



# Princes Park Health Centre Newsletter

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

**Volume 1 Issue 5**

**August 2012**

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

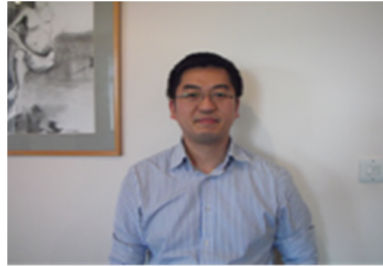


I grew up in Eastbourne and moved to London to train as a Doctor, qualifying in 1984. I was lucky enough to gain a place on the Eastbourne GP training scheme and became a partner at the Practice after the birth of our first son, in 1989. My patients have seen the changing photographs of our three children as they have grown up and moved on in life.

In 2007, I had to reduce my hours as a Doctor following a car accident. I am extremely grateful for the support and compassion shown by the Doctors and staff, but especially by my patients, many of whom I have known for over 20 years.

I still thoroughly enjoy general practice and in particular Ophthalmology. Hopefully, I will continue to look after my patients for a good few years yet.

*Farewell to Dr Tim Tran*



Dr Tran finished his training with us at the end of July and has left to join Stone Cross Surgery. We all wish him well for the future. Dr Nisanthan Sivagnanasundaram will be our new GP Registrar from August with an introduction in next month's newsletter.

*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.

*PARKINSONS* (A short Article from one of our PPG member's)

Parkinson's (once called Parkinson's Disease –named after James Parkinson who tracked down the characteristics of the condition) but now referred to as either simply Parkinson's or Parkinsonism, is generally thought of as a condition of old age. This is not strictly true although it is more prevalent in older people, some cases occur in people as young as 20 years of age.

Generally thought of a movement disorder, the dopamine cells in the brain die prematurely and the subsequent loss of dopamine, a chemical transmitter, leaves the patient with stiffness, tremor and slowness of movement.

This is a simplified telling of the Parkinson's story. Current research is astounding in its complexity.

Genetic, and also environmental, research on the condition has promised results but although the tabloids suggest a cure is on the way, there is still a lot to find out. The 1960s gave the medical profession a useful medication, levodopa, and others have followed.

Deep Brain Stimulation (DBS) operations where electrodes are strategically placed provide relief to some patients.

PARKINSON'S UK refers to 125,000 as being the number of Parkinsonians in the UK, so it is not a common condition. Michael J. Fox who is known as

an EARLY ON SET PARKINSONIAN has contributed an enormous amount both in cool cash and effort to his RESEARCH projects. He still takes major acting roles in tv dramas which is helpful to prove that the condition responds to his robust attitude.

Eating well, exercise and an interest in a variety of activities, as well as a 'don't give in' attitude is the best approach, once the shock of a diagnosis has lessened.

FOR MORE INFORMATION  
PARKINSON'S UK  
215 Vauxhall Bridge Road  
LONDON SW1V 1EJ

020 7931 8080  
[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

HELPLINE  
0808 800 0303 (Freephone)

### *Did you Know?*

Last month 93 people forgot to turn up for their appointment!!! This is down on the previous month but still way 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.

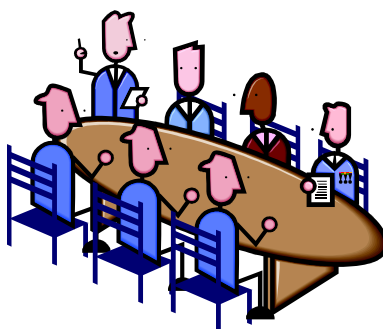
### *Did you Know?*

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 all day on Monday 27<sup>th</sup> August. As this is a bank holiday.

### *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 2<sup>nd</sup> August 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 6<sup>th</sup> September 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 be found at the end of this newsletter.

### *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.

### Brand New Mobile MRI Scanner

- Mobile – The brand new mobile Philips 1.5T Achieva MRI scanner was delivered to the Princes Park Health Centre, here in Sussex, early in the morning from Europe where the trailer & scanner were built & assembled. The MRI scanner is available to both NHS and Private patients across Sussex. Picture of Dr

Martyn Stockton and Dr Jonathan Andrews outside the scanner



- The Princes Park Health Centre & The Apollo Centre For Health (PPHC/ACH) – PPHC/ACH can now boast the most update to date scanner in the UK with partners Medical Imaging Partnership (MIP) whom have been working in conjunction with the Health Centre. Graham Willoughby from The Princes Park Health Centre & The Apollo Centre For Health commented “Very exciting times here at Princes Park, with a brand new MRI scanner on site where The Princes Park Health Centre runs entirely NHS services & The Apollo Centre has a mixture of private and NHS services”

- Patient – Mr Alan Dale from Sussex, pictured with Carl Bridge from Medical Imaging Partnership (MIP), a local Sussex company based across the South East was the first patient to be scanned on the brand new Philips 1.5T Achieva MRI scanner at the Health Centre.



### 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.

### 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)

### 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 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)





Princes Park Health Centre Patient Participation Group  
From Left to Right: Alan Pearch, Linda Pearch, Mike King, Pamela Green,  
Roger Triggs, Robert Cooper, Ian Tulley (Chairman) and Mahmud Welton