



WELCOME TO OUR

Quarterly Newsletter

The Cardiovascular Risk Score (QRISK)

Did you know that your risk of developing heart disease or stroke can be assessed using a simple tool called QRISK?

If you've recently had a cholesterol blood test, we may calculate your QRISK score – this helps us estimate the likelihood of you having a heart attack or stroke in the next 10 years. This is part of our commitment to keeping you healthy and informed.

What factors affect your QRISK?

- Cholesterol levels
- Age, gender, ethnicity
- Smoking habits and alcohol intake
- Weight and high blood pressure
- Medical history such as diabetes or kidney disease
- Strong family history of heart disease



In this newsletter you will find:

Latest updates, current campaigns, and more. Keep Reading!

What does 'risk' mean?

Risk refers to the likelihood of something occurring. It's important to understand that the risk of developing cardiovascular disease (CVD) is never zero. Regardless of other contributing factors, your risk naturally increases as you age. Your QRISK score provides an estimate of whether you are at low, moderate, or high risk of developing CVD over the next 10 years.

- Lower risk – QRISK score of less than 10% This means that you have less than a one in ten chance of having a stroke or heart attack in the next 10 years
- Moderate risk – QRISK of 10-20% This means that you have between a one to two in ten chance of having a stroke or heart attack in the next 10 years.
- High risk – QRISK score of more than 20% This means that you have at least a two in ten chance of having a stroke of heart attack in the next 10 years.

What can you do to lower the risk?

- According to the latest guidance from NICE (the National Institute for Health and Care Excellence), individuals with a QRISK score of over 10% (moderate risk) should be offered a statin to help lower their risk of heart attack or stroke.

NICE also recommends that statins can be considered for those with a lower QRISK score (below 10%) if, after discussion, they make an informed choice to begin treatment.

- Stop smoking
- Eat a balanced, healthy diet – Low in saturated fats, sugars, and salt, and aim for at least five portions of fruit and vegetables a day.
- Limit alcohol intake – Try to stay within the recommended 14 units or less per week for both men and women.
- Maintain a healthy weight – Aim for a Body Mass Index (BMI) between 20 and 25, and seek support if needed.
- Stay active – Regular exercise, even a daily walk, can significantly lower your risk.
- Manage blood pressure – Take prescribed medication if needed and monitor your readings regularly.


What are statins

Statin are medicines that help lower cholesterol and can reduce the risk of heart attack or stroke by up to 30%. You can find more information regarding statins [here](https://www.nhs.uk/conditions/statins) : www.nhs.uk/conditions/statins


If you've been offered statins and would like to discuss or consider treatment, please contact the practice to book a consultation with one of our practice pharmacists.

Upcoming Awareness Weeks – Summer 2025

Cervical Screening Awareness Week

 Date: 19–24 June 2025

A national campaign to raise awareness of the importance of cervical screening in the early detection and prevention of cervical cancer. Women and people with a cervix aged 25 to 64 are encouraged to attend regular screenings.

 More Info: www.nhs.uk/tests-and-treatments/cervical-screening/

Learning Disability Week

 Date: 16–22 June 2025

A week to highlight the challenges faced by people with a learning disability, and to celebrate their achievements. The campaign promotes inclusivity, support, and understanding for individuals, families, and carers.

 More Info: www.mencap.org.uk/learningdisabilityweek

World Breastfeeding Awareness Week

 Date: 1–7 August 2025

This global initiative supports and promotes the health benefits of breastfeeding for babies and mothers. It also raises awareness of the support available for new parents.

 More Info: www.who.int/campaigns/world-breastfeeding-week



NHS Health Checks

NHS Health Checks are provided at GP surgeries and are a free service designed to assess your risk of developing heart disease, stroke, kidney disease, type 2 diabetes, or dementia. The checks are for individuals aged 40–74 who have not already been diagnosed with these conditions and are typically offered every five years.

Have your free NHS Health Check and you will be better prepared for the future and be able to take steps to maintain or improve your health. For more information visit : **<https://www.nhs.uk/tests-and-treatments/nhs-health-check/>**

Don't ignore the invite, contact the practice on 01424 464756 to book your appointment.

Summer Health: A Note from a Sun-Soaked Afternoon

It's finally summer – the season of sunshine, picnics, garden barbecues and seaside visits! We know many of you are enjoying being outdoors more, so we thought we'd share some useful advice to help you stay safe and healthy this season.

Use Sunscreen

Apply a broad-spectrum sunscreen (SPF 30 or higher) 30 minutes before going out – and reapply every 2 hours, or after swimming or sweating.

Cover Up

Wear a hat, sunglasses, and loose, cool clothing to protect your skin and avoid heat-related illnesses.

Stay Hydrated

Drink plenty of water throughout the day. Avoid too much alcohol and caffeine, which can dehydrate you.

Avoid Peak Sun

The sun is strongest between 11am and 3pm. Try to stay in the shade during these hours.

Look Out for Others

Check in on older family members, neighbours or anyone with long-term health conditions – they may be more vulnerable to heat and dehydration.

Whether you're off on holiday or just enjoying your garden, don't let the sunshine catch you off guard. A little preparation goes a long way toward a happy, healthy summer.

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Other Summer advice and tips

Bug Bites and Stings

- It is recommend to use an insect repellent and to cover your arms and legs when in grassy or wooded areas.
- Follow the NHS advice on treating common bites and when to seek help (e.g., swelling, allergic reactions)
www.nhs.uk/conditions/insect-bites-and-stings/

Hay Fever and Allergies

- tips for managing hay fever: antihistamines, keeping windows closed during high pollen days, showering after being outside. More info:
<https://www.nhs.uk/conditions/hay-fever/>
- Reminder to patients to request repeat prescriptions early if they rely on regular allergy relief.

Travel Health

- Advice for anyone going abroad: check travel vaccinations, take medication with you, wear appropriate footwear.
- NHS Fit for Travel or NHS website for more detailed guidance:
www.fitfortravel.nhs.uk

Spotlight on Local Support: FSN Charity – Supporting Families in Sussex

At our practice, we're always keen to signpost patients to helpful services in our community. One fantastic local charity we'd like to highlight is FSN, an organisation dedicated to supporting children, young people, and families across Sussex.

What Does FSN Do?

FSN is a long-established charity that offers early help and support for families facing a wide range of challenges. These may include:

- Parenting support
- Domestic abuse support
- Mental health and emotional wellbeing
- Employment advice
- Community development

Services Include:

- Family Support Workers offering tailored one-to-one help
- Children's groups and parenting sessions
- Training and skills programmes to help with confidence and employability
- Youth services, including clubs and mentoring

Where Are They Based?

FSN operates in several areas across Hastings, Rother, and East Sussex. They also offer outreach services in local schools and communities.

How Can They Help You?

Whether you're a parent feeling overwhelmed, a carer needing support, or a young person looking for someone to talk to – FSN can help. Their services are confidential, non-judgemental, and focused on empowering individuals and families to thrive.

Get in Touch

Visit: www.fsncharity.co.uk

Call: 01424 423683

Or speak to someone at the practice if you'd like help with a referral.

Your Voice Matters !

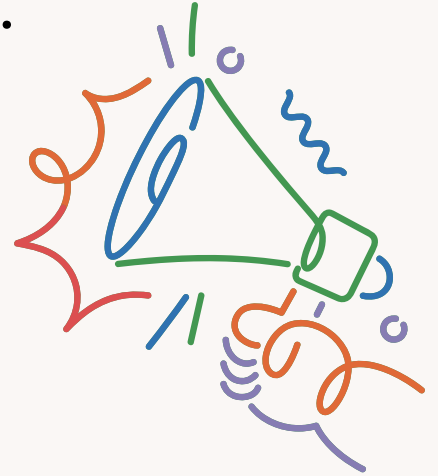
Patient Survey Coming Soon

We will be running a patient survey shortly to help us gather your feedback and improve our services. Members of our Patient Participation Group (PPG) will be in the practice to hand out and support with the completion of questionnaires.

Your views are important to us, and we really appreciate your time in taking part. Thank you for helping us make the practice better for everyone.



We are an Armed Forces Veteran-Friendly Accredited GP Practice.



If you are a veteran, please let us know so we can ensure your health needs are fully supported.

You can find a range of information leaflets in the practice and on our website to help you access the services and support available to you.



**Armed Forces veteran
friendly accredited
GP practice**

A 'PHARMACY FIRST' REMINDER DON'T FORGET – YOUR LOCAL PHARMACIST CAN HELP YOU WITH 7 COMMON CONDITIONS WITHOUT NEEDING A GP APPOINTMENT

Most pharmacies can help you with **seven common conditions** without needing a GP appointment

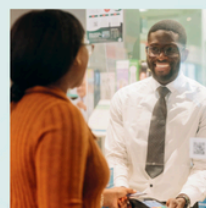
- **Sinusitis**
(adults and children aged 12 years and over)
- **Sore throat**
(adults and children aged 5 years and over)
- **Earache**
(children and young adults aged 1 year to 17 years)
- **Infected insect bite**
(adults and children aged 1 year and over)
- **Impetigo**
(adults and children aged 1 year and over)
- **Shingles**
(adults aged 18 years and over)
- **Urinary tract infection**
(women, aged 16 to 64 years)



Ask your pharmacy for more information about this free* NHS service

Visit your
Pharmacy First!

*NHS prescription charge rules apply where a medicine is supplied



Cancelling your appointment!



APPOINTMENTS NOT ATTENDED IN MAY

338

IF YOU CAN'T MAKE IT, CANCEL IT

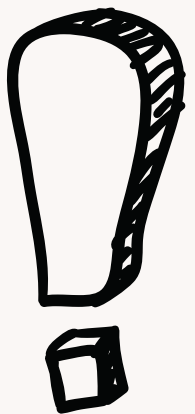
Forgetting to cancel your unwanted GP appointment can prevent someone else from being seen. So if you can't make it, cancel it. Missed appointments are one of the main factors which contribute to a strain on time and resource within the NHS, so reducing them is essential for both improving patients' access to health services and reducing the demand for appointments.

There are things you can do to help reduce DNAs:

- Cancel your appointment by phoning us on 01424 464 756, Monday to Friday or by using the 'cancel' option on your Online Access account or by texting back on the appointment reminder 'CANCEL'
- Make sure all your details are up-to-date next time you visit your GP – that way we can send you text reminders;
- Put the date in the diary or an alert in your phone so you definitely won't forget!

Please help us to utilize our appointments as best as possible by cancelling any future appointments that you do not need and also allow other patients who are waiting for an appointment to get this appointment.

At this practice alone, over 400 appointments are missed each month, with each one costing the NHS approximately £190. This amounts to an estimated £16,600 in wasted resources for the practice each month.



Contact number 01424 464756

WWW.THESTATIONPRACTICE.CO.UK