

## WELCOME TO OUR FIRST NEWSLETTER.

Since we formed earlier this year, we have been working hard on behalf of all patients, to improve some aspects of your contact with the Practice.

We were delighted to meet so many of you during our Annual PPG Awareness Week in June. Thank you to everyone who completed our Appointments System Survey. We have put forward your ideas and concerns to the Practice and will update you when we have received a firm response.

We will publish information on our notice board at the back of Reception, on our Facebook page, on the TV monitor and in occasional newsletters. You can contact us through our e-mail address, on Facebook or via our post tray at Reception. We meet once a month and the Minutes of our meetings are on the website - details within this newsletter.

Our AGM will be in March 2019 - details in the new year. We hope as many of you as possible will attend and perhaps consider joining us. In the meantime, we'll carry on working for every patient!

Patricia Palmer (Chair,  
Sovereign Practice PPG)



## Sovereign Practice PPG

Princes Park Health Centre

Eastbourne, BN22 7PG



ROGER, SU, PATRICIA, ROSANN, ELLEN, GLENN, JOHN, KEITH



On behalf of all the staff at Princes Park Health Centre we would like to wish you a Merry Christmas and a very Happy and Healthy 2019

## TEAM PPG NEWSLETTER COMMITTEE

### *"Welcome to our very first **PATIENT PARTICIPATION GROUP NEWSLETTER***

*which we hope will be the first of many.* Our intention is to produce four newsletters per annum and we would welcome your comments, thoughts and contributions. This first newsletter not only introduces the PPG Members but also staff members of

The Sovereign Practice who work tirelessly to provide the excellent administration service you receive.

Please help yourself to a copy. If you have difficulty reading this newsletter then leave a note in the PPG tray situated in the Reception area.

It only remains for me to wish you, on behalf of the PPG Committee and surgery Staff, a very Healthy 2019."

### CLINIC HOURS

**MONDAY 08-30am - 18.00pm**

**TUESDAY 08-30am - 18.00pm**

**WEDNESDAY 08-30am -18.00pm**

**THURSDAY 08-30am - 18.00pm**

**FRIDAY 08-30am - 18.00pm**

**SATURDAY CLOSED**

**SUNDAY CLOSED**

## CLINICS RUN BY THE SOVEREIGN PRACTICE (and partners) AT PRINCES PARK HEALTH CENTRE

1. Anti-coagulation INR (Warfarin)
2. Micro-Suction (Ears)
3. Child Immunisation
4. Diabetic
5. Asthma
6. COPD (Chronic Obstructive Pulmonary Disease)
7. Wound Care
8. Removal of Sutures
9. MSK Injections (Muscular Skeletal)
10. Zoladex Injections (Hormone injection for Prostate cancer)
11. Sexual Health
12. Contraception/Family Planning
13. Minor Procedures
14. Ear-Syringing
15. Cervical Smears
16. New Registrations
17. NHS Health Checks
18. Pain Management
19. Ultrasound Scans for aortic aneurysm
20. Travel Clinic
21. Minor Surgery
22. Stop Smoking (One You)
23. Retinal Screening
24. Dementia clinic
25. Age Concern Foot Clinics
26. Ultra Sound
27. Flu Injections (when appropriate)

There are also services provided for our patients at the Horder Centre (next door) such as X-Rays, MRI, DXA Scans, Physio-therapy sessions, Pain Management.



### MAKE A BEDTIME CHECK

You are more at risk from a fire when asleep.

So it's a good idea to check your home before you go to bed.

- ✓ Close inside doors at night
- ✓ Check cooker OFF
- ✓ Keep keys where everyone knows
- ✓ Turn off and unplug electrical appliances unless they are designed to be left on.
- ✓ Don't leave the washing machine on.
- ✓ Turn heaters off and put up fireguards.
- ✓ Put candles and cigarettes out properly.
- ✓ Make sure exits are kept clear.

For free fire safety advice and where necessary provide and fit free smoke alarms:  
Tel: 0800 177 7069  
Email: [homefire.safetyvisits@esfrs.org](mailto:homefire.safetyvisits@esfrs.org)  
Website: [www.esfrs.org](http://www.esfrs.org)



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MISSED APPOINTMENTS

IN NOVEMBER, 2018

CAN'T SHOW, LET US KNOW