

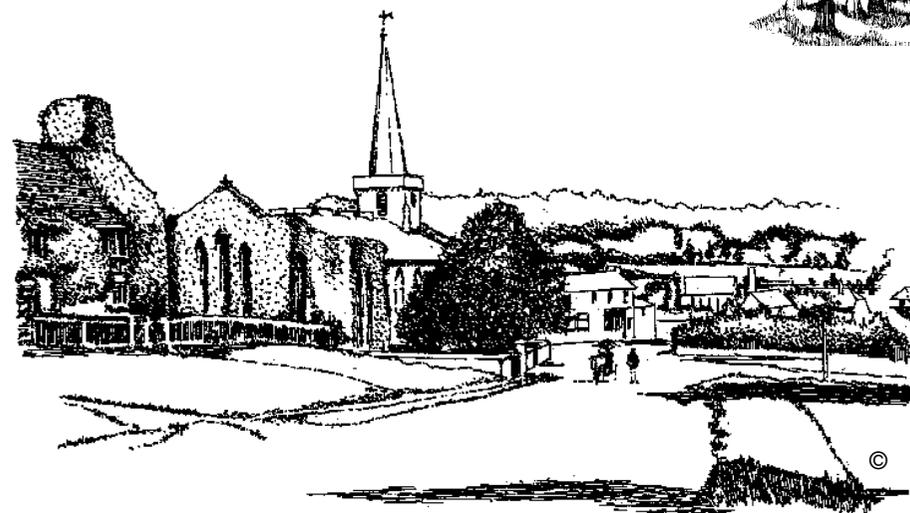
ASHDOWN FOREST HEALTH CENTRE

Lewes Road, Forest Row, Sussex RH18 5AQ

Tel: (01342) 822131

Fax: (01342) 826015

www.ashdownforesthealthcen.co.uk



Dr S.A. Miller (M)

MB BS (1981) DRCOG MRCGP CERT FP

Dr R.J. Baxter (M)

MB ChB (1992) DRCOG PhD MRCGP

Dr J.A. Baseley (M)

MB BS (1996) BSc DGM DRCOG MRCGP

Dr A.L.A. Fyfe (F)

MB BS (1994) BSc BDS DA DRCOG DFFP

Dr K. Naineni (M)

MB BS (2001) MRCGP

Dr A.M. Cannon (F)

BM (2005) MRCGP DRSH

Dr E. MacDonald (F)

BSc (Hons) MBBS (2002) DFSRH MRCGP

Dr L. M. Woolley (M)

BSc MBBS (2012) MRCGP

Mr A. Cornell

Practice Manager

Mrs G. Williams

Patient Services Manager

WELCOME TO ASHDOWN FOREST HEALTH CENTRE

The Forest Row Practice started in 1876 at "The Elms", the house which stands opposite the Health Centre.

In 1968 it moved across the Lewes Road to a house on the present site, which was demolished to make way for the present day Health Centre which opened in 1982.

The old oil street lamp at the entrance to the Health Centre formerly stood outside "The Elms" and was lit nightly by the doctor's coachman to guide the patients to the surgery. Now electrified, it continues to serve the same purpose more than 100 years later.

There is one group of four doctors working as a non-limited partnership and you may ask to see any doctor, although you will be registered with a specific GP for administrative purposes. You and your family will be asked to complete the registration forms.

CAR PARKING

There is limited space at the Health Centre so, to help those who are less able, please use one of the free car parks in Hartfield Road or walk if possible. If you do come by car, do not leave it parked at the Health Centre, even when collecting prescriptions from the local chemist.

PRACTICE BOUNDARIES

The practice accepts patients within the traditional boundaries of Ashdown Forest. There is a map on the back cover of this publication, one on display in the Health Centre and also one available on our website.

ONLINE SERVICES

You can now order repeat prescriptions, book appointments and view your medical record summary online. Before you can use this service please contact reception to register for it. Alternatively, if you have already registered and wish to login, please click the systemonline logo via the website www.ashdownforesthealthcen.co.uk

HOW TO SEE YOUR DOCTOR

We have introduced an appointment system that will, if at all possible, allow you to receive an appointment on the same day. Please will you telephone us on (01342) 822131 early (from 8.30am) on the day you would like to be seen, or call in at reception. Appointments are also available to book on-line; you will need to register for this service via reception.

To increase availability of appointments, the doctors will continue to offer telephone consultations which you may find a useful alternative to having to travel to the Health Centre.

There will still be the option to pre-book a few appointments in advance, especially for patients who have difficulty attending, need to arrange lifts or wish to see a specific doctor etc.

The Health Centre is open Monday to Friday 8.30am - 6.30pm. We are also open alternate Saturdays 8.00am - 1.00pm.



NAMED GP

All patients at Ashdown Forest Health Centre have a named, accountable GP who is responsible for patients overall care at the practice. Your named GP has been allocated to you by the practice. If you have a repeat prescription you can find the name of your allocated GP at the bottom of this. If you do not have a repeat prescription and you wish to know who your allocated GP is, please contact the practice. You can still talk to or make appointments to see any of our doctors or nurses, not just your named GP.

If you have a preference to a particular GP, please speak with a member of the reception team. We will do our best to accommodate your request, although this cannot be guaranteed. If you do not hear from us within three weeks of your request, please assume your preference of GP has been assigned to you.

New patients will be given their named accountable GP at the point of registration by the receptionist.

ACCESS

The Health Centre is purpose-built for wheelchair access. New toilet facilities for the disabled have recently been installed together with a baby changing area.

CONSIDERATION FOR OTHER PATIENTS

We ask patients not to use mobile telephones inside the Health Centre and to keep children as quiet as possible because some patients will be feeling very unwell.

TO SPEAK TO YOUR DOCTOR BY TELEPHONE

Interruptions during surgery are upsetting for both the doctor and the patient. The receptionist may suggest an alternative time to ring or take your number and ask the doctor to call you back. The doctors offer telephone surgeries at set times, when they will return your call and offer advice.

The practice also provides medical cover for a number of boarding schools, nursing homes for the elderly, homes for the disabled and holiday camps in the area. Necessarily this can take doctors away from the Centre for hours at a time.

WHAT TO DO WHEN THE SURGERY IS CLOSED

If you feel the situation is an emergency, then you should consider dialling 999 to request an ambulance. If you need healthcare information or advice, NHS 111 is a telephone service staffed by doctors giving confidential assistance 24 hours a day - telephone 111. On-line help and advice about treatment from the NHS is also available on the website - www.nhs.uk. If you need a doctor urgently when the surgery is closed, please telephone NHS 111 where your call will be answered by a trained receptionist who will assist you. The service is intended for urgent but not emergency help.

DISPENSARY

Our on-site dispensary can now issue medication for many of our patients (not those living in Forest Row, Ashurst Wood and East Grinstead). Patients benefit by being able to collect their medicines promptly from the Health Centre or, if appropriate, delivered to their homes. Our dispensary now offers a medication delivery service to deserving patients.



Pooh

*Brooklands Nursing Home
Wych Cross, Forest Row
E Sussex RH18 5JN
Tel: (01825) 712005*



3* rating awarded by Care Quality Commission**

Situated on the Ashdown Forest, Brooklands offers 24 hour nursing care of the highest standard. Set in grounds of over five acres, Brooklands is surrounded by landscaped gardens and woodlands which offer an ideal environment of peace and tranquillity. Residents are offered the informal atmosphere of a warm and comfortable country home with the continuous presence of fully trained and qualified staff. We welcome long and short-term stays and also offer respite and convalescent care.

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- Unrestricted visiting for family and friends

For more details, a copy of our brochure or to arrange a visit, please contact the Matron at Brooklands Nursing Home.

BROOKLANDS NURSING HOME Tel: 01825 712005

Spare Keys

NEVER leave a spare key in a convenient hiding place such as under the doormat or in a flowerpot - a thief will look there first. If you've moved into a new house, consider changing the back and front door locks - other people may have keys that fit.



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REPEAT PRESCRIPTIONS

We regret that prescriptions cannot be taken over the telephone. This is our requirement to prevent dangerous mistakes in dosage. If you require long-term medicines your doctor will give you a computerised prescription with a printed list of medications for you to leave at reception when you require a new prescription. Patients are now able to request repeat prescriptions on-line, please ask our receptionists for details of how to register for this service.

COLLECTION TIMES

Please allow two working days for collection of repeat medication from our dispensary. The dispensary is closed on Saturdays. Allow three working days for collection of repeat medication from Lloyds, Forest Row. Allow 48 hours for collection of the prescription form from reception. If you send a stamped addressed envelope the prescription will be posted to you. **Always allow ample time, be sure not to run out.**

SURGERY TIMES

All the doctors are approved by the Clinical Commissioning Group (CCG) to provide the following services: maternity medical services, child health surveillance, contraceptive services and minor surgery services. Please check with our reception for all surgery and clinic times before coming to the Health Centre for an appointment. Each day one doctor is our duty doctor to deal with urgent appointments and visits, so surgery times can change as that doctor will be less available for non-urgent appointments. Please telephone us after 9.00am for non-urgent enquiries. The telephone line is closed Monday to Friday 12.30 - 1.30pm.

	Monday	Tuesday	Wednesday	Thursday	Friday
Dr S A Miller		9.00-12.00 4.00-6.00	9.00-12.00 3.00-5.00	9.00-12.00 3.00-5.00	
Dr R J Baxter	9.00-12.00 4.00-6.00	9.00-12.00 4.00-6.00	4.00-6.00	9.00-12.00	
Dr J A Baseley	9.00-12.00 4.00-6.00			9.00-12.00 3.00-5.00	9.00-12.00 4.00-6.00
Dr A L A Fyfe	9.00-12.00 4.00-6.00	9.00-12.00 4.00-6.00			9.00-12.00 4.00-6.00
Dr K Naineni	9.00-12.00 4.00-6.00		9.00-12.00 4.00-6.00	9.00-12.00 4.00-6.00	
Dr A Cannon		9.00-12.00 4.00-6.00	9.00-12.00 4.00-6.00		9.00-12.00 4.00-6.00
Dr E MacDonald	9.00-12.00 4.00-6.00		9.00-12.00 4.00-6.00		9.00-12.00 4.00-6.00
Dr L Woolley	9.00-12.00 4.00-6.00	9.00-12.00 4.00-6.00			

Please advise us if you will not be attending for a pre-booked appointment, as it is our policy to remove from our list patients who repeatedly fail to attend without good reason/prior notice.

TEST RESULTS

Please telephone us for results of blood tests etc on Monday to Friday after 11.00am.

Click to: www.ashdownforesthealthcen.co.uk for latest practice information



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A TOTALLY INDEPENDENT FAMILY CONCERN

What To Do In Time Of Bereavement

Death is an inevitable fact of life, but many of us never think about what we need to do until we are faced with the situation. It is at this time you need all the help and support possible to help you through the grieving process. The doctors and staff at the surgery are available to give you advice and guidance. However, there are certain practical steps you need to know about.

If someone dies at home

- Telephone the doctor who will visit to confirm that death has taken place and advise you how to obtain the death certificate.
- Contact a funeral director who will be able to advise you on registration procedures and funeral arrangements.

If someone dies in hospital

- Contact your local funeral director to engage their services.
- Collect the doctor's death certificate from the hospital.

In all cases of death

- Contact the registrar's office for the area in which the death took place and make an appointment to take in the death certificate. You should also take to this meeting the deceased's medical card (if available) and birth certificate. The registrar will then issue you with a document which will allow the funeral to take place.
- Take this form to your chosen funeral director who, after discussion with you, will take over many of the arrangements for the funeral.

ADVERTISING FEATURE

CHANGE OF ADDRESS

Please notify the receptionist of any change of address or telephone number as soon as possible.

ACCIDENT AND EMERGENCY

The accident and emergency units at Kent & Sussex Hospital, Tunbridge Wells and Princess Royal Hospital, Haywards Heath are open 24 hours a day.

The Minor Injury Units at local hospitals are open as follows:

Crowborough War Memorial Hospital	8.00am to 8.00pm
Queen Victoria Hospital, East Grinstead	8.00am to 10.00pm
Uckfield Community Hospital	8.00am to 8.00pm

Some minor accidents can be dealt with in the Centre's treatment room. A practice nurse is usually present during normal hours but doctors are often out.

NON-NHS EXAMINATIONS

The doctors are happy to carry out medicals eg for insurance and driving licences. Please telephone the surgery for an appointment and ask at reception for the current charges for these services. (There is a list of charges towards the back of this booklet.)

HOME VISITS

If possible please try to come to the surgery as we can offer more comprehensive care here. If you are too ill to come to the surgery a home visit can be arranged by telephoning (01342) 822131 before 10.30am so that the duty doctor can arrange visits to avoid having to visit the same area twice. Explaining what is wrong to the receptionist will help the doctor to see the most urgent cases first. Please give your name, address and telephone number. The doctor may telephone you to assess clinical need prior to visiting.

ASTHMA/DIABETIC/HEART DISEASE CLINICS

By appointment with the practice nurse.

MINOR SURGERY

By appointment with a doctor (mornings only if cryotherapy etc).

CYTOLOGY CLINIC

By appointment with the practice nurse or a doctor.

PRACTICE NURSE SURGERIES AND CLINICS

Appointments can be given for the practice nurse at any time during their surgery times. Patients do not need to have seen the doctor first.

Family Planning/HRT - The nurses are trained to prescribe the contraceptive pills (including emergency contraception which may be given up to three days after unprotected sex), to fit and check the diaphragm, injectable contraceptives and to check the coil (fitting must be done by a doctor), to advise on the menopause and to prescribe HRT. Please ask the receptionist for a family planning or HRT appointment.

Patients may see them for advice on diabetes, asthma, heart problems and diet. Appointments may also be made for ear syringing and treatment of cuts or sprains.



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CHARTERED PHYSIOTHERAPIST

- Neck and back pain
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- Repetitive strain injuries
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Did you know that...



Nutritional Therapy can help people to attain peak performance, recover from ill-health or alleviate the symptoms of chronic conditions through their diet?

Contact a local nutritional therapist today for a nutritional assessment.

Physiotherapy At The Old Dairy

Physiotherapy is a healthcare profession with a science foundation. It helps restore movement and function to alleviate pain and stiffness related to muscles and joints when someone is affected by injury, illness or other disability.

Physiotherapy at The Old Dairy is an established private practice in Forest Row. It is run by James Carmichael who is a Chartered Physiotherapist and registered with the Health Professions Council. He has over 15 years experience in both hospitals and private practice and worked in elite professional sport with Sussex County Cricket Club for six seasons. Over his career James has added to his physiotherapy skills and is trained and experienced in acupuncture, massage, electrotherapy, spinal manipulation and exercise advice.

On your first visit you will be asked to give a history of your condition and after a physical examination James will explain the diagnosis and agree a treatment programme with you. He will also show you some simple techniques and exercises which can be used at home or work.

In all cases patients are assessed individually and treatment is precisely tailored to meet their individual needs, whether to return to competitive sport or just to enjoy a stroll on the Forest.

ADVERTISING FEATURE

Did you know...



That an eye test can highlight problems with your general health?

As well as checking your sight, your optician may spot other conditions early such as diabetes and cataracts. Reassure yourself by booking an appointment with a local optician today.

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TRAINING

We are pleased to confirm that Dr Baseley has been appointed as a general practitioner trainer and are proud that the practice has been formally made a training practice for doctors in their final stages of their training to become GPs. These doctors are usually known as Registrars. In addition we are recognised as an undergraduate training practice and from time to time medical students are attached to the practice. Patients are always asked for their permission for a student to be present at consultations, which are sometimes videoed. Inspection of medical records is undertaken for training purposes only. Similarly, our district nurses and health visitors occasionally have students attached for practical training.

HEALTH VISITORS

The health visiting team is based at Crowborough. They are able to advise individuals and families on aspects of health and development with focus on the pre-school child. They can be contacted on 01892 669393.

SPECIAL SERVICES AND HEALTH PROMOTION

Our practice is committed to provide services not only for the sick but also for those wishing to remain well. New patient check-ups and routine follow-up appointments of diabetic, asthmatic or hypertensive patients are by appointment with the practice nurse.

**Antenatal Group
Postnatal Group**

By arrangement with the midwife

A chance to meet other local parents in an informal setting and to share and receive information on health-related topics with the health visiting team
Thursdays by arrangement with the health visiting team

1st and 3rd Thursday afternoons in the month,
2.00 - 3.30pm

Child Health Clinic

**Child Health Developmental
Surveillance**

**Child Immunisation Clinic
Dietician**

**Family Planning
Flu Vaccination**

By arrangement with the health visiting team
Wednesday from 2.00pm by appointment
Wednesday morning. Held every four weeks

By appointment with doctor
An influenza vaccination is particularly recommended for patients with heart, lung or kidney disease, diabetes and residents of nursing and rest homes

Pneumonia Vaccination

Once-only injection recommended for all patients aged 65 and over

By appointment with nurse

**Immunisations
Targeted Health
Promotion Clinics**

By invitation

We encourage all our patients to share the responsibility for their health, both in the prevention and treatment of disease.

A consultation may be provided for patients aged 16-74 who have not consulted a doctor here within the last three years and for patients aged 75 and over who have not consulted a doctor here within the last year.

Would talking help?

Why wait for an appointment on the NHS?

There may be a qualified local counsellor that could see you today and help you get back to the real you more quickly.

Call a private counsellor for more details now!

Phoenix 'Log Cabin' Therapy

Dr Danielle Phoenix, DCPsych
Counselling Psychologist (HCPC reg), MBACP



Working with individuals, couples and families concerning areas of mental health that include: anxiety, depression, trauma, substance misuse, bereavement, anger and many more.

Face-to-face and Skype sessions.

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NHS
It's not a 999 emergency, but you need medical help fast?



Call 111 for medical advice, assessment and direction to the best medical treatment for you

www.nhs.uk/111

SMOKING CAUSES MANY PREMATURE DEATHS AND MUCH DISABILITY

It is an important factor in causing:

- Lung Cancer
- Chronic Bronchitis and Emphysema
- Coronary Heart Disease
- Arterial Disease in Limbs which can lead to Gangrene
- High Blood Pressure and Stroke
- In Pregnancy Smoking can cause the Retardation of a Baby's Growth and Premature Birth.

SMOKING CAN HARM OTHER PERSONS BY MAKING THEM "SECONDARY SMOKERS". IF YOU ARE A SMOKER CONSIDER THE POSSIBLE CONSEQUENCES OF WHAT YOU MAY BE DOING TO YOURSELF AND TO OTHERS.



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STAFF AT ASHDOWN FOREST HEALTH CENTRE

Practice Manager

Mr Andrew Cornell

Patient Services Manager

Mrs G Williams

Secretaries

Mrs Lesley Gibbs & Mrs Emily Taylor

Receptionists

We employ 10 part and full-time staff. They are here to help you and anything you tell them will be treated as confidential

Practice Nurses

Mrs Sue Tyler, Mrs Alexandra Katona

Healthcare Assistant

Mrs Wendy Eaglen & Mrs Linda Landreth

Health Visitor

Mrs Penny Greenham

Community Nursery Nurse

Karen Wilkins

Health Visiting Staff Nurse

Kate Holder

Community Midwife

Contact via Crowborough Birth Centre (01892) 654080 (24 hours)

Community Nursing Team

Jane Lee - Community Matron, Charlotte Vayisoglu - Caseload Manager, Joyce Verrinder & Alison Allcorn - District Nurses. Contact (01892) 603109 (8.30am - 4.30pm) or NHS 111 after 4.30pm

COMMENTS AND COMPLAINTS

The secret of our success is personal care and attention to detail. To satisfy our patients and maintain our standards of service, we welcome suggestions and criticisms from our patients. These may include comments regarding the reception area, courteousness of staff or ease of access to doctors or nurses.

If you have any comment or complaint please write or ask to speak to the practice manager or a doctor who will be happy to listen and help solve the problem.

STAFF PROTECTION

A zero tolerance policy towards violent, threatening and abusive behaviour is now in place throughout the National Health Service.

If such behaviour occurs we may choose to inform the police and make arrangements for the individual to be removed from our medical list.

CONFIDENTIALITY

Health records are strictly confidential and information is only passed on with your consent, within the confines of the NHS or by law. Some details are held on computer and the practice is registered under the Data Protection Act. All staff are bound by strict rules of confidentiality.

PRIVACY

Please let us know if you wish your enquiry to be dealt with away from the reception desk.

Click to: www.ashdownforesthealthcen.co.uk for latest practice information



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WITHOUT a website, your business or practice is *invisible* to the two thirds of prospective clients that use the Internet to locate products and services, and this figure grows daily.

Worse still, if your competitors have a website and you don't, then they are picking up your share of the prospects for your type of business when they search online.

Pay As You Go websites are proving to be a godsend to small and medium-sized businesses across the UK and Ireland.

Introduced by OPG Ltd, who have been building websites for more than eight years, and whose innovative ideas have been helping businesses to grow and prosper for over 40 years, they provide businesses and professional practices with 24/7 access to their targeted market.

A website not only saves you money on brochures and other such material, it greatly increases the effectiveness of your current advertising because, in effect, you are open for business around the clock.

Uniquely, the Pay - Monthly service comes with Web Partner support. This 'phone-a-friend' facility will provide answers to your queries and help you develop your site as your business grows.

So if you don't yet have a website, or are unhappy with the one you have, call today for an informal chat on 0800 612 1408. You'll be glad you did!

To advertise **your** business to **our** patients on low cost, easy payment terms call 0800 0234 196.

FREEDOM OF INFORMATION – PUBLICATION SCHEME

The Freedom of Information Act 2000 obliges the practice to produce a Publication Scheme. A Publication Scheme is a guide to the 'classes' of information the practice intends to routinely make available. This scheme is available from reception.

SELF TREATMENT OF COMMON ILLNESSES AND ACCIDENTS

Many common aches and pains can be simply treated at home without the need to consult a doctor.

BACK PAIN

Back pain causes 13 million working days to be lost in Britain each year. The spine supports the whole weight of the upper body so it is understandable that it sometimes goes wrong.

Because of the complex nature of the spine it is advisable to consult your doctor if back pain persists for more than a few days. If, as is usual, the pain has been caused by abuse ie lifting too heavy weights etc, be sensible and take things easy.

Take care to sit as upright as possible with a support for the small of the back. Take aspirin or paracetamol which will not only relieve the pain but will help to relieve inflammation. Your doctor may well prescribe stronger drugs, heat treatment, gentle exercise or some kind of supportive corset.

BED SORES

Bed sores are far easier to prevent than cure. They are caused by prolonged pressure to certain parts of the body when lying in bed for long periods. They can be prevented by encouraging the patient to shift position as often as possible. Take care to smooth out creases in the bottom sheet to avoid irritation. If red marks appear at the pressure points such as heels, elbows, buttocks and hips, inform the doctor before they get worse.

SORE THROATS

Four out of every five sore throats are caused by viruses and therefore antibiotics are useless. If your throat is sore but you are otherwise okay there is no need to see the doctor. Simply give children paracetamol syrup and fluids (aspirin should NOT be given to children under 16). For adults, gargling with soluble aspirin is the most effective remedy. Dissolve two aspirins in one inch of warm water in a glass. Take sips of the solution and gargle with each sip for as long as you can without swallowing.

If you are very hot and unwell and can see white spots on your tonsils you may have a true tonsillitis and you should come and see us at the surgery.



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BURNS

Apply large quantities of cold water to the affected area as soon as possible and maintain this until the pain subsides. This may take as long as 15 minutes! If the skin is unbroken but blistered, apply a loose, dry dressing. If the burn is larger than four or five inches in diameter or if the skin is broken, consult your doctor as soon as possible.

COLDS

Even in this day and age there is still no magic cure for the common cold. Go to bed, take plenty of drinks. If you have a headache or are feverish, take aspirin or paracetamol. Do not bother to take antibiotics as these will have no effect!

DIARRHOEA

In adults, diarrhoea is usually caused by a viral infection and is therefore unable to be treated directly.

The symptoms can usually be eased by the traditional kaolin and morphine mixture or by medicines containing codeine. Holiday diarrhoea is often due to bacteria. Again, kaolin and morphine can be taken. Consult your doctor if the symptoms persist for more than a few days.

Diarrhoea in very young children and babies needs careful attention. Most babies have loose bowel action during their first six months due to their predominantly liquid diet. Sudden bouts of unusually watery diarrhoea should be treated by taking the baby off solids and feeding them a cooled solution of boiled water with a teaspoon of sugar and half a teaspoon of salt to the pint.

If the symptoms persist for more than 24 hours, or are accompanied by vomiting or weakness, consult your doctor.

GASTROENTERITIS

Gastroenteritis describes a group of diseases affecting the stomach or part of the intestine. Symptoms are often diarrhoea, sickness and stomach ache. Because the lining of the stomach is likely to be inflamed medicines are often immediately vomited up.

Large quantities of water, orange juice, milk or thin soup should be taken to counter the effects of dehydration. Consult your doctor if symptoms persist for more than a day or, in the case of babies or young children, six hours.

STOMACH ACHE

Most attacks are not serious and are usually caused by indigestion or wind. A hot water bottle will often relieve the symptoms and, in the case of indigestion, a teaspoon of bicarbonate of soda in half a glass of water will help.

If the pain lasts for longer than eight hours or increases in intensity you should consult your doctor.

SPRAINS

Treat with a cold compress, containing ice if possible, for 15 to 30 minutes to reduce the swelling. Then apply, firmly, a crepe bandage and give the sprain plenty of rest until all discomfort has subsided.

Further strain will inevitably lead to further swelling and a longer recovery period.

NOSEBLEEDS

Sit in a chair, lean forward with your mouth open, and pinch your nose just below the bone for approximately 10 minutes, by which time the bleeding should have stopped. Avoid hot drinks or hot food for 24 hours. If symptoms persist, consult your doctor.

MINOR CUTS AND GRAZES

Wash the wound thoroughly with water and a little soap. To stop bleeding apply a clean handkerchief or dressing firmly to the wound for about five minutes. Cover with a clean dry dressing.

SUNBURN

Treat as for other burns with cold water to remove the heat. Calamine lotion will relieve the irritation whilst paracetamol will also help.

Children are particularly susceptible to sunburn and great care should be taken to avoid overexposure to the harmful effects of the sun.

INSECT BITES AND STINGS

Antihistamine tablets can be obtained from the chemist without prescription and will usually relieve most symptoms. Note: bee stings should be scraped away rather than 'plucked' in order to avoid squeezing the contents of the venom sac into the wound.

HEAD LICE

These creatures, contrary to popular belief, prefer clean hair and are, therefore, not a sign of poor personal hygiene. Medicated head lotion can be obtained from the chemist without prescription.

CHICKENPOX

On the first day a rash appears as small red patches about 3-4mm across. Within a few hours of these developing, small blisters appear in the centre of these patches. During the next three or four days further patches will appear and the earlier ones will turn 'crusty' and fall off. Calamine lotion may be applied to soothe the often severe itching. Cool baths may also help.

The most infectious period is from two or three days before the rash appears and up to five days after this date. Children may return to school as soon as the last 'crusts' have dropped off.

GERMAN MEASLES (RUBELLA)

The rash appears during the first day and usually covers the body, arms and legs in small pink patches about 2-4mm across and doesn't itch. No other symptoms are usually present apart from occasional aching joints. It is infectious from two days before the rash appears, until the rash disappears in about four or five days from that date.

The only danger is to unborn babies and, therefore, it is important that all contacts are informed in order that anyone who may be pregnant can contact their doctor.

Immunisation can prevent this disease.

MEASLES

The rash is blotchy and red and appears on the face and body around the fourth day of illness. It is at its most infectious from two or three days before the rash appears until eight or ten days after that date.

Immunisation can prevent this disease.

MUMPS

Symptoms are swelling of the gland in front of one ear often followed, after a couple of days, by swelling in front of the other ear. It is infectious from two or three days before the swelling appears until eight or ten days after that date. If the pain is severe you should consult your doctor.

Immunisation can prevent this disease.

NOTES

FEES FOR NON-NHS SERVICES

Accident/Sickness Insurance Benefit claim form	£39.60
Access to records under Data Protection Act	£10.00
BUPA/PPP etc claim form	£44.00
Childminder medical report form	£97.60
Copies of records for patients under Access to Health Records Act 1990	£50.00
Copies of results for private use	£5.50
Driving (Elderly, LGV, PCV, Taxi, Racing) fitness certificate with medical	£149.60
Emerson College Certificate without medical	£76.45
Employers' report/opinion with/without medical	£200.20/£106.70
Fitness to travel certificate	£48.40
Private medical certificate.....	£18.72
Holiday cancellation certificate.....	£44.00
Insurance claim form	£44.00
Mortgage Identification	£39.60
GPR	£104.00
Pre-employment medical with report	£200.20
Private prescription.....	£18.72
Performing arts	£16.50
School fees insurance claim form.....	£39.60
School medical certificate quick basic inf.....	£18.70
School medical assessment with medical.....	£106.70
Seat belt exemption examination with full medical.....	£149.60
Shotgun certificate.....	£66.00
Sports medical with report	£149.60
Vaccination certificate (if not issued at time of vaccination)	£17.60
VACCINATIONS (including cost of vaccine)	
Hepatitis B £40 (course of 3) per dose (Hep A, Typhoid = No charge)	£120.00
Inactivated Polio (IPV)	£27.50
Influenza	£27.50
Japanese Encephalitis (course of 2)	£197.00
Meningitis (ACWY)	£60.50
Rabies (course of 3) £66.00 for one dose	£198.00
Tick-Borne Encephalitis (course of 3)	£203.00
Yellow Fever	£49.50
Yellow Fever (Copy Certificate)	£18.70

USEFUL TELEPHONE NUMBERS

NHS 111 (Out of Hours emergency care)	111
Crowborough War Memorial Hospital.....	(01892) 652284
East Surrey Hospital.....	(01737) 768511
Kent & Sussex Hospital.....	(01892) 526111
Pembury Hospital.....	(01892) 823535
Princess Royal Hospital	(01444) 441881
Queen Victoria Hospital.....	(01342) 414000
Uckfield Community Hospital.....	(01825) 769999
Social Services Department - East Sussex.....	0845 608191
Social Services Department - West Sussex.....	(01444) 446100
High Weald Lewes and Havens CCG	(01273) 485300
CQC	03000 616161
Millwood (Community Psychiatric Services)	(01825) 761177
RELATE (Marriage Guidance).....	(01293) 657055
Samaritans	0845 7909090
Citizens Advice Bureau - East Grinstead	(01342) 321638
- Uckfield	(01825) 764940
Alcoholics Anonymous.....	0845 769 7555
National Domestic Abuse (Refuge) 24hr helpline	0808 2000 247
Family Planning Clinic - East Grinstead	(01342) 324713
Private Travel Clinic - Masta (Gatwick)	(01293) 507400
NHS Emergency Dental helpline East Sussex	
- Mon-Fri 8.30am-6.00pm.....	08444 772545
- Night/Weekend/Bank Holidays.....	(01273) 486444
- West Sussex.....	(01444) 475700
- Ashdown Pharmacy (Forest Row).....	(01342) 825405
- Lloyds (Forest Row)	(01342) 822733
- Waitrose (East Grinstead).....	(01342) 314848
- Boots (East Grinstead).....	(01342) 323405
Chemists	

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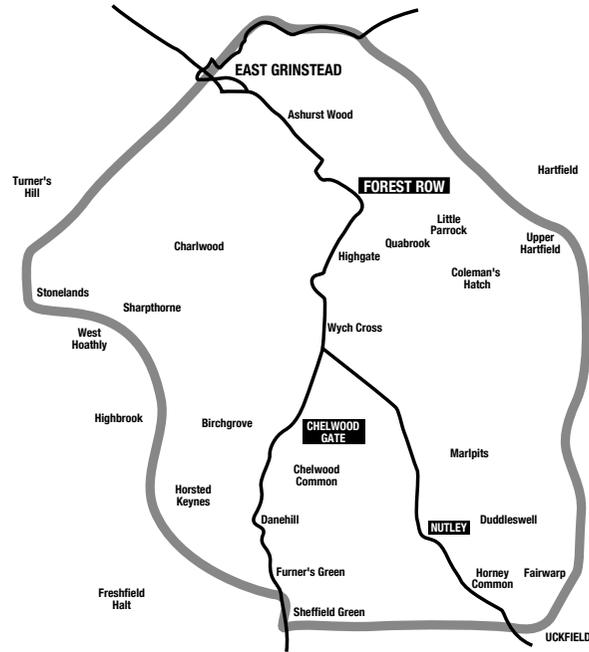
Barons Gate, Graceways, Whitehills Business Park, Blackpool, Lancs FY4 5PW Tel: 01253 608014 Fax: 01253 608015
Website: <http://www.opg.co.uk> Email: info@opg.co.uk

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OUR PRACTICE AREA

This map is intended as a guide only. Please ask the receptionist if you wish to join the practice but are not sure if you are inside the practice boundary.



HELP TO KEEP ASHDOWN FOREST GREEN!
START RECYCLING NOW.....

WHAT'S AVAILABLE

Interest has been shown by village residents in recycling. The list below gives details of some of the recycling facilities available locally. It must be in all our interests to recycle as much waste material as possible.

FOREST ROW Station Road Amenity Sites

Opening Times: 1st June - 30th September 1st October - 31st May
Monday to Saturday 9.00am - 6.00pm 8.00am - 4.00pm
Sunday 9.00am - 4.00pm 8.00am - 4.00pm

Facilities:

1. Glass, separate bins for each colour
2. Paper and Cardboard, in large open skip
3. Textiles
4. Asbestos
5. Engine Oil
6. Metal, including fridges, freezers etc and tins of all sorts