

NEWSLETTER



Christmas message from the Patient Participation Group

"After a really difficult 21 months for everybody, especially the NHS we, your patient group, have managed to keep meeting each month via Zoom facilitated by the Surgery.

We too cannot meet face to face and still are unable to contact other patients which we miss. Hopefully one day in the future our waiting room will be open and then we will be able to see and hear from you again.

We, your PPG, would like to take this opportunity to wish you a Healthy Christmas and a Peaceful 2022. Please stay safe and wear your masks when they are needed."

Christmas Opening Hours

We are closed on the following dates:

- Monday 27th December 2021
- Tuesday 28th December 2021
- Monday 3rd January 2022

If you need urgent medical advice between the hours of 6.30 pm – 8 am weekdays, during weekends or on Bank Holidays – Please telephone 111.

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. For children under 5 call 111.

For people aged 5 and over go to [111.nhs.uk](https://www.nhs.uk)



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Special Points of Interest

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- Puzzle Time
- Contact Details

Have you thought about joining the **Beaconsfield Patient Group?**

More details can be found on the practice web site.



World Aids Day - 1st December 2021

WORLD AIDS DAY
ROCK THE RIBBON
 WEDNESDAY 1 DECEMBER 2021

#RockTheRibbon with me
 Tom, 38, lover of pinstripe,
 HIV ally

worldaidsday.org

WORLD AIDS DAY
 Powered by NATIONAL AIDS TRUST

WORLD AIDS DAY
 POWERED BY NATIONAL AIDS TRUST

[National AIDS Trust](#) is committed to stopping new cases of HIV, securing the rights of people living with HIV, and fighting HIV stigma and discrimination. People living with HIV are at the heart of what we do, and this year's World AIDS Day campaign is no different. We're celebrating the diverse group of people who make up this community and celebrating the HIV allies who stand shoulder to shoulder with them and fight for HIV rights.

As we mark 40 years since the first reported cases of HIV-related illnesses and deaths, we can see how far we've come since the times when being diagnosed with HIV was a death sentence. Now, 98% of people living with HIV in the UK are on effective treatment and 97% can't pass the virus on.

Today an estimated 105,200 people live with HIV in the UK. Yet our recent research found 63% of the public do not remember seeing or hearing about HIV in the past six months. Only a third said they have sympathy for people living with HIV regardless of how they acquired it.

Our survey also found 1 in 5 think people think you can acquire HIV through kissing. Only 16% knew if someone is on effective treatment, they can't pass HIV on and can expect to live a long and healthy life.

World AIDS Day is the perfect time for us to improve these stats and raise much needed awareness about HIV.

We have a once in a lifetime opportunity to end the HIV epidemic for good, but we must also continue fighting the stigma still experienced by people living with HIV. Your support can help us realise our vision of a future where HIV is no barrier to health or equality.

This year we're asking you to #RockTheRibbon with our community and be an HIV ally.

Warm Home Check Service

This [free service](#) for East Sussex residents offers telephone advice for anyone struggling to afford to keep warm at home, with money-saving advice and tips on how to stay warm for less. It also provides eligible households with a holistic home energy efficiency assessment.

This can include:

- advice on how best to keep your home warm and reduce energy costs
- advice on financial support available to help with heating costs
- small home improvement measures such as pipe insulation, draught-proofing or boiler service.

Any necessary coronavirus (COVID-19) precautions will be discussed and agreed with you before a home visit takes place.

Who can apply for a free home visit?

For the home visit element of the service you need to:

Own your own property or rent it privately in East Sussex (the owner's permission may be needed before improvement works can take place)

AND

- either be on a low income* and be living with a long term condition or a disability, or;
- be receiving one of the following benefits: Child Tax Credit, Working Tax Credit, Universal Credit, Pension Guarantee Credit and/or Pension Savings Credit, Income Support, Income-based Jobseeker's Allowance (JSA), Income-related Employment and Support Allowance (ESA).

* Income thresholds vary depending on the size of your household, please get in touch to find out more.

How to apply

To get in touch with us you can:

- Fill in our simple online enquiry form
- Text WARM to 80011
- Call 0800 464 7307

For information about how we use your data please read the Warm Home Check service [privacy notice](#).

Find out our Top Tips to keep warm and well at home.

There are lots of small "Do it Yourself" tasks you can do at home to keep warm. Find out more here:

<https://warmeastsussex.org.uk/services-and-support/winter-home-check-service/>



keep warm and well
...in East Sussex

Self refer for Physiotherapy

You can now **self-refer** for the Musculoskeletal Therapy Services (MSK) for physiotherapy appointments, with no requirement to see your GP first, unless any of the following apply:

- * Existing diagnosis of Cancer
- * Severe Low Back Pain with night sweats, fever, sickness
- * Unexplained weight loss
- * Severe constant night pain
- * Severe pain with history of fatigue
- * Hot or swollen joints
- * Generally unwell

Simply complete the online referral form [here](#)



Self-refer for Health in Mind

Health in Mind are delighted to launch a new online [self referral](#) function onto their website. Enabling you to access support directly without having to first have an appointment with your local GP or other health professional.

Who can refer?

We provide courses and therapies to people who are registered with a GP in East Sussex (excluding Brighton and Hove), are over 18 and struggling with stress, anxiety and or low mood.

The self referral form has been designed to be easy to understand and gather all the information we need to arrange your first appointment.

Once complete, your referral will be live on our clinical system and means we'll be able to provide you with a response and the help you need sooner.

Once you have completed the referral, a member of the Health in Mind team will contact you.

Please note we are not a priority service and may take up to 20 working days to get in touch. If you need urgent support please use the numbers [here](#).

#everymindmatters



Puzzle Time

Answers

Last month we had some diabolical head-scratchers - Here are the clues and answers

1. What five letter word has only one left when two letters are removed? **Money**
2. A duck was given £7, an ant was given £21 and a spider was given £28. What amount was the cat given? **£14** - Each was given £3.50 per leg.
3. Eggs cost £0.30p a dozen. How many eggs can I get for £1? **40** each egg costs 2.5p
4. One bat and a ball cost £1.10 together. The bat costs £1 more than the ball. How much money does the ball cost? **5p** The bat is £1.05 which is £1 more than the ball.

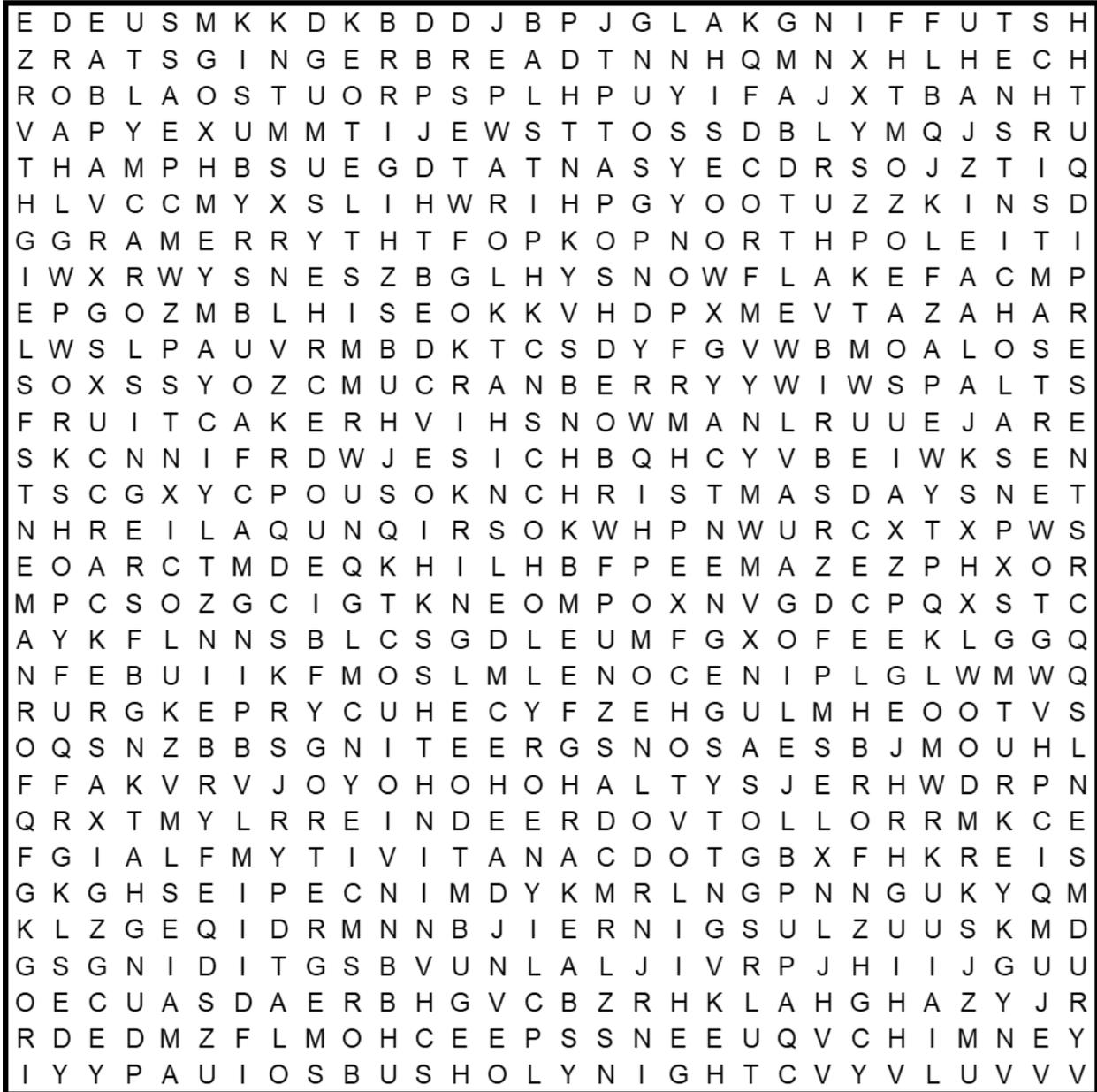
WHAT AM I?

5. I have branches but no trunk or leaves. What am I? **A bank**
6. People fear me, yet pay me to fill holes with silver and make gold caps? **A dentist**
7. Sometimes I stink. Sometimes I'm dirty. Yet everyone wants me? **Money**
8. I am shoved, folded, opened and sat on? **A wallet**
9. I have a tail and a head. But no arms or legs? **A coin**
10. My rings are not worth money but they tell my age? **A tree**
11. I can be found on a busy street and if you don't pay rent I'll tell on you? **A parking meter**
12. Whoever makes it, tells it not. Whoever takes it, knows it not. Whoever knows it, wants it not?
Counterfeit currency
13. Three guests check into a hotel in Las Vegas. Each buys a ticket to see the comedy show that night and the receptionist asks for \$30 total, so each guest pays \$10. Later the receptionist realises it should have only been \$25 so gives the bellhop \$5 to return to the guests. Realising \$5 can't be split between three, he gives each guest \$1 and keeps \$2 for himself. But wait, $\$9 \times 3 = \27 , plus \$2 for the bellhop = \$29. Where did the extra dollar go?

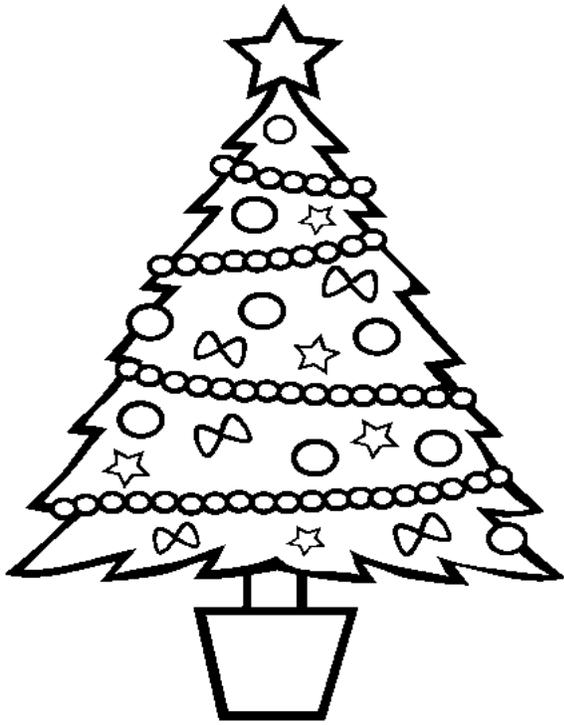
This is a misdirection in the 2nd half of the riddle where *unrelated amounts* are added together and nothing more. Each guest paid \$10 but should have paid \$8.33 (25/3). If the bellhop gives them \$1 each they have effectively paid \$9.33 each instead of \$8.33. $3 \times 9.33 = 28$, leaving \$2 for the bellhop.

Puzzle Time - December

This month we have a mammoth 57-word festive word search for you to print out and complete.



- | | | | | | | |
|----------------|--------------|--------------|------------|-------------------|-------------|----------|
| BREAD SAUCE | CRANBERRY | HO HO HO | MISTLETOE | PUDDING | SLEIGH | TIDINGS |
| CAROL SINGERS | ELF | HOLIDAY | MYRRH | QUEENS SPEECH | SNOWFLAKE | TINSEL |
| CARROTS | ELVES | HOLLY | NATIVITY | REINDEER | SNOWMAN | TURKEY |
| CHIMNEY | FAMILY | HOLY NIGHT | NORTH POLE | RUDOLPH | SPROUTS | WORKSHOP |
| CHRISTMAS DAY | FRANKINCENSE | JINGLE BELLS | ORNAMENTS | SANTA | ST NICHOLAS | WREATH |
| CHRISTMAS TREE | FRUITCAKE | JOY | PEAS | SCROOGE | STAR | YULETIDE |
| CRACKERS | GINGERBREAD | KRIS KRINGLE | PINECONE | SEASONS GREETINGS | STOCKING | |
| | GOLD | MERRY | POTATOES | SLED | STUFFING | |
| | GRAVY | MINCE PIES | PRESENTS | | SUEDE | |



Something for the children to print out and colour in



Beaconsfield Group Practice - Tel: 01424 755355

Beaconsfield Road Surgery (Main site)

**21 Beaconsfield Road, Hastings, East
Sussex, TN34 3TW**

Open - By appointment only



**Beaconsfield Ore Surgery Site
(Satellite site)**

**21 Fairlight Road, Hastings, East Sussex,
TN35 5ED**

Open - By appointment only



The telephone number for both surgeries is 01424 755355

Find us on the internet at
<https://www.beaconsfieldroadsurgery.co.uk>



...and on Facebook - Go to
<https://www.facebook.com>
and search for Beaconsfield Road Surgery Hastings

**The Beaconsfield Road Practice Team would like to wish you all
a very Happy Christmas and a peaceful and healthy New Year.**