



Winter Newsletter 2025

Loneliness

It has been a busy time of year recently and this can make people feel more Lonely

If this is you there is a service called :

Check In and Chat

What is Check In and Chat?

Do you (or someone you care for) feel lonely or isolated? If so, you're not alone- which is why this service has become available.

Volunteers phone patients to provide social contact. Where appropriate, they can encourage patients to make positive changes such as connecting with others, becoming more physically active and learning new skills. Volunteers can also signpost to other services in the community.

You can self-refer to this service by calling **0808 196 3646**.

Alternatively, please contact Reception and we can refer on your behalf.

Flu Vaccinations

We still offer Flu vaccinations to those who are eligible. Please contact the practice to book in today!

Respiratory Syncytial Virus (RSV) Vaccination

RSV is a common respiratory virus that can cause serious lung infections. While RSV infection can occur at any age, the risk and severity of RSV and its complications are increased in older adults and in neonates and small babies, and it has a considerable impact on individuals and NHS services during the winter months.

Who is eligible?

Adults aged 75-79

Individuals from 28 weeks' of pregnancy

Carers Health Checks

We are aware there is a large amount of carers amongst our patients. This is a bit of time to look after you as a Carer Its a chance to talk about you what support we can offer you & a general check up

Please call reception to book this appointment with the HCA. For more support please follow this link to our website: <https://www.thehavenpractice.co.uk/carers-hub>

Staff Meeting

Our next Staff Meeting will be held on Friday 24.01.25 at 12.30 pm.

Our Extended Access Service Brighton & Hove Federation

As most patients are aware we have this service where we can book our patients in to speak/see locum GPs, nurses, HCAs, Pharmacists. If we are closed and you need to cancel or rearrange this appointment please do not contact the Practice where this is based as this service is only using the practice space so it is not linked.

Please contact them directly on 01273 003330

An SMS appointment reminder with contact information will be sent to the patients 7 days prior and 24 hours prior to their appointment if we have a mobile number on file and have consent to make SMS contact.

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Web: www.thehavenpractice.co.uk

Out of Hours: 01273 555999/NHS111

Facebook: The Haven Practice

Twitter: @haven_practice

Instagram: haven_practice

Web: www.thehavenpractice.co.uk



Think pharmacy first

Sore throat? Your pharmacist can now provide treatment or some prescription medicine, if needed, for seven common conditions, without you seeing a GP.

Subject to age eligibility, including 5 years and over for sore throat prescription medicine. Service available at majority of pharmacies. Find out more: nhs.uk/thinkpharmacyfirst



ADHD Prescribing Information

The practice will only prescribe ADHD medication for a patient (under an NHS or UK private consultant psychiatrist) where:

- A clear diagnosis has been made
- The psychiatrist is on the GMC specialist register and practising from within a CQC registered clinic
- Appropriate pre-treatment checks have occurred
- The patient is stable on medication (at the very minimum of 3 months), initiated by a specialist
- Regular physical and review checks are attended

A valid shared care agreement, which adheres to the NICE guidelines, is in place.

Shared care agreement (SCA) needs to be in place for a GP to prescribe and requires both the psychiatry consultant specialist and the GP to sign.

If you are diagnosed and treated under the NHS (or NHS commissioned services) then we are able to adopt the SCA provided by your NHS consultant psychiatrist, if it meets the expected terms as set out in the NICE Guidelines.

If you are seen and diagnosed under a UK private consultant psychiatrist, then your private Psychiatrist will need to agree to, adopt and sign the Sussex Specific NHS SCA in order for the practice to safely take over the prescribing. Without this, prescribing in general practice will not be possible. Your consultant psychiatrist needs to request this from us directly only at the point that prescribing is desirable to be shared.

Patients who arrive from outside the UK will need to obtain their medication from their own specialist. If they require NHS prescriptions, then this will require a referral to an NHS ADHD clinic or for them to seek a private assessment and treatment within the UK. Once stabilised on medication, a SCA will need to be in place before the GP can prescribe.

We recognise that an increasing number of patients are being referred for assessment and being diagnosed with ADHD, which has resulted in increasing NHS waiting lists and patients may wish to consider a private assessment.

The practice does not form an opinion on the use of private services, however it is very important that patients are aware of the potential costs of private services which, aside from initial assessment, investigations and prescriptions, would include ongoing annual reviews and investigations for the duration of their treatment.

Please note that we follow published national guidelines to keep our patients safe, and therefore an SCA will be voided if the patient does not attend a review with a psychiatrist every 12 months or does not attend GP reviews every 6 months and as such we will be unable to continue to prescribe ADHD medication.

Please view our full [ADHD diagnosis and prescribing practice policy \(PDF\)](#) for more information.

Have you been screened for an Abdominal Aortic Aneurysm (AAA)?

If you are a male aged 65+ and haven't been screened before, you are eligible for a free NHS screening examination.

We screen locally throughout Sussex.

And nationally.

Please call the AAA Screening Office on 01903 843834 for an appointment or for further information.

Further information can be found by visiting

<https://www.gov.uk/topic/population-screening-programmes/abdominal-aortic-aneurysm>

A short film showing the screening process can be seen by scanning the QR code below or visiting:

<https://www.youtube.com/watch?v=cTtbLo-fzE>

QR CODE LINK TO SHORT FILM



Better
Health

Let's
do this

NHS

Quit Smoking Start Saving

Join the thousands
of people who are
quitting smoking.



Download the free
NHS Quit Smoking
app to get started.



GET IT ON
Google Play



Download on the
App Store





Royal College of
General Practitioners



**Armed Forces veteran
friendly accredited
GP practice**

We are an Armed Forces veteran friendly accredited GP practice.

This means that, as part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping individuals who have served in the Armed Forces get the care and treatment that is right for them. If you have served in the UK Armed Forces, please let your health professional know to help ensure you are getting the best possible care.

**To find out
more, ask your
healthcare
professional.**





Royal College of
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**Armed Forces Veteran
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Top tips for veterans



How to get the most from your GP

1. It is important to always be registered with a GP, rather than wait until you need treatment. If you move to a different area, you will need to reregister with a local practice each time. Details of local practices can be found on the NHS website at www.nhs.uk.

2. If you've recently left the UK Armed Forces, it is important to give your GP the paperwork that your military medical centre gave you, including any medical records. This will help to make sure your military health record transfers to your NHS health record. This will also give your GP information on your health and ensure that any ongoing care and treatment is continued.

3. Regardless of when you left the military, tell your GP that you've served in the UK Armed Forces. This will help your GP to better understand any military related health conditions you may have and ensure you are referred, where appropriate, to dedicated services for veterans.

This includes specialist mental and physical health services Op COURAGE: The Veterans Mental Health and Wellbeing Service and Op RESTORE: The Veterans Physical Health and Wellbeing Service.

When using these services, you will be able to speak to people who:

- understand the Armed Forces and military life
- are either from the Armed Forces community or highly experienced in working with serving personnel, reservists, veterans and their families
- will work with you to make sure you get the right type of specialist care, support, and treatment
- work closely with a range of organisations and charities, including military charities, to support your wider health and wellbeing needs.

4. With your agreement, it can sometimes be helpful for your doctor to refer you to Armed Forces charities, such as SSAFA, the Royal British Legion, Combat Stress or Help for Heroes. They can often offer significant help and support, even if they do not all deliver healthcare.

5. You may be worried about sharing information about your time in the Armed Forces. Please note that the NHS is bound by a confidentiality code of practice to ensure GPs, nurses and other people working within the NHS deliver a confidential service bound by law.



Patient charter: our commitment to you as a veteran of the UK Armed Forces

The NHS is here to support your health and wellbeing and keep you mentally and physically well. It is also here to help you get better when you are ill and, when you cannot fully recover, to stay as well as you can until the end of your life.

This means that you can expect the following from our practice:

- We will ask all patients if they have served in the UK Armed Forces (as a regular or reservist). If you have, we will note this in your medical record, with your permission.
- Where relevant to your health, we may ask you to share details of your time in service to help assess the best support and treatment for you.
- The information you share will be kept confidential and we will always speak to you before sharing this with other services you may be referred to.
- You can make an appointment to see our clinical lead for veteran's health. This person has a comprehensive understanding of the Armed Forces, health conditions linked to service, and the dedicated support you can access.
- The NHS has a duty to support the health commitments of the Armed Forces Covenant. This means that you will get priority treatment for any medical condition which has been caused by your service, subject to the clinical needs of other patients.
- We will let you know what choices are available for your care and treatment and help you to make informed decisions on what to do.
- Where appropriate and with your consent, we can refer you to dedicated veterans health services.
- If you need to be seen by another service, we will let them know you're a veteran and make sure they have an understanding of your health and wellbeing needs, so you don't have to keep repeating your 'personal story'.
- We can give advice and support to your loved ones who may be affected by your health conditions.
- We will investigate any issues and complaints that you may have about your care. If you have any questions about the services we offer, please speak to one of the practice team.

To find out more, please speak to our practice manager or one of our GPs or nurses.

If you would like to provide feedback on how we are performing as a veteran friendly GP practice, please let a member of our staff know or you can send your comments to the Royal College of General Practitioners at veterans@rcgp.org.uk

For information on health services for the Armed Forces community, please visit the NHS website at www.nhs.uk/armedforceshealth X (Twitter) [@NHSArmedForces](https://twitter.com/NHSArmedForces)

RELATIONSHIPS
MENTAL BULLYING SELF
HEALTH ALCOHOL HARM
HEALTHY EATING
DRUGS SMOKING

If you're **11-19 years old**
text your **SCHOOL NURSE**

07480 635423

Text us for confidential advice & support



The Healthy Child Programme for Brighton and Hove Health Visiting

Health Visitors are qualified nurses or midwives who have completed additional training in specialist community public health. Your local health visiting teams also have staff nurses, community nursery nurses and administrators. We will offer you a minimum of five contacts from late pregnancy through to a developmental assessment of your child when they are about two years old. These appointments may be offered as a video call or as a face to face appointment. We understand the challenges of parenthood and can provide antenatal and postnatal support, giving you the tools and support to help your children thrive and reach their full potential. We assess health, growth, development and promoting healthy lifestyles.

Your Health Visiting offer:

Antenatal contact

You are expecting a baby, congratulations!

Your Health Visitor team will be in touch to offer you an antenatal contact when you are approaching the birth of your baby. We would like to meet you and your partner to talk about what kind of support you will have after your baby is born. We will ask about your pregnancy, you and your partners' health and mental health and your experience of family. We will give you information that will help you get ready for your baby, such as safer sleep, other safety advice and information about infant feeding. You will also be sent or given your baby's red book, which is a record for you to keep of their health, growth and development.

New birth visit

Congratulations on the arrival of your baby (or babies!)

We aim to visit you at home 10-14 days after your baby is born. It is similar to the antenatal contact, but also includes an assessment of your new baby which may include:
A feeding assessment and breastfeeding support if appropriate.
Providing health promotion information such as safer sleeping, coping with crying, immunisations, supporting infant wellbeing and more.

6-8 week review

The 6-8 week contact by the Health Visiting team is in addition to the medical review which is carried out by the GP.

Our focus is on supporting you to enjoy your new family and is an opportunity to further discuss topics such as infant feeding, sleep routines, your child's development and vaccinations. Family needs may have changed since the antenatal contact so these will be reviewed, particularly mental health, as some new mums, and also partners may suffer from post-natal depression.

First development review by 1 year (10-12 months)

When your child approaches their first birthday, we offer a routine development review.

It is a good opportunity to review your child's health and check their developmental milestones. We will send you a questionnaire, called the Ages and Stages Questionnaire (or ASQ) for you to fill in before the appointment. This will help us to see all of the new things your child is able to do. We also reassess your family's health and wellbeing, as this may have changed since the 6-8 week contact with us. The Health Visiting team can offer advice to support positive parenting and promote parental wellbeing. We can also offer advice on subjects like sleep, accident prevention, oral health and healthy eating.

2nd development review age 2-2.5 years

This contact is offered when your child is between 2 and 2½ years of age and is another opportunity for the Health Visiting team to review your child's health and development, and also to start preparing for school.

As with the 1 year review, we will send you a questionnaire before the appointment, which you can complete to tell us all the things your child can do. This helps us to give you the best advice to support your child. Topics we discuss include toilet training, behaviour, sleep and oral health. Family health will also be reviewed as this is the last routine contact for many parents/carers; however, you are welcome to contact the Health Visiting team for advice and support at any time until your child is 5. Some families may need additional support if their circumstances require it.

Extra support available

Families may also need support or guidance with issues regarding their children's health and development at specific times. This may include:

- ◆ Infant feeding
- ◆ Diet
- ◆ Routines and boundaries
- ◆ Continence
- ◆ Sleep
- ◆ Speech
- ◆ Parenting support

Mental health

The service provided to each family will vary according to a personalised assessment of their own needs and evidence of what will work for them. If you feel you would benefit from additional support please contact your local duty line to speak to a member of the team.

UNICEF UK Baby Friendly Initiative

The UNICEF UK Baby Friendly Initiative enables services to better support families with feeding and developing close and loving relationships so that all babies get the best possible start in life.

We are committed to achieving and maintaining Unicef Baby Friendly Accreditation [Learn more about the UNICEF UK Baby Friendly Initiative](#) in Brighton and Hove.

In the UK, the Baby Friendly Initiative protects, promotes, and supports breastfeeding to strengthen mother-baby and family relationships. Support for these relationships is important for all babies, not only those who are breastfed.

This service enables our health visiting teams to:

- ◆ Support pregnant women to recognise the importance of breastfeeding and early relationships for the health and wellbeing of their baby
- ◆ Enable mothers to continue breastfeeding for as long as they wish
- ◆ Support mothers to make informed decisions regarding the introduction of food or fluids other than breastmilk
- ◆ Support parents to have a close and loving relationship with their baby.

Brighton and Hove

We are excited to have started the journey to achieve Baby-Friendly award. See the [Specialist Infant Feeding Team \(sussexcommunity.nhs.uk\)](#) website for more information.

MILK!

MILK! drop-ins run by our experienced infant feeding advisors and peer supporters are welcoming sessions available across the counties where you can come along and meet with other parents and carers and to access breastfeeding support and answers to your questions or concerns regarding breast or mixed feeding.

Information regarding your local MILK drop-in and the Infant Feeding Team is available at:
Brighton and Hove: [Specialist Infant Feeding Team \(sussexcommunity.nhs.uk\)](#)



Contacting your Health Visitor Team

Sussex Community NHS Foundation Trust runs a confidential secure text messaging service for parents of children aged 0-5 years called ParentLine. The service operates Monday to Friday between 9.30am to 4.30pm in Brighton and Hove, excluding bank holidays. All texts will be responded to by a health visitor within 24 hours. Outside of the service working hours, you'll receive a message back to inform you that your text will be responded to once the line reopens.

Text: [07507 331296](tel:07507331296)

You can also call our health visitor advice line on: 01273 266000

Alternatively email the Brighton and Hove health visiting team at: sc-tr.bh-healthvisitors@nhs.net

Further information available at: [Health for Under 5s | For healthy, happy early years](#)

Should you require urgent health advice in the meantime, please contact your GP, visit an NHS walk-in centre or call NHS 111. For emergencies, dial 999 or visit A&E.

School Nursing

School Nurses are qualified nurses or midwives who have completed additional training to become specialists in supporting community public health. Your local School Nurse team also includes School Staff Nurses, a Community Nursery Nurse as well as School Screeners and Administrators.

Your local School Nurse Team offers:

Screening in school for hearing and vision in Reception class

Measuring children's height and weight in Reception class and year 6 of primary school.

Health questionnaires in school – for parents and carers to complete for children who are in Reception class, and for Year 7 students to complete when they get to secondary school.

If a parent or carer has concerns for the general health of their school aged child, they can make contact with the School Nurse team for advice, support and onward signposting and referrals when necessary.

With parent/carer consent, Schools can refer children to the School Nurse team for support.

Contacting your local School Nurse Team

School Nurse team duty telephone line: **01273 696011 xtn 1692**

School Nurse team email: **sc-tr.adminbhschoolnurses@nhs.net**

The School Nurse team manages a secure text messaging service for young people aged between 11 and 19 years old called **ChatHealth**.

The **ChatHealth** text number is: **07480 635423**

ChatHealth operates Monday to Friday between 9am to 4:30pm, excluding bank holidays. All texts are reviewed and responded to by a School Nurse.

Outside of ChatHealth operating hours, young people will receive a message back to inform that their text will be responded to once the line reopens.

Further general health information for parents, carers, children and young people is available at:

Health for Kids: <https://www.healthforkids.co.uk/>

Health for Teens: [Health For Teens | Everything you wanted to know about health](#)

Should you require urgent health advice please contact your GP, visit an NHS walk-in centre or call NHS 111. For emergencies, dial 999 or visit your nearest Emergency Department.

Health for
Under 5s



Sussex Community
NHS Foundation Trust

For healthy happy early years

A wealth of information and advice from health professionals,
supporting families from pregnancy through to pre-school

Pregnancy



Baby



Toddler



For You



Pre-school



www.healthforunder5s.co.uk



Follow us:  @SussexCommunityNHS  @NHS_SCFT

Brighton
and Hove

ParentLine

Text a Health Visitor for confidential advice
and support (excluding appointments):

07507 331296

Call and speak to a Health Visitor on our
advice line (including appointments):

01273 266000

Disclaimer: We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care who follow the same confidentiality rules, We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. If you need help before your hear back from us contact your GP, nearest walk in centre or dial 111. Out text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the healthcare professional from sending messages to you text 'STOP' to our number. Messages are charged at your usual rates.