



# BEACON SURGERY

## BULLETIN

Welcome to our **NEW** quarterly bulletin. Keeping you up to date with the latest news from the Surgery and information relating to your health that may be of interest to you.

### In this Issue:

#### 1. News from the Surgery

A regular feature letting you know the latest news from the Surgery

#### 2. Healthy Living

From our waiting room information screens: some suggestions for being a little more active in 2024

#### 3. Focus on Health Issues

Focusing on common health issues. For this issue, it's Eating and Living Healthily

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## Surgery News

Welcome to our very first patient bulletin.

Over the last year we have welcomed several new members to our expanding clinical team. You may for example have already met Dr Alice Quintana who joined us in June or Sam Lunniss our new Advanced Practitioner Nurse who joined in November. We continue to be very proud of our hugely dedicated team and we know they all work extremely hard to help you, our patients.



We regularly review the way we work in an effort to continually improve what we hope is a first-class service to our patients. We know that availability and access to appointments is important and we do what we can to maximise the choices available to you within our resources. We are dealing with more patients each day than ever before. In addition, we are still giving our patients the option to choose a telephone consultation where appropriate and these are proving popular. Of course, there will always be limits on what we can manage, so please be understanding that we are doing our best to meet everyone's needs.

Some of you will have noticed that we now have an additional new clinical consulting room on the ground floor which again helps with our capacity to see more patients. Furthermore, our recently re-decorated waiting rooms have received some lovely feedback. Thank you and we hope you like them.

One more thing: if you have not already received your flu vaccine, we still have some available for those patients under 65 who are in the at-risk categories. Please telephone to make an appointment.



## Healthy Living

Whatever your level of fitness and mobility, you may feel that you'd like to be a little more active.

There are many groups in our area who can help provide that encouragement, support and friendship to exercise more. For example, the screens in our waiting rooms display a range of such organisations which can help - from seated exercise, to walking or activity groups, to gyms - and more.

If you are interested, visit the Surgery website where a list of these organisations can be downloaded... [www.beaconsurgery.co.uk/health-advice](http://www.beaconsurgery.co.uk/health-advice)

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## Focus on Health Issues

### Eating and Living Healthily

It is not always the amount we eat but what we eat that impacts on our health. A good balanced diet is key and can help in many ways.

Now, when it comes to eating, we all have our food preferences - and we don't always get it quite right! Too much, too little, too often, not often enough, wrong time of day or night, wrong amounts of fat, sugar or salt...the list goes on. If you want to make some changes to your diet and really make that New Year's resolution work, there is some helpful information available on the One You East Sussex website - an organisation supported by East Sussex County Council.



For example, they can offer dietary advice and even provide free health coaches to help you change your habits towards a healthier you.

The One You website can be found here... [www.oneyoueastsussex.org.uk/services/eat-well/](http://www.oneyoueastsussex.org.uk/services/eat-well/)

We know that at this time of year many people look at ways of improving their health, life styles and choices by stopping smoking, drinking less or exercising more.

There are lots of places that can help.

Have a look at the organisations on the link in Healthy Living above and the One You website which can help in many ways.

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## And finally...

This is the first edition of our quarterly bulletin which we hope has been of interest. We have tried to provide items of interest whilst keeping it reasonably brief.

We wish everyone a Happy New Year