



Practice Christmas Opening Times

Monday 23rd December 8 am - 6 pm*
Tuesday 24th December 8 am - 6 pm*
Wednesday 25th December CLOSED
Thursday 26th December CLOSED
Friday 27th December 8 am - 6 pm*
Monday 30th December 8 am - 6 pm*
Tuesday 31st December 8 am - 6 pm*
Wednesday 1st January CLOSED
**We are closed between 1 pm
and 2 pm for Lunch**

*Please note that the practice will also
be closing early at 4 pm on Thursday
12th December for staff training*

Practice Statistics

(For the Month of November)

Appointments booked - 6831

Did Not Attends - 209

Blood Tests Given - 472

Prescriptions Issued - 3292

Young Persons Sexual Health Clinic

For ages 13-24 - nurse-run drop in
service to discuss anything to do
with sexual health. Sexual health
checks can be carried out if
necessary and free condoms
available with C-Card to under 25s.
Thursdays 15:00 – 17:30. This is a
completely confidential service.

Prescription Ordering

To assure you receive your
medication in time for Christmas our
pharmacy team would like to remind
you that prescriptions can be ordered
2 weeks before they are due.
Prescriptions can be issued a week
before the due date.

If you are going away for Christmas,
please let us know when requesting
your prescription and allow time for
this to be processed

Festive Message from The Partners

*We hope you will be able to enjoy the
festive period with family and friends,
or you may simply want to take the
time to reflect on this year in your own
way. However you choose to celebrate,
we would like to take the opportunity
of wishing all our patients, their carers
and families a very Merry Christmas.*

*Despite these challenging times for
the health service, our staff have
worked incredibly hard throughout
2024 and the focus has been on
ensuring the best care we can provide
to our community. We hope to
continue this into 2025.*

New Clinical Staff

We would like to welcome and
introduce you to our two new GPs. Dr
Drake and Dr Ford joined the practice
this year in September and have
settled in well as valued members of
the Park Crescent team. The addition
of these two GPs has increased the
number of appointments we are able
to offer our patients.

New! Calling about a prescription query? Did you know we now have an option to speak directly to our prescription team

We have now introduced a
"prescription line" when you contact us
by phone. If you have a query related to
your prescriptions, please call us on
01273 523 623 and select option 2. This
will be available from 10:00 - 17:00 every
day.

COMING SOON - Update to Online Access

We have been working behind the
scenes to improve online access at
the Practice. The way our online
requests look will be changing in the
near future. You will soon be able to
contact us via SystemConnect "Online
Requests". This will give you another
option for how to contact us for
administrative and clinical queries.

Look out for further information on
this in the near future

Struggling with mental health across the festive period

Crisis Cafe

Staying Well is an out-of-hours walk-in service for people aged 18 or over
experiencing mental distress or requiring crisis support.

The safe space café provides a relaxed environment where you can gain peer and
social support, to help you build skills to support your own recovery.

Peer Support Workers are also available to chat to.

Opening Times:
Mon-Fri 5:30pm-10:30pm
Sat-Sun 3:30pm-10:30pm

The service is run 365 days a year so will be open over Christmas and New Year.

Location:
18 Preston Park Avenue
Brighton
BN1 6HL

Emergency Number

Call Sussex Mental Healthline on 0300 5000 101. They offer crisis care 24 hr/day to
anyone needing urgent mental health support.

If you feel you are not able to keep yourself safe, you can call the Mental Health
Rapid Response Service on 0300 304 0078 (24 hr/day).

Or call Samaritans on 116 123 or visit www.samaritans.org.

Pharmacy First

Did you know that pharmacies can now prescribe for 7 common ailments?

- impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
- earache (aged 1 to 17 years)
- sore throat (aged 5 years and over)
- sinusitis (aged 12 years and over)
- urinary tract infections (UTIs) (women aged 16 to 64 years)
- shingles (aged 18 years and over)

If you are not within these age ranges, a pharmacist can still offer advice and support decisions about self care treatment with over the counter medicines, but you may need to see us or the Walk in Clinic for treatment.

If you go to a pharmacy with one of these conditions, the pharmacist will offer you advice, treatment or refer you to us or other health professional if needed. They will also update your GP health record, but your information will not be shared with anyone else.

Most pharmacies can provide prescription medicine for these conditions but contact them before visiting to check.

Patient Participation Group

We are in the process of setting up our Patient Participation Group (PPG). The PPG is a voluntary group of patients, coordinated by our Practice Manager, to work to enhance the relationship between the practice and its patients. The group provides feedback, suggestions, and ideas on behalf of patients, and it plays an important role in improving healthcare services within the practice. Members may also be involved in broader initiatives that impact healthcare in the local community or city.

We are planning to hold a patient event linked with PPG in the New Year. Please keep an eye out for further information via our website and newsletter.

If you are interested in signing up or would like further information on the group, please scan the QR code for a like to our website



Keeping well over the festive period

How to prevent catching a cold

A person with a cold can start spreading it from a few days before their symptoms begin until the symptoms have finished.

The best ways to avoid catching a cold are:

- washing your hands with warm water and soap
- not sharing towels or household items (like cups or children's toys) with someone who has a cold
- not touching your eyes or nose in case you've come into contact with the virus
- staying fit and healthy

How to avoid spreading a cold

Colds are caused by viruses and easily spread to other people.

You're infectious until all your symptoms have gone. This usually takes 1 to 2 weeks. It can be longer in babies and young children.

Colds are spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading a cold:

- 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

How to treat a cold

Do

- get plenty of rest
- drink lots of fluid, such as water, to avoid dehydration
- eat healthy food (it's common for small children to lose their appetite for a few days)
- gargle salt water to soothe a sore throat (not suitable for children)
- drink a hot lemon and honey drink to soothe a sore throat
- breathe in steam to ease a blocked nose – try sitting in the bathroom with a hot shower running

Don't

- do not let children breathe in steam from a bowl of hot water because of the risk of scalding
- do not give aspirin to children under the age of 16
- do not smoke as it can make your symptoms worse

A pharmacist can help with cold medicines

You can buy cough and cold medicines from pharmacies or supermarkets.

A pharmacist can advise you on the best medicine, such as:

- medicines like paracetamol or ibuprofen to ease aches or lower a temperature
- decongestant nasal sprays, drops or tablets to unblock your nose (decongestants should not be used by children under 6)
- vapour rubs to help ease chesty coughs in babies and small children

Flu and COVID-19 vaccinations

It's important to get your winter flu and COVID-19 vaccinations if you're eligible. Getting vaccinated every year will top up your protection and reduce your risk of getting severe symptoms.

Who should have the flu and COVID-19 vaccines

You can get both the NHS flu and COVID-19 vaccines if you:

- are aged 65 or over (including those who will be 65 by 31 March 2025)
- have certain health conditions
- are pregnant
- live in a care home for older adults

<https://www.nhs.uk/conditions/common-cold/>

<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

Monday to Friday
8 am - 1 pm
2 pm - 6 pm

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Phone: 01273 523623

Website: <https://www.parkcrescenthealthcentre.nhs.uk/>