



Princes Park Health Centre Newsletter

www.princesparkhealthcentre.co.uk

Volume 1 Issue 2

April 2012

Easter message from Dr Martyn Stockton



I would like to take this opportunity to wish you and your families a very happy Easter.



Did you know?

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

Please be aware that most appointments with your Doctor are for a period of 10 minutes. If you have more than one problem to discuss please make the Doctor aware at the start of the consultation and be prepared to come back at a later date, if it is not possible to cover everything in the 10 minutes. It is unfair to other

patients waiting to see the Doctor if you take more than your allotted time. Appointments with the Duty Doctor of the day are for 7 minutes and must really be kept to one emergency problem that can't wait until the patient's own Doctor is available.

Did you know?

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

Did you know?

The Apollo Centre holds drop in Smoking Cessation clinics. These are held Tuesdays from 10.00 - 11.30am and Thursdays from 12.30 - 2.00pm. Booked 1:1 appointments can be made by calling 0800 917 8896 option 1 for appointments. Why not visit our new Stop Smoking Service website at www.stopsmokingineasussex.co.uk

Did you know?



That a new piece of equipment will be arriving soon!! The **dopplex ABILITY-** automatic ankle brachial index system. This will speed up and make much simpler the whole process of calculating ankle brachial indexes, with just three minutes needed to complete the test.

"Practice links with Brighton and Sussex Medical School"



The Practice has been involved with teaching medical students from BSMS since the school first opened in 2004. It has an integrated course

whereby students are sent out to placements in GP surgeries and hospital clinics right from the beginning of their 5 year course. This makes their learning much more interesting than in the good old days of Medical training that our partners endured! As patients you may be asked if you mind medical students being involved in your consultation. Depending on their experience they may just be observing or they may take a history of your problem and examine you under the supervision of your Doctor. Students visit us at different times throughout their course and gain invaluable experience from the close interaction with patients. You may refuse to allow the students to be involved in your care if you do not wish them to stay. This will not affect your care in any other way. We are extremely grateful to those patients who do help with our teaching and would encourage everyone to help if you are asked.

A note to our Diabetic Patients:

If you are overdue your 12 month check up, please contact us to make an appointment.

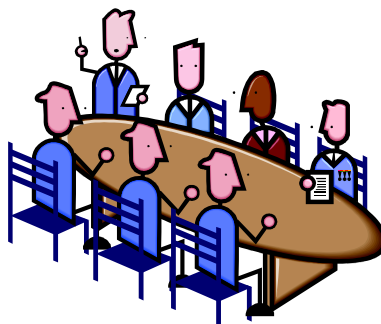
Running 4 Charity

Dr Jonathan Andrews has completed his three half marathons in aid of Demelza Hospice for Children. He has run Brighton in **1hr 37min 36secs**, Eastbourne in **1hr 35min 30secs** and finally Hastings in **1hr 37min 32 secs**. To date the amount of

money raised stands at over £1,000, so well done and thank you.



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 meeting held on 5th April 2012 are now available on the website.

Ian Tulley was 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.

The results from the recent patient survey are now available to view on the website, with hard copies also at reception.

Date of next meeting:
Thursday 3rd May 2012 at
12.20pm.

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.

Another New Service From 25th April

Very exciting times at Princes Park, with a MRI scanner on the NHS to be in place from Wednesday 25th April.



Would you like a Coffee Shop?-The Result!!

This question was put in the last Newsletter and well over 100 patients recorded their opinion on the comments sheets which were left at reception. The result was 3:1 in favour of a coffee shop, although a lot of discussion with in the comments section was around the preference for a type of vending machine. The next step will be to discuss the results internally and with the PPG. Then moving forward see whether a feasibility study is possible leading to a viable outcome.

Did you Know?

That unused blister pack medicines can be sent to Africa - they must have at least a 15 month expiry date. Please bring a long to surgery any unused medicines.

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.

Did you know?

Ear syringing - If you have had your ears syringed in the past year, you don't need to see your GP first. However, remember ear preparation is important for this procedure; it is advisable to instil warm olive oil twice a day for a week prior to an appointment with the Practice Nurse. (Dropper's can be bought for a small charge from most pharmacies)

Parents and Guardians

Just a reminder about the importance of bringing your child along for immunisation. The clinic is held every Tuesday from 2.30 - 4.00pm and is an open appointment. For 15 year olds it is the first Tuesday afternoon in the month from 4.30 - 5.30pm.

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

A separate sheet on booking Appointments at Princes Park HC follows;

Booking Appointments at Princes Park Health Centre

60% of appointments are available on the day
40% of appointments are pre-bookable up to two weeks in advance
10 minute Standard Appointment Time
7 minute Duty Doctor Appointment Time

All Pre-Bookable appointments, up to two weeks in advance, can be made at anytime

