AUTUMN Newsletter 2026

The Lighthouse Medical Practice
Patient Participation Group (PPG)

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Penny Briggs - Editor **www.lighthousepractice.co.uk** **Issue No. 38**

The Patient Participation Group consists of patients of the surgery who work together with the Practice doctors and staff to help meet and improve the needs of patients.

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Team Changes: Amanda Sayer – *A farewell after 22 years*

After more than 22 years at the practice, the time has come for me to retire.

When I first joined the practice, it wasn't a career I had planned. A GP I knew through our local church encouraged me to come for an interview. My background was in business management and retail rather than the NHS, so walking into general practice for the first time was quite a culture shock!

Over the past two decades, I have watched both the practice and the NHS change beyond anything I could have imagined. We've moved from paper records and relatively simple ways of working to an increasingly complex healthcare system, shaped by regulation, governance and ever-changing national requirements. While not every change has been easy, our practice has always worked hard to adapt and, most importantly, to continue putting patients at the centre of everything we do.

I have been fortunate to be involved in many projects beyond the practice, including serving on the Clinical Commissioning Group Governing Body, helping to establish local services such as the Wound Care Centre and Walk-In Centre, and contributing to national discussions about the future of healthcare.

During the COVID-19 pandemic I also took on the responsibility (as Care Quality Commission Registered Manager), for our local vaccination centre. It was an incredibly challenging time, but I remain proud that we were able to provide vaccinations locally for our patients and staff.

Looking back however, my greatest achievement has undoubtedly been helping to establish and support our Patient Participation Group (PPG). Coming from a retail background, I was used to listening to customers and involving them in shaping services. It seemed only right that patients should have the same opportunity within general practice. Watching the PPG grow into such a positive voice for patients has been one of the greatest pleasures of my career.

None of what we have achieved would have been possible without the dedication of our partners, staff and, of course, our wonderful PPG members. I have been privileged to work alongside so many talented, caring and committed people who strive every day to provide the very best care they can.

The decision to retire has not been an easy one. Living with long-term health conditions has made me

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Amanda Sayer – A farewell after 22 years – *continued*

realise that now is the right time to step back, take life at a gentler pace and see what the next chapter brings.

As I leave, I do so with confidence that the practice is in safe hands. I know there are many dedicated people who will continue working hard for our patients and our community.

Finally, I would like to thank everyone who has supported me throughout the last 22 years. It has been a privilege to serve this practice and its patients.

If I could leave one message, it would simply be this: be kind. Be kind to one another, be kind to the practice team, be kind to patients and be kind to yourself. Healthcare is not always easy, and we won't always get everything right, but everyone here shares the same goal - to help as many people as possible to stay healthy and well.

Thank you for allowing me to be part of your community. It has truly been an honour.

Anneke Langford, Liz Walke and Penny Briggs on behalf of all the PPG members current and past send Amanda a massive THANK YOU for all the hard work and heart and soul she has given over the years to make the PPG the success it is. Our PPG has been in the privileged position of being at the forefront of any changes with Amanda's involvement in the wider NHS organisations. Our Practice was rated outstanding by the CQC not least because of her involvement and expertise.

We will miss, but always remember Amanda, and try to build on what she established for us.

Meet the Team... *Lyn Pearce*

Reflecting on my journey and evolving role at the Practice

I've been part of the practice team for the past nine years, and during that time my role has developed considerably. **I started as a Medical Summariser, reviewing and summarising new patients' medical records, and have since taken on clinical coding and safeguarding administration to support our doctors.**

As a clinical coder in general practice, my job is to look at the information recorded and highlighted by the GP or other healthcare professionals and make sure it is accurately coded. For example, if a patient is seen because they have diabetes, high blood pressure or a chest infection, I make sure the relevant condition is recorded using the correct clinical code.

The codes help the practice keep an accurate record of the patient's health and allow important information to be easily identified in their medical record. They are also used for things like monitoring patients with long-term conditions, supporting patient care, practice reporting, and understanding the services and healthcare needs of the practice patients. I do speak to patients on the phone and help with chaperoning, which brings me into contact with patients from time to time.

I really enjoy the variety my role offers and feel fortunate to work with such a fantastic team of people who are all passionate about providing the very best care for our patients.

Outside of work, I married my husband 18 months ago, and I have a lifelong passion for ballet, opera and the arts. One of my proudest experiences was supporting my daughter throughout her career as a professional ballet dancer. Watching her perform as one of the iconic 'Big Swans' in Swan Lake was a truly unforgettable moment.

I've recently joined a gym and am embracing the importance of keeping active as we get older - something I'm very mindful of, especially with Dr Patel's passion for movement and healthy ageing.

I'm also a member of The Lighthouse Practice team book club, which was started by Dr Jones and Dr Sultan. It's a wonderful opportunity to read books I probably wouldn't have picked up otherwise, and I really enjoy meeting up with my colleagues after work to chat about them.

I genuinely love my job and feel proud to be part of such a supportive and dedicated practice. Every day brings something different, and it's rewarding to know that, even behind the scenes, the work we do helps make a real difference to our patients.

South Downs Health and Care (SDHC):

Delivering more care, closer to home

Helping local people live healthier lives

Fiona Collins, Chief Operating Officer

Where we are - SDHC is now at Hillbrow Health & Wellbeing, situated inside Hillbrow, 1 Denton Road, Eastbourne, East Sussex, BN20 7SS, and if you have recently visited us, you will know that there is a lot going on!

Who we are - Many of you will know SDHC from when we supported GP Practices during Covid-19, but over the past few years we have grown and evolved to develop new healthcare and wellbeing services designed around the needs of local people. **We are the Eastbourne GP Federation**, being a group of GP practices who work together to provide better, more sustainable healthcare services. Our focus has always been simple -to improve the health and wellbeing of our local communities.

What we are - **SDHC is a social enterprise**, a not-for-profit organisation where any surplus income generated through our services is reinvested directly into local patient healthcare, workforce development, community wellbeing programmes and innovative new services for patients across East Sussex.
SDHC is an active member of the Eastbourne Integrated Community Team (ICT).
ICTs are area-based partnerships with a wide range of healthcare services that are starting to bring together GP practices, community health services, mental health services, local authorities, voluntary and community organisations, and other partners to work collaboratively together.

What we do for you for NHS care

SDHC host trainee GPs to teach them to develop their skills within local communities, under the supervision of a GP trainer. This enables us to offer extra GP appointments on most days of the week, free of charge.

What we offer you

We help improve access to care through a wide range of NHS services, including:

- The provision of GP out-of-hours appointments in evenings and on Saturdays.These are offered to you and booked by your practice.
- GP support to Care Homes at the weekend when GP practices are closed
- GP leadership for the 'Virtual Ward' across the locality. Organised by the hospital, this enables suitable patients to receive hospital-level care in their own home, rather than being admitted to hospital. Patients remain under the care of a clinical team, but monitoring, treatment, and support are delivered remotely and through home visits where needed.
- GP support to the Intermediate Care Ward at the DGH, which provides short-term rehabilitation, recovery, and assessment for people who no longer need acute hospital care but are not yet ready to return home independently. The staff on the ward help patients regain independence and have a safe transition back home.
- The provision of Urgent Treatment Centre appointments on behalf of the DGH and booked by your GP practice.

Non-NHS Services- what we offer

We provide a growing range of private services including wellbeing services, private GP appointments, memory assessment services, health checks, blood testing and weight management services. Income generated from these helps support our wider not-for-profit mission and enables us to offer free services to GP practices such as the extra appointments.

We are working closely with co-founders Wave Active to develop Hillbrow Leisure Centre in Meads as a true health and wellbeing hub for the town. Through our fee-paying membership we are developing together new services, activities and classes that reflect the needs of Eastbourne's population. Some classes focus specifically on supporting people living with frailty, helping improve strength, balance, mobility and confidence. Other classes provide ongoing opportunities for people who have already completed NHS programmes such as Cardiac and Pulmonary Rehabilitation, allowing them to continue exercising safely and maintain the progress they have achieved.

Want to know more?

If you are interested in learning more about Hillbrow, including private classes for healthcare conditions, you can access a free short assessment from a Healthcare Practitioner.

Self-Referral

You can refer yourself to this service using the **QR Code** here,by visiting **https://form.jotform.com/260605757816363** or by calling **01323 407400**.

Following your assessment, Hillbrow will provide you with a free pass to spend a day here, enabling you to try out some classes before you decide to become a member with lots of benefits, or pay for further classes. For further information visit: **www.hillbrowhealthandwellbeing.org/about-us**

NHS Autumn Flu and Covid-19 Vaccinations – *Dr Rosamund Clift, GP Partner*

The Lighthouse medical practice will be administering child nasal flu vaccines from 1st September 2026, but we have taken the difficult decision not to deliver adult flu vaccines this year. **This means that eligible patients who are able to leave the house should book their flu vaccine via the national booking system (NBS) with appointments available from 1st October 2026: Book, change or cancel a flu vaccination appointment** - NHS The NHS Integrated Care Board should be making provisions for our care home and housebound patients and we have kept them informed throughout. Appointments for 2 and 3-year-olds can be booked via the NBS, NHS App or contacting the practice. Contact the practice for clinically at-risk children (6 months to 17 years).

If you are also eligible for a Covid vaccine, you can book this at the same time if your chosen location is offering both.

The NBS sites are the local pharmacies. SDHC will not be running flu or covid-19 vaccination clinics at the Hillbrow site this year.

Eligibility for Flu vaccinations	Eligibility for COVID vaccine
www.nhs.uk/vaccinations/flu-vaccine	**www.nhs.uk/vaccinations/covid-19-vaccine**
• All children aged 2 or 3 years on 31 August 2026 • Primary and secondary school-aged children (from Reception up to Year 11) receive this at school • are aged 65 or over • aged 6months to 64 years with certain long-term health conditions • are pregnant • live in a care home • are the main carer for an older or disabled person, or receive a carer's allowance • live with someone who has a weakened immune system • Frontline health and social care workers can also get a flu vaccine through their employer • People experiencing homelessness (aged 16+)	• are aged 75 or over • weakened immune system because of a health condition or treatment • live in a care home for older adults **PLEASE NOTE** If you are aged 65-74 and do not have a weakened immune system you will only receive the flu vaccine. If you are aged under 65 you will not get vaccinated this year unless you have an underlying eligible health condition. Eligible children/young people under the age of 18 will be vaccinated at the Lighthouse Practice and will receive an invite from the surgery.

A small request that makes a big difference

Ryan Visser – *Paramedic Team Lead / Veterans Lead*

I would ask that patients and visitors **do not use the designated doctors' bay outside College Road or doctors' spaces in the car park at Ian Gow at any time,** even when they appear to be unoccupied. These spaces are paid for through the Council specifically to enable clinicians to visit patients and move between sites as part of their work.

It may sometimes appear that there are plenty of spaces available, or that parking in a doctors' space for a few minutes would not cause an issue. However, a clinician may currently be out visiting a patient and need that space when they return. If the space is occupied, they may have to wait for the vehicle to be moved or find alternative parking, causing unnecessary delays.

We are all aware of the enormous pressure the NHS is under, and **every minute is valuable when it comes to patient care.** Avoidable delays, even small ones, can have a knock-on effect on appointments, home visits and the wider clinical service.

Thank you for your understanding and for helping us make the best use of our clinicians' time and, ultimately, helping us provide timely care to our patients.

Lifestyle Medicine

by Dr Minil Patel

Nutrition Pillar: The Power of a Plant Based Diet

Why nutrition matters

Nutrition is one of the six pillars of lifestyle medicine and plays a fundamental role in preventing, treating, and even reversing many chronic diseases. The food we eat influences our blood pressure, cholesterol, blood glucose, body weight, inflammation, metabolic health and even our mental health. A dietary pattern rich in whole, minimally processed, plant foods provide essential vitamins, minerals, fibre and beneficial plant compounds, known as polyphenols, that support long-term health. Rather than focusing on individual nutrients, lifestyle medicine encourages sustainable eating patterns that promote health whilst reducing the risk of chronic illness.

What does the evidence say about plant-based diets?

A growing body of scientific evidence shows that eating a predominantly plant-based diet is associated with a lower risk of cardiovascular disease, type 2 diabetes, obesity, non-alcoholic fatty liver disease, high blood pressure and high cholesterol. Diets rich in vegetables, fruits, whole grains, legumes, nuts, and seeds are naturally high in fibre and antioxidants while being lower in saturated fat. These foods improve cholesterol levels, enhance insulin sensitivity, support a healthy gut microbiome, reduce inflammation, and help with weight management. **Research also suggests that people who consume more plant foods experience lower rates of premature death and enjoy better overall health outcomes.**

Evidence based plant-based dietary approaches

www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/foods-that-lower-blood-pressure/dash-diet

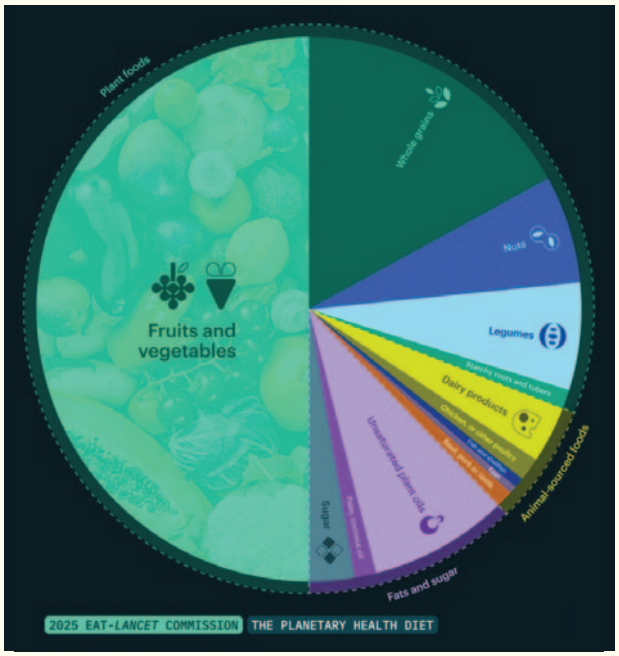
Several well researched dietary patterns demonstrate the benefits of plant focused eating. **The DASH (Dietary Approaches to Stop Hypertension) diet** emphasises vegetables, fruits, whole grains, legumes such as beans, lentils or chickpeas, nuts, and low-fat dairy while limiting sodium and highly processed foods. It has consistently been shown to reduce blood pressure and improve cardiovascular health. **The Portfolio Diet** incorporates four cholesterol lowering food groups: plant sterols, soy protein, nuts and soluble fibre from foods such as oats, barley and legumes. Clinical studies have demonstrated that this dietary pattern can significantly lower LDL cholesterol and further reduce cardiovascular risk.

Plant-based eating also helps the planet

The EAT-Lancet Planetary Health Plate EAT-Lancet, Healthy Food Accessible To All

EAT promotes a way of eating that benefits both human health and the environment. Plant based foods tend to have a lower carbon footprint, require less resources such as land and water to produce and cause less pollution.

This health plate recommends filling half your plate with vegetables and fruit, and half primarily of whole grains, plant proteins such as legumes and modest amounts of animal products if you desire. **This approach supports healthy eating and reduces the environmental impact of food production, making it an important model for sustainable diets.**



The 2025 Eat-Lancet Commission: The Planetary Health Diet

Practical tips to incorporate more plant foods

Increasing plant foods can be simple and enjoyable. Fill half your plate with colourful vegetables at lunch and dinner, include fruit as a snack or dessert and replace some meat meals with legumes, or plant proteins such as tofu, tempeh or Quorn. You can add chickpeas to salads, lentils to soups and curries or beans to chilli and pasta dishes. Choose whole grains instead of refined grains and snack on unsalted nuts and seeds. Experiment with new plant-based recipes - there are so many to choose from online! **Small, consistent changes in your meals can have lasting benefits for both your personal health and the health of the planet.**

UK Vaccinations from Birth to Older Age

– Dr Rosamund Clift, GP Partner

In the UK, people are offered vaccinations across their lifetime to protect them from a range of infectious diseases. A vaccine is a medicine that helps train the body's immune system to recognise and fight off an infectious disease that it has not come into contact with before. This offers protection against that infection in the future if the person were to come into contact with the infection, reducing the risk of them becoming infected with that disease. Vaccines aim to prevent infectious diseases and are very effective at doing so. Not all vaccines offer lifelong protection however, the same is true for natural immunity that comes from being infected. **If most of the population are vaccinated, this raises protection for everybody, including those who cannot be vaccinated due to underlying health conditions, immunosuppressant medication or their age means they are not yet eligible.** If someone who has been vaccinated against a disease then becomes infected with that disease, often the illness will be much milder with a much lower risk of complications than in somebody who has not been vaccinated.

The UK vaccination schedule starts in babies aged 2 months old.

The Lifetime routine vaccination schedule offered to all is shown in the table and can be seen online at:

www.immunisationsuk.co.uk/wp-content/uploads/2025/11/routine-schedule-jan-2026.png

Additional vaccinations may be offered to patients in certain higher risk groups. Many of the diseases that the UK vaccination schedule includes have become much rarer since the successful roll out of the vaccination programme, but sadly with falling vaccination rates in recent years, some of these infections are starting to recur with serious, and even deadly, outcomes. **There has been recent media coverage of meningitis outbreaks in Kent and measles outbreaks in London and West Midlands this year. These are preventable diseases if vaccination rates are high,** but sadly people who contract these infections and have not been vaccinated can become seriously ill, risk complications such as hearing loss, limb amputations, brain damage, and even death. We would encourage everybody to attend invitations for vaccinations. **If you have questions or concerns, the following websites have really good information and should answer these: www.vaccineknowledge.ox.ac.uk**

We are also happy to try and answer any questions you may have about your vaccinations and would rather you contact us to discuss these, than simply not respond to the invitations sent out. Our nursing and paramedic teams are trained to administer vaccinations and are compassionate, knowledgeable and keen to help you get yourself and your family protected and stay well.

UK Health Security Agency

The complete routine immunisation schedule

From 1 July 2026

Age due	Diseases protected against		Vaccine given and trade name		Usual site[1]
Eight weeks old	Diphtheria, tetanus, pertussis (whooping cough), polio, *Haemophilus influenzae* type b (Hib) and hepatitis B		DTaP/IPV/Hib/HepB	Infanrix hexa or Vaxelis	Thigh
	Meningococcal group B (MenB)		MenB	Bexsero	Thigh
	Rotavirus gastroenteritis		Rotavirus[2]	Rotarix[2]	By mouth
Twelve weeks old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B		DTaP/IPV/Hib/HepB	Infanrix hexa or Vaxelis	Thigh
	MenB		MenB	Bexsero	Thigh
	Rotavirus		Rotavirus[2]	Rotarix[2]	By mouth
Sixteen weeks old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B		DTaP/IPV/Hib/HepB	Infanrix hexa or Vaxelis	Thigh
	Pneumococcal (13 serotypes)		PCV	Prevenar 13	Thigh
One year old (on or after the child's first birthday)	Pneumococcal MenB Measles, mumps, rubella, varicella		PCV MenB MMRV	Prevenar 13 Bexsero ProQuad or Priorix Tetra	Upper arm or thigh
Eighteen months old	**Born on or after 1 July 2024** Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B Measles, mumps, rubella, varicella	**Born on or before 30 June 2024** No appointment	DTaP/IPV/Hib/HepB MMRV	Infanrix hexa or Vaxelis ProQuad or Priorix Tetra	Upper arm or thigh
Three years four months old or soon after	**Born on or after 1 January 2025** Diphtheria, tetanus, pertussis and polio	**Born on or before 31 December 2024** Diphtheria, tetanus, pertussis and polio Measles, mumps, rubella, varicella	dTaP/IPV MMRV	REPEVAX ProQuad or Priorix Tetra	Upper arm
Boys and girls aged twelve to thirteen years	Cancers and genital warts caused by specific human papillomavirus (HPV) types		HPV	Gardasil 9	Upper arm
Fourteen years old (school Year 9)	Tetanus, diphtheria and polio		Td/IPV (check MMR status)	REVAXIS	Upper arm
	Meningococcal groups A, C, W and Y		MenACWY	MenQuadfi	Upper arm
65 years old	Pneumococcal (23 or 20 serotypes)		Pneumococcal polysaccharide vaccine (PPV23) or Pneumococcal conjugate vaccine (PCV20) once PPV23 stock exhausted	Pneumovax 23 Prevenar 20	Upper arm
65 years of age and older	Influenza (each year from September)		Inactivated influenza vaccine	Multiple	Upper arm
Individuals turning 65 from 1 Sept each year (commencing 1 Sept 2023 onwards)	Shingles		Shingles vaccine	Shingrix	Upper arm
70 to 79 years of age (and those severely immunosuppressed over 18 years of age)	Shingles		Shingles vaccine	Shingrix	Upper arm
75 years of age All adult residents in care homes for older adults	Respiratory syncytial virus (RSV)		RSV vaccine	Abrysvo	Upper arm
Eligible paediatric age group See annual flu letter at: www.gov.uk/government/collections/annual-flu-programme	Influenza (each year from September)		Live attenuated influenza vaccine (LAIV) • If LAIV is contraindicated or otherwise unsuitable use inactivated flu vaccine (check Green Book Chapter 19 for details)	Fluenz (Contains porcine gelatine)	Both nostrils

1. Intramuscular injection into deltoid muscle in upper arm or anterolateral aspect of the thigh. | 2. Rotavirus vaccine should only be given after checking for SCID screening result.

For vaccine supply information for the routine immunisation schedule please visit portal.immform.ukhsa.gov.uk and check Vaccine Update for all other vaccine supply information: www.gov.uk/government/collections/vaccine-update

immunisation | The safest way to protect children and adults | NHS

HOW TO GET HELP
from The Lighthouse Medical Practice

MONDAY TO FRIDAY – 8AM to 6PM
6pm-6.30pm – call 0300 555 5252
Other times, Weekends and Bank Holidays – visit https://111.nhs.uk or call 111

I WOULD LIKE HELP FROM:

A DOCTOR

GO TO:

lighthousepractice.co.uk

Click 'Contact us online'

If you can't, call 01323 735044 Option 1
or visit our reception desk

THE ADMIN TEAM

'Contact us online' at
lighthousepractice.co.uk
If you can't, call 01323 735 044 and select
OPTION 7, or visit our reception desk

A NURSE

CALL: 01323 735044

FOR NURSE APPOINTMENTS SELECT OPTION 1

OR visit our reception desk

NURSING OR CARE HOME - SAME DAY HELP NEEDED?
Use the DIRECT ACCESS telephone number on the Care Homes 'How to Get Help' sheet

CLINICAL HUB

Right help – Right service – Right time

Our team of experienced Hub GPs will:

- Review your request for help
- Contact you – preferably by text, email or online – to ask questions if needed
- Agree a plan with you on the same or the following working day

WAYS WE CAN HELP

Text, email or online • Telephone • Face to Face • Video Call • Home visit

PEOPLE WHO CAN HELP

GP • Pharmacist • Paramedic • Social care • Self-help • Mental Health worker & many more

WHEN WE CAN HELP

We will respond to your request the same or next working day. We often help the same day, but some appointments may be booked for a later date.

Patient Participation Group (PPG) Update

Thank you again to everyone who expressed an interest in joining our Patient Participation Group (PPG) and Virtual PPG. We had an overwhelming response and are very grateful for the enthusiasm and support shown to the practice and patient community. **We have set up a new Virtual PPG (VPPG),** and we are still reaching out to people who expressed an interest in joining our face-to-face group.

If you join the VPPG we will contact you for your feedback. If you wish to join the VPPG please email us at: **thelighthouseppg@gmail.com**

You Said and We Did

We reached out to all the new people who wanted to join our Virtual PPG to ask them for their thoughts on our Newsletter to improve its value to you.

Thank you to those patients who responded to this survey. We have taken on board your feedback including articles that you would like to see and the newsletter structure, plus the request to maintain some paper copies as a non-digital option.

We are always looking for Newsletter sponsorship. If you would like to advertise in or sponsor our Newsletter, please email us at: **thelighthouseppg@gmail.com**

Friends and Family Feedback Received

Your feedback is important to the practice, so we appreciate you completing a Friends and Family feedback text after your appointment at the Practice.

The practice has shared with the PPG the Friends & Family feedback received for June 2026 and this is summarised below.

Total responses 598

95% Good/Very Good – 93% Would recommend

Overall ratings

Very Good 483, Good 85, Neither 14, Poor 7, Very poor 7, Don't know 2

Very Good Nursing Team 95%, GP 97% Other 88%

What patients valued most

• **Nursing Team members** • Warmth and kindness, • Professionalism • Pain-free blood tests • Promptness • GPs Listened and gave time • Clear explanations • Empathy and support • Thorough and prepared

Other Services valued

• Professional manner • Communication • Punctuality

Areas to improve

• Telephone/callback • Appointment access • Waiting times

Surgery Information

Opening Hours

- **Monday – 8am - 6pm**
  6.30pm to 8.15pm at alternate sites
- **Tuesday – 8am - 6:30pm***
- **Wednesday – 8am - 6:30pm***
- **Thursday – 8am - 6:30pm***
- **Friday – 8am - 6:30pm***
- **Saturday –** Ask reception for information about Saturday appointments
- **Sunday – Closed**

* You can contact us online and by telephone until 6:30pm. Patients attending in person may be redirected to ensure they receive appropriate support. If you are calling us between 6pm and 6:30pm, please use the following number **0300 555 5252**.

At all other times – please call the **NHS** on **111** *(all calls are free).*

Communication to patients on our practice changes

Please keep the practice up to date with your email address as well as your mobile and landline telephone numbers to enable them to contact you and send updates on the practice services.

Repeat Prescriptions

Our service is three working days. If you need your prescription urgently, please ask at your Pharmacy who can issue emergency medications in many instances if there is no health risk. The practice is not contracted to run an emergency prescription service

Be SEPSIS Aware...

Call the Practice Immediately or 111 if, you have possible early signs of sepsis, as this requires quick treatment and without this it can lead to multiple organ failure or even death. Sepsis symptoms may include a high fever or low body temperature, chills or shivering, fast heartbeat, or fast breathing. Call 999 promptly and ask for an ambulance if more severe symptoms of septic shock develop. These symptoms include severe breathlessness, severe muscle pain, feeling dizzy or faint, vomiting, a change in mental state such as disorientation, not urinating or a loss of consciousness.

Disclaimer notice: Any opinions expressed in this publication are not necessarily of the Partners of the Lighthouse, but we have tried to ensure the information contained is correct. They cannot be held responsible for any inaccuracies.