

Princes Park Health Centre Newsletter

www.princesparkhealthcentre.co.uk

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*Partner's Corner – A
regular feature on all your
GP's. This month we look at
Dr Shahram Sorooshian*



I was born in Hammersmith, West London and came to live in Eastbourne at the age of nine, having spent the first few years of my life living in Iran. I grew up here locally and then went to Kings College in London to study medicine. After qualifying I worked at Kings College Hospital and the Conquest before training as a GP. My GP training was carried out here at Princes Park under the supervision of the legendary Dr Scarisbrick. I am married with two boys aged 5 and 2, who seem to keep me busier at home than I am at work. In my spare time (if I have any) I like going to the theatre and enjoy translating ancient Iranian poetry into English;

*Hafez: in the autumn wind do not
despair for in life there is no rose
without thorns.
Hafez, ancient Iranian poet, circa
1300.*

Did you know?

40% of appointments are now pre-bookable up to two weeks in advance.

Did you know?

That most GP's offer evening appointments that are also pre-bookable on a Tuesday and Thursday between 6.30 – 19.40pm.

“Boots”, the chemist next door, also stays open until 7.30pm on these evenings.

Please, if you cannot attend your clinic apt then make a cancellation. This then allows others waiting, to utilise the freed up place.



We would like to Welcome Tracy Zipperlen one of our New Health Care Assistants



Did you Know?

Last month 88 people forgot to turn up for their appointment!!! This is back up on the previous month and still way too **HIGH!!**

Record Updates

Please inform the surgery of any changes to your address, phone number or email address. This helps us greatly to always keep our records up to date.

Did you Know?

Appointments for Practice Nurses, please remember you can book in advance. There are often no spaces available on the day.

Old Glasses



Please note that you can leave old/unwanted glasses at reception or in the box under the Taxi Freephone. These are collected and given out to charities.

MOVEMBER

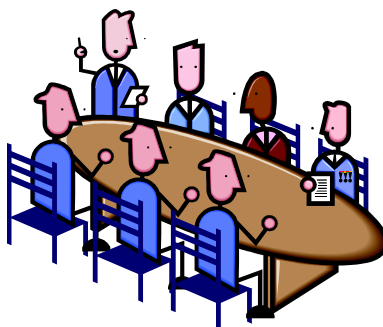


Movember, the month formerly known as November, is when brave and selfless men around the world grow (or at least attempt) a moustache to raise awareness and funds for men's health – specifically prostate and testicular cancer.

Dr's Rabuszko, Andrews, Stockton and Sorooshian are **manfully** taking up the challenge. Sponsorship forms are available at reception and with

each GP in their room; any donations towards these worthwhile causes will be most appreciated. See next month's Newsletter for GP photo shoot evidence of who has grown the best MOUSTACHE!!!!!!!!!!

Voice from the Patient Participation Group



The purpose of this group is to gain views from the patients on how well the current surgery services are run and then feedback these comments constructively to the practice.

The minutes from the meeting held on 1st November 2012 are on the website. You can also find minutes from all the previous meetings here.

Alan Pearch is the current Chairperson and would like to hear views and suggestions from other patients on how best the PPG can operate. You can contact Alan by writing to him direct, 'Care Of' the surgery, or use the PPG suggestion box under the noticeboard.

Date of next meeting: Thursday 6th December 2012 at 12.30pm.

"Why not visit the dedicated noticeboard for the PPG in the reception area."

A team photo of the 'Patient Participation Group' members can now be found on the noticeboard.

To A&E or not to A&E that is the Question?

Getting the correct treatment in the correct place is important to us. Did you know that each time a patient attends A&E the Practice gets charged? Did you know it can cost between £56 and £245 to attend A&E, even if you do not actually wait for treatment?

The Practice can usually provide the care that you need but we need you to contact us first and not go to A&E when we are open.

Remember an unnecessary visit to A&E means that less money is available to the Practice to provide local services for our patients.

Zero Tolerance

This practice supports the Government's NHS Zero Tolerance Campaign. We ask patients to treat GPs, PNs and all practice staff courteously, without a hint of either physical or verbal violence/abuse. Any patient found guilty of such actions

will be removed from the surgery list straight away. Princes Park is a very busy practice and at times the wait to see your GP or PN may be longer than is expected. All the staff are under increasing pressure, with patient expectations at a high, but they are doing their best and just ask for a little patience at times.



Did you know?

That medicines in unused blister packs can be sent to Africa - they must have at least a 15 month expiry date to be valid. Please bring along to the surgery any unused medicines that you might have.

Car Parking at Princes Park Health Centre



If there are no car parking spaces left please do not block the car park area by sitting in your car double parked. This causes problems for the delivery lorries/vans that then have problems with access. Please park on the road instead, many thanks.

Repeat Prescriptions



Please be patient when it comes to requesting repeat prescriptions and allow plenty of time!!

We can deal with up to 2,000 repeats in a week and often double that before a holiday break

Princes Park Health Centre Patient Participation Group Presents an Evening with:
Mr Mohammed Jelloo,
Consultant Orthopaedic Surgeon;

Mr Jelloo will be holding a patient workshop here at Princes Park Health Centre, on Wednesday 28th November from 6.30pm until 8.00pm.

The theme will be on his role at the Apollo Centre for Health, with questions taken from the floor on all aspects of his work.

Everybody is welcome to attend, and there will be Tea/Coffee available during the evening.



A note to our Readers

If anybody would like to contribute an article and be included in the next newsletter, then please leave your comments at reception or email; grahamhunt@nhs.net

Princes Park Website

Finally you can find a copy of this newsletter on our website plus lots of other useful information.

www.princesparkhealthcentre.co.uk

Have a look at our new smart Staff Uniform

Princes Park new staff uniform has arrived and is beautifully displayed by the following;

Hazel, Jacky, Linda, Bev, Sue, Gill and Debbie.

