



THE UCKFIELD VOICE

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thevoice

SURGERIES AND WELLBEING

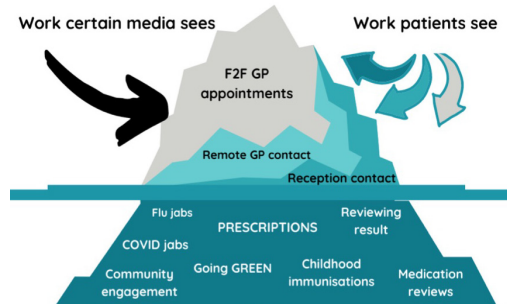
General Practice

BY TOWN MAYOR, CLLR. KAREN BEDWELL

We all know how frustrating it can be trying to get a doctors' appointment. You have to join a queue, fill in a form and when you get through, the appointments have gone. You feel unwell and unsure of what to do next. As of 2023, England's population was 57.7 million, and there were over 6,000 GP practices. As of October 2024, there were 38,268 individual fully-qualified GPs in the NHS in England. This equates to 28,031 full-time GPs, meaning on average, each GP has over 2,000 patients registered to them, which can vary on the population near their surgery and GPs in the practice. Whilst we know GPs assess, diagnose, treat and manage illnesses and ongoing conditions, behind the surgery doors their teams also support a huge range of cases. Whether it's mental health, acute and chronic medical conditions and diabetes support, or asthma checks, blood tests, vaccinations and minor surgery; the workload is huge. GPs are also running a business, requiring HR, finance, staff and patient safety, technology, training, and reviews.

How can we support our GP practices?

There is much we can all do to ease the burden on our GP practices. For small cuts and grazes, sore throats, coughs and cold symptoms, we can self-care. Visit www.nhs.uk for health advice. For diarrhoea, runny noses, painful coughs, headaches, earaches, UTIs,



bites, stings and health advice, visit the Pharmacy. For minor head injuries, burns, scalds, sprains, go to Minor Injuries. In incidents of chest pain, choking, strokes and severe blood loss, go to A&E, or dial 999, or ring 111 if it is a non-emergency.

Keeping your appointment

If you have an appointment at the surgery, make sure you attend or give good notice to cancel so someone else can book in. On average, every month at one local Uckfield surgery, 71 people fail to attend booked appointments. Please remember that everyone who works in healthcare wants to do the best they can for you. They also get unwell; they also have things happening behind the scenes. Please try and be understanding and polite to staff too, however frustrated/unwell you are feeling.



Contact us through:
admin@uckfieldtc.gov.uk
[@uckfieldtowncouncil](https://www.facebook.com/uckfieldtowncouncil)

WHAT'S INSIDE

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- **Community Grants 2025/26**
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ILLEGAL AND POOR PARKING IN UCKFIELD

BY CLLR. PETER SELBY

In June 2024, the Councillors Soapbox included an article about pavement and double yellow line parking in Uckfield town centre.

Whilst the former is not illegal (although inconsiderate and selfish), the latter is. Pavement parking in London is in breach of the Road Traffic Act, except where exemptions apply.

Causing several issues

In many cases, the illegal parking on double yellow lines causes inconvenience and often danger. This is particularly evident at junctions with main roads and indeed other road connections throughout the town. The High Street of Uckfield, extending into New Town is a prime location where cars (and other vehicles) parked on the double yellow lines on the side roads, right up to the apex of the corner, cause congestion as well as creating a dangerous situation when turning from the main road.



Locations of note

A prominent junction is the lower access road, Civic Approach, adjoining the old Natwest Bank premises into the main Luxford Car Park. This spur road is barely wide enough for two average-sized cars, so if another vehicle (as often happens) has parked on the

**PENALTY
CHARGE
NOTICE**

DO NOT IGNORE

Are notices like these the future?

double yellow lines, both ingress and egress are restricted.

There is often then a back-up into the High Street of northbound traffic. Similar situations occur at the entry point to Grange Road, Mill Drove, and the entrance to the rear of Waitrose. There is the added danger to pedestrians.



Please therefore do think before attempting to park in these heavily used areas and be aware of the considerable inconvenience and risk to others. Authorities already take strong action to deter these poor behaviours, and CCTV is prominent throughout the High Street. With the town growing in size and more traffic expected, there will no doubt be much tougher action taken to penalise those who do not respect traffic regulations and disregard the safety and convenience of others.



Uckfield Town Council Grants - 2025/2026



Over
£150,000

distributed since 2019



40+
groups helped

since 2019

Uckfield is full of amazing community groups.

Any project that provides a benefit to the community in Uckfield can apply for grant funding.

Apply now and see if we can help your group or project take flight!



See the website below for guidelines and application form:

<https://www.uckfieldtc.gov.uk/community/town-council-grants-2025-26/>

Deadline for applications: Sunday 19 January 2025, 11:59pm

FREE FITNESS CLASS!

Founded by fitness coach Born Barikor after the London Olympics, the national 'Our Parks' initiative is right on your doorstep here in Uckfield.

Twice a week, a personal trainer hosts exercise classes at Harlands Playing Fields. The sessions start again on Saturday 4 January 2025. If you've set a New Year's Resolution to work on your physical and mental health, this might be just the thing for you. And the best thing is, all sessions are entirely FREE!



Bootcamp

A 60-minute full body workout suited to all levels of fitness on **Wednesday mornings**, 9.30am – 10.30am.

HIIT/Circuit

A 60-minute full body workout suited to all levels of fitness on **Saturday mornings**, 9.30am – 10.30am.

The classes are fully flexible. Register your place at: <https://ourparks.org.uk/borough/harlands-farm-playing-fields>

SETTING OUR PRIORITIES AND BUDGET FOR 2025/26

The December meeting of Full Council saw members review an early draft of the annual priorities and budget for 2025/26.

This next financial year will see the Town Council investing more in its green spaces, woodlands, play areas and sports pitches. We will also be focusing on what's important to residents; ensuring our grounds and buildings are safe, smart and well-maintained.

After a process of review and consideration, the final documents will be presented to members at Full Council on 13 January 2025. For further information, visit the Town Council website and provide us with feedback: <https://www.uckfieldtc.gov.uk/community/have-your-say/>



UPCOMING MEETINGS

Agendas and minutes can be viewed on the Town Council website at <https://www.uckfieldtc.gov.uk/agendas-and-minutes/>. Meetings are held in

person in the Council Chamber at The Civic Centre and all start at 7pm. All questions should be sent to the Town Clerk at: admin@uckfieldtc.gov.uk

MON 6 JAN	- PLANS
MON 13 JAN	- FULL COUNCIL (BUDGET/PRECEPT)
MON 20 JAN	- ENVIRONMENT & LEISURE
MON 27 JAN	- PLANS
MON 3 FEB	- GENERAL PURPOSES

COMING NEXT MONTH

- Community Orchard and Tree Planting
- Priorities for 2025/26
- Annual Town Meeting
- Last Month in Your Council
- Upcoming Meetings

