



Princes Park Health Centre Newsletter

www.princesparkhealthcentre.co.uk

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October 2012

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



I grew up in Hertfordshire and qualified in 1989 from St. Georges Hospital Medical School, in Tooting, South London. I then divided my time between working in the NHS and for the 'grey Funnel Line' as a Surgeon Lieutenant in the RNR. These were interesting times serving aboard ships and land bases during the first Gulf War.

I met my wife Andrea, a nursing sister in A&E and moved to Eastbourne in 1993 to join the Winifred Lee Health Centre, which was to become the Princes Park Health Centre. I was under the watchful gaze of the late Dr Alan Forster, who I succeeded in July 1998 when he retired.

Andrea, who grew up in East Dean, and I have five children, the eldest being 18 and the youngest aged just 4. It certainly keeps us busy! I still enjoy sailing and walking across the Downs. As a family we enjoy our surfing holidays in Cornwall each year at the end of October.

I look forward to continuing as one of your GP's here at Princes Park Health Centre.

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.

Did you Know?

Last month 69 people forgot to turn up for their appointment!!! This is down on the previous month but still too HIGH

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



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.

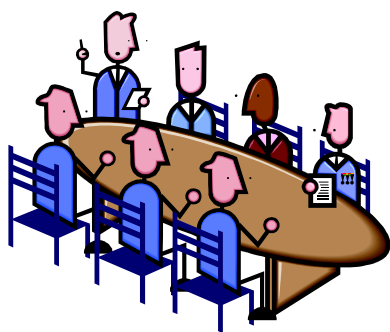
MOVEMBER



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 Rabuszkowski, Andrews, Stockton, Sorooshian, Jain and Pope are **manfully** taking up the challenge. Sponsorship forms will be available at reception and with each GP in their room; any donations towards these worthwhile causes will be most appreciated.

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 4th October 2012 are 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 1st November 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.

MRI Scanner Proving a big Hit



The MRI scanner which operates from the Apollo Centre is available to both NHS and Private patients across Sussex. An increase for its services means that it will now be on site two days a week instead of just the one. Picture of Dr Martyn Stockton and Dr Jonathan Andrews outside the scanner.

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

October 2012
Stoptober challenge for smokers

During October, smokers in East and West Sussex are being encouraged to take part in the first ever mass quit attempt launched by the Department of Health – Stoptober.

We know that if you can stop smoking for 28 days you are five times more likely to stay smoke free, and Stoptober leads smokers through a detailed step-by-step programme to help them achieve this goal.
Sussex Community NHS Trust is amongst the many organisations and employers supporting the brand new stop smoking campaign in a bid to get people to quit.
Visit our website to find out more information on how to stop smoking.

A Novel way to get to work!!



Julie Stannard, who works here at Princes Park HC, has found a novel way to cut down on CO2 emissions. She gets to and from work

on her electric scooter (so long as the weather is fair!!)

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

