



# Princes Park Health Centre Newsletter

[www.princesparkhealthcentre.co.uk](http://www.princesparkhealthcentre.co.uk)

**Volume 1 Issue 4**

**June 2012**

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



Dr Martyn Stockton was born in Buxton, Derbyshire and trained in Birmingham, where he qualified in 1976. He came down to Eastbourne and started as a Partner in January 1977. He has three children, Kate who works as a practice nurse in another practice in town, Matthew who is a pilot with BA and Natalie who is presently in Australia working in an estate agency. Martyn is also blessed with four grandsons, ranging in age from 15 months to 4 ½ Years. Dr Stockton has enjoyed working for nearly 35 years with the practice, he has a special interest in allergy, paediatrics and has been the senior partner for about 15 years. He will be celebrating his 60<sup>th</sup> birthday this year and is planning an extended holiday throughout September. The

practice will be employing a locum to cover his work for that month.

### *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.

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

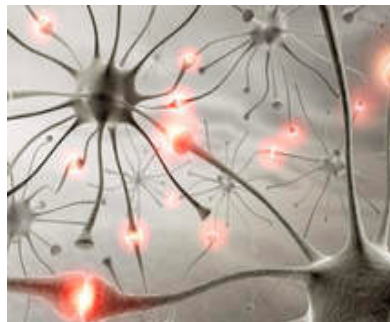
heart condition. Here, when we use the term 'seizure' we mean epileptic seizure.

More than half a million people in the UK have epilepsy, which is around 1 in 100 people. Anyone can develop epilepsy: it happens in all ages, races and social classes. Epilepsy is most commonly diagnosed in children and people over 65. There are over 40 types of epilepsy, so just knowing that a person 'has epilepsy' does not tell you very much about their epilepsy and the type of seizures they have.

For more information go to [www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)

### National Epilepsy Week 2012

This ran from 20<sup>th</sup> – 26<sup>th</sup> May and focused on Epilepsy and achievement.



Epilepsy is a common serious neurological condition where there is a tendency to have seizures that start in the brain. Not all seizures are due to epilepsy. Seizures can happen for many different reasons, such as diabetes or a

### *Did you Know?*

Last month 122 people forgot to turn up for their appointment!!! Please, if you cannot attend your clinic apt then make a cancellation. This then allows others waiting to utilise the freed up place.

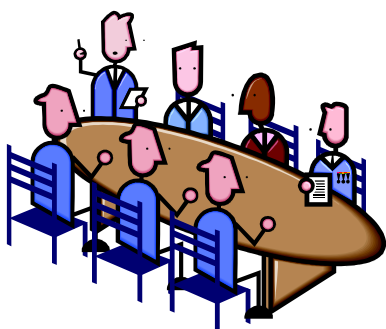
### *Did you Know?*

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

### Surgery Closure

Please note that the surgery will be closed from 12.30pm on Wednesday 27<sup>th</sup> June. This is to allow staff to attend a learning event set up by the local commissioning group.

### 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 14<sup>th</sup> June 2012 will soon be available on the website. You can also find minutes from all the previous meetings here.

Ian Tulley has been voted in as the first Chairperson and would like to hear views and suggestions from other

patients on how best the PPG can operate. You can contact Ian by writing to him direct, 'Care Of' the surgery.

Date of next meeting:  
Thursday 5<sup>th</sup> July 2012 at 12.20pm.

"Watch out soon for a dedicated noticeboard for the PPG in the reception area."

### Foreign Travel

If you and your family are planning to travel abroad and need advice on what injections or medication you may require. Please arrange an initial discussion with one of the Practice Nurse's at the Apollo Centre well in advance of your travel dates.

### 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 £52 and £183 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.

## Surgery Opening Extended

As from Monday 18<sup>th</sup> June we will not be closed for lunch...

### A Happy Retirement to Lynn Simons

We are sorry to announce the retirement of our office manager Lyn Simons. She has been working with the Practice for 27 years and will be sadly missed. Many of you will remember that she was always available to resolve any problems that arose in reception. We wish her all the best in her retirement. Pictured is Lynn on her own and with some work colleagues.



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.

### Did you Know?

That for patients who use sharps bins at home there is a collection service. Please don't bring full bins into surgery but phone Eastbourne 415229 and they will collect.

### 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.

### 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](mailto: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](http://www.princesparkhealthcentre.co.uk)

Attached to this newsletter is a copy of Private Fee Charges which will be applied from September 1<sup>st</sup> 2012.

# Princes Park Health Centre

## PRIVATE FEES

From 1<sup>st</sup> September 2012

### CERTIFICATES, LETTERS AND FORMS

### FEE

Holiday/Travel cancellation .....	£25.00
Claim form for benefit from Provident Association .....	£25.00
(BUPA, PPP, WPA, AXA etc)	
Fitness to Travel .....	£20.00
Holiday Cancellation Certificate .....	£25.00
Vaccination Certificate .....	£15.00
Fitness for sport/other activity (no examinations) .....	£20.00
Private Sick Note .....	£15.00
Private employer certificate .....	£15.00
Private Insurance for schools .....	£15.00
Letter 'To Whom it may Concern' .....	£15.00
Letter 'Patient Ill but unable to sit examination' .....	£15.00
Driving Licence Signature .....	£20.00
Claim Forms .....	£25.00

### FORMS THAT MAY REQUIRE MEDICALS

### FEE

Fitness to drive HGV, PSV or Taxi .....	£110.00
Fitness to drive private car (without examination) .....	£60.00
(with examination) .....	£110.00
Accident/Sickness Insurance (without examination) .....	£30.00
(with examination) .....	£110.00
Employment Medical .....	£110.00
Fitness for sports medical (adult) .....	£110.00
(child) .....	£50.00
Adoption Medical - Child.....	£150.00
Adoption Medical – Adult.....	£76.24
Medical for racing cars or pilot's licence .....	£110.00
Lighter Life/Slimming .....	£40.00
Shot Gun Licence .....	£40.00

### DETAILED REPORTS

Report from medical records with no examination .....	from	£50.00
Solicitors Report .....	from	£50.00

### ACCESS TO RECORDS UNDER DATA PROTECTION ACT

Computerised .....	up to	£10.00
Manual and Computer .....	up to	£50.00