

Newsletter Winter 2024/25



NEW WEBSITE

From the 3rd of September we had a new update to our website to make this easier to navigate for our patients.

If you have any problems with this, please get in touch with the surgery.

CLOSURE DATES

Thursday 12th December – closed from 12:30 for staff training

Christmas Day and Boxing Day – Closed
New Year's Day – Closed

Tuesday 21st January – closed from 12:30 for staff training

Thursday 27th February – closed from 12:30 for staff training



Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD) Referrals

With our new Mental Health Care Coordinators working with us at the surgery, they are able to help support patients, over the age of 18, with referrals for ADHD and ASD. There is no need for you to speak to our GPs!



If you are seeking out a referral, contact the surgery and make a telephone appointment with one of our Mental Health Care Coordinators.



Pharmacy – Delivering Medications

Ashton's pharmacy has now stopped delivering to patients the following pharmacies are still currently making deliveries;

- Kamsons pharmacy
- Gunn's pharmacy
- Lane and Stedman pharmacy
- Matlock pharmacy

If you require your medications to be delivered please contact one of these pharmacies let us know and we can amend your records

Pharmacy – Supply Issues

These are the current stock supply issues

- Creon capsules until 2026 limited supplies available
- ADHD medication supplies are now resolving

Patient Participation Group

We want to hear from people who want to discuss the services on offer, and how improvements can be made for the benefit of patients and the practice

If you would like to join our patient participation group please let us know at the surgery – meetings as a group can happen face-to-face or over Zoom



CELEBRATE!

A warm welcome to **Christoph** to the reception team at Montpelier Surgery!

Well wishes to **Olivia** and baby which is due in December – and congratulations on the engagement!

A huge WELL DONE to **Joel** for passing his Independent Prescribing in Asthma!



Telephone – 01273 328950
Email – montpelier.surgery@nhs.net
Website - <https://www.montpeliersurgery.co.uk/>





ONLINE SERVICES

For access to our online services through our website please bring photographic ID into the surgery where we can print you off a username and password for SystemOnline. This will allow you to make appointments and request repeat medications.

Alternatively, please download the NHS App where you will be able to access similar services

If you are having any problems with the NHS app or accessing services online please get in touch with the surgery (and speak to our Digital Ambassador, Freja, who will be able to help further)



MSK Self Referrals

You can self-refer to the MSK team yourself without having to make an appointment to speak to one of our clinicians here if you have been suffering from any MSK (musculoskeletal) problems involving bones, muscles, nerves, or joints, if you have had this problem for over 6 weeks

<https://sussexmskpartnershipcentral.co.uk/self-referral/>



Mental Health Care Coordinators

Within the Primary Care Network (PCN) we have Mental Health Care Coordinators working with us to help support patients with their mental health.

They are here to support you with ongoing mental health referrals and ongoing care. If you are over the age of 18 and would like to make an appointment please contact the surgery.

Care Coordinators



Within the PCN we have Care Coordinators working with us to help support patients with complex health and care needs. When calling the GP surgery you may be offered to speak to a member of the Care Coordination Team as they are more specialised within that area.

If you would like to speak with them, please contact the surgery and let us know.

Social Prescribers



Many things in life can make people feel unwell or affect their overall health and wellbeing negatively, a medical prescription is sometimes only part of the solution. Our social prescribers **Mimi** and **Sara** are here to offer non-medical support for issues that are impacting you. This can be anything from social isolation to financial concerns, help needed around the home to employment problems. They are able to give you the time to identify and look at issues affecting you whilst supporting in accessing solutions.



You can self-refer via the surgery website or ask one of receptionist team.



Telephone – 01273 328950
Email – montpelier.surgery@nhs.net
Website - <https://www.montpeliersurgery.co.uk/>





KEY AWARENESS DAYS

December



World Aids Day – 1st December

An opportunity to raise awareness for people worldwide for the fight against HIV, to support those living with HIV, and to commemorate those who we have lost from AIDs-related illness



International Day of People with Disabilities – 3rd December

Since 1992, the United Nations has celebrated this around the world to raise awareness for those with disabilities.

January



Dry January - 1st-31st January

A challenge for those as the New Year begins to go alcohol free for 31 days with aims to raise awareness of the effects of alcohol.



HOLOCAUST
MEMORIAL
DAY TRUST

Holocaust Memorial Day – 27th January

Remembering those who lost their lives in the Holocaust

February

LGBT+ History Month – 1st-28th February

To promote equality and diversity for the benefit of the public



Time to Talk Day – 6th February

Getting people to have a conversation about mental health and by doing so help to change lives



World Cancer Day – 4th February

Aims to save millions of preventable deaths each year by encouraging individuals to take action

Eating Disorder Awareness Day – 28th February – 6th March

An international awareness events which helps to fight myths and misunderstandings that surround eating disorders



Rare Diseases Day – 28th February

A patient led campaign to work towards equality in healthcare, diagnosis, and therapies

PRIMARY CARE NETWORK SOCIAL MEDIA



Facebook: <https://www.facebook.com/brightonpcn>

Instagram: <https://www.instagram.com/bnnorthandcentralpcn/>



We are always looking for suggestions from our patients about what they would like included in our newsletter. Please pass on any comments or suggestions to the practice. We will try and include these in our next edition.

Happy Holidays and Well Wishes for the New Year!



Telephone – 01273 328950
Email – montpelier.surgery@nhs.net
Website - <https://www.montpeliersurgery.co.uk/>

