHS Organ Donor Register is set up

2002 – first gene therapy

2006 - Vaccination of babies against pneumococcal meningitis begins

2007 - Launch of NHS Choices health information website

2008 - Improving Access to Psychological Therapies (IAPT) programme launched

2009 – The NHS Constitution is published

2010 – Equity and excellence: Liberating the NHS white paper is

2012 – London Olympic Games opening ceremony pays tribute to the NHS

2013 – The Health and Social Care Act 2012 comes into effect

2014 – NHS 111 telephone service goes nationwide



Help us celebrate the 70th birthday of the NHS!

From joining Donor Registers to your pledge to use the service wisely and taking care of yourself, please see more at <https://www.nhs70.nhs.uk/>

Moatfield Surgery Patient Participation Group

The group represents all of our patients and meets throughout the year to hear about updates or to present suggestions aimed at improving the delivery of services provided within the NHS framework.

If you would like to join this group, please visit our website www.moatfield.co.uk under 'Have your say' to submit your details. We will pass your details to the PPG committee and one of the members will get in touch with you to explain how it works.

To be truly representative of our patients, a wide range of voices need to be heard. We would therefore like our PPG to cover a broad spectrum of our patients; we need young people, workers, retirees, people with long term conditions and people from non-British ethnic groups.

The Partners and Practice Manager of Moatfield Surgery wish to take this opportunity to thank the volunteers for their time, tireless effort and support over the decades and for helping to make Moatfield Surgery what it is today

- *Do we have your correct details? Please complete our form to ensure you receive our free text reminder service!*
- *We are also emailing select correspondence instead of posting them. If you are interested, please make sure we have your up-to-date email address!*

JOIN US – HEALTHCARE WITH YOU IN MIND

Patients are always welcome to provide the Patient Participation group with feedback, suggestions, comments or questions. Please do not contact the PPG with complaints however, as these should always be sent to the Practice Manager via normal surgery contact options.

The Patient Participation Group runs two fundraising events each year, which collect funds used to support the purchase of additional equipment for Moatfield patients. You may have seen the volunteers at Christmas or Easter, selling raffle tickets for excellent prizes!

FUNDS RAISED BY THE PPG

Some of the items purchased over the years include:



- * Special Patient Chairs
- * Vitalograph for the nurses
- * Two Blood Pressure Machines
- * Digital Camera (for monitoring wounds)
- * Ear Syringing Equipment
- * Two sets of Weighing Scales
- * Privacy Floor Mats for Reception
- * A Patient Hand Rail

For more details, please visit moatfield.co.uk.

-
- *Ordering your prescription? Don't forget to sign up to our online facility Patient Access for a more convenient way of requesting your medication!*
 - *You can also book and manage your appointments online! More information available on our website moatfield.co.uk.*
-

MOATFIELD SURGERY EXPANSION

East Grinstead is growing. Hundreds of new houses have been built with further growth expected over the next few years. Plans are now underway to extend the surgery building by spring 2020 to enable us to continue to deliver healthcare services to more people.

An artist's impression of the extended building:



Pace Setter Award Achievements



In 2015 Moatfield Surgery was presented the Pace Setter award by the South East Strategic Clinical Networks for services for Children and Young People. In 2018, the practice was able to add a further award covering Mental Health care. Both awards were led by Dr Deborah Allen and involved both the practice and wider community team. We are delighted with these achievements.



Care Quality Commission Inspections (CQC)

All NHS healthcare organisations are registered with the CQC who carries out inspections. Moatfield Surgery was inspected on 15 December 2015 and achieved a rating of 'Good' in all 11 categories. The inspectors returned in March of this year. The team at Moatfield Surgery had worked very hard to ensure that patients receive a consistent quality of care. The inspectors' independent assessment of the practice confirmed this and a further 'Good' rating in all categories was received.

KEEPING WARM IN WINTER AND PREPARING WELL

In cold weather conditions, preparation can be very important. Below we have included a few useful bits of information that might help you stay safe this winter.

Useful numbers:

Social Care Support	01243 642121
Age UK EG	01342 327046
Mid-Sussex Wellbeing	01444 477191

- ☺ If you are entitled to it, make sure you have the flu jab in good time
- ☺ Ensure you have enough medicines to hand in your home
- ☺ Wash your hands after shopping – good hand hygiene can prevent the spread of viruses
- ☺ Learn a few simple first aid steps to deal with strains and sprains
- ☺ Have regular hot drinks and at least one hot meal a day
- ☺ Stock up on tinned and frozen food, or try shopping online to have it delivered to your door
- ☺ Wear several light layers of warm clothes
- ☺ Keep as active in your home as possible
- ☺ Wrap up warm and wear shoes with a good grip if you are going outside
- ☺ Keep your main living room heated to around 18-21°C (65-70°F) and the rest of your house to at least 16°C (61°F)
- ☺ Ensure to block out any drafts where you can

☺ *Don't forget your flu jab! If you are eligible make sure you make an appointment!*

☺ *Minor illness self-care advice is available at moatfield.co.uk.*



Useful Numbers

Services In Your Area – Community Wellbeing Hub	...01444 477191
NHS111111
Boots (The Chemist Ltd), 40 -46 London Road, East Grinstead	...01342 323405
Lloyds Pharmacy, Moatfield Surgery, St Michael's Road	...01342 322239
Sainsbury's Pharmacy, Brooklands Way, East Grinstead	...01342 302295
Boots in Waitrose, Waitrose, West Street, East Grinstead	...01342 314848
Day Lewis Pharmacy (Felbridge), The Parade, East Grinstead	...01342 313840
Samaritans	...0845 7909090
Carers – Information and Support	...0300 028 8888
Social Services	...01243 642555
Citizens Advice Bureau	...0844 477 1171
Age UK (East Grinstead and District)	...01342 327046



Patients can often treat the flu without seeing your GP and should begin to feel better in about a week. Flu symptoms come on very quickly and can include:

- a sudden fever – a temperature of 38C or above
- aching body, feeling tired or exhausted
- dry, chesty cough, sore throat
- headache, difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- nausea and being sick

The symptoms are similar for children, but they can also get pain in their ear and appear less active.

Antibiotics

GPs don't recommend antibiotics for flu because they won't relieve your symptoms or speed up your recovery.

Call 999 or go to A&E if you:

- develop sudden chest pain
- have difficulty breathing
- start coughing up blood

To help you get better more quickly:

- rest and sleep
- keep warm
- take paracetamol or ibuprofen to lower your temperature and treat aches and pains
- drink plenty of water to avoid dehydration (your pee should be light yellow or clear)

A pharmacist can give treatment advice and recommend flu remedies. Speak to a pharmacist before giving medicines to children.

How to avoid spreading the flu

Flu is very infectious and easily spread to other people. You're more likely to give it to others in the first 5 days. Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu:

- ☺ **wash your hands often with warm water and soap**
- ☺ **use tissues to trap germs when you cough or sneeze**
- ☺ **bin used tissues as quickly as possible and wash your hands thoroughly.**



How to prevent flu

The flu vaccine reduces the risk of catching flu, as well as spreading it to others. It's more effective to get the vaccine before the start of the flu season (December to March).

For more information on who is eligible to have the flu vaccine, please visit moatfield.co.uk.