



Princes Park Health Centre Newsletter

www.princesparkhealthcentre.co.uk

Volume 2 Issue 1

March 2013

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



Born and bred in the Valleys of South Wales and rather than opt for a life on the farm or down the pit, I escaped to the big smoke at the age of 18 to study at Kings College London.

I was heavily involved in the student union there and after running the medical school bar for 2 years I was made an honorary life member of the medical school.

After qualifying as a junior Dr I remained in London for several years before moving to Eastbourne in 1996 to work at the DGH for 2 years. I trained as a GP in Surrey and upon qualifying moved to Germany for 3 years to work for the British Army. On returning to the UK I came to work at Princes Park as a locum, supposedly for a few weeks and 10 years later I'm still here!

I live in Brighton so have a lovely commute along the coast road every day, but the view out to sea every morning makes it worthwhile. I enjoy keeping fit at the gym, so I can then undo all my good work by

eating out at nice restaurants and drinking nice wine!

Did you know?

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

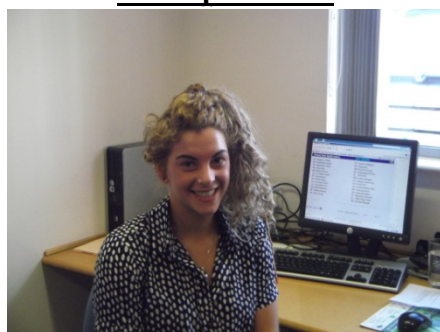
Did you know?

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.



**We would like to
Welcome Rebecca
Woods our New
Receptionist**



Did you Know?

Last month 98 people forgot to turn up for their appointment!!! This is back up on the previous month and 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.



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.

A note from the Eastbourne Lions Club about this charity work;

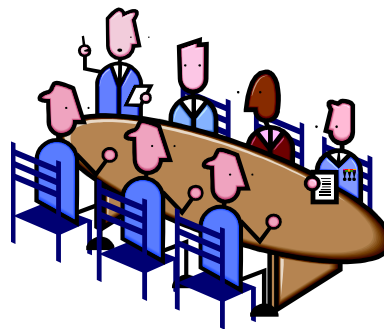
“Eastbourne Lions Club has provided a bin for your used spectacles. These are sent on to be sorted, recycled and graded in preparation for use in eye camps in Africa and India. Eastbourne Lions collect and send around 12,000 pairs a year.”

MOVEMBER: final sponsorship received over £600



Dr's Rabuszeko, Andrews, and Sorooshian who *manfully* took up the challenge of growing a moustache during November last year, pictured on the 30th.

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 7th March 2013 are on the website. You can also find minutes from all the previous meetings here.

Alan Peach is the current Chairperson and would like to

hear views and suggestions from other patients on how best the PPG can operate. You can contact Alan by writing to him direct, 'Care Of' the surgery, or use the PPG suggestion box under the noticeboard.

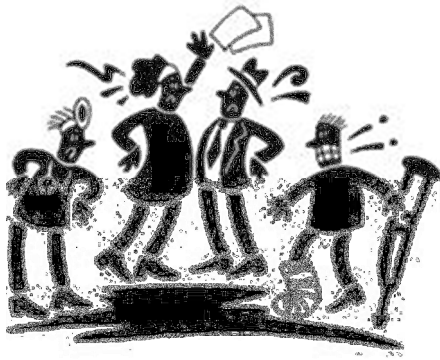
Date of next meeting: Thursday 4th April 2013 at 12.30pm.

“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.

Zero Tolerance

This practice supports the Government's NHS Zero Tolerance Campaign. We ask patients to treat GPs, PNs and all practice staff courteously, without a hint of either physical or verbal violence/abuse. Any patient found guilty of such actions will be removed from the surgery list straight away. Princes Park is a very busy practice and at times the wait to see your GP or PN may be longer than is expected. All the staff are under increasing pressure, with patient expectations at a high, but they are doing their best and just ask for a little patience at times.



UK FACING MEASLES EPIDEMIC

Over 2012 there has been a dramatic increase in the number of measles cases. Children and adults who are catching measles are those who have NOT had two MMR jabs which is a complete course, or who haven't had measles the disease.

Measles is an infection that can spread very easily from person to person, by coughing and sneezing. It is very infectious and can make people very ill. One person can infect more than 15 other people if those people haven't been vaccinated, or had the disease before.

Babies under one year old, teenagers and older people can get particularly sick with complications of measles.

If you think you or someone in your family may have measles, telephone your doctor. You should stay away from other people, especially children and pregnant women.

If your child has measles, he/she should not return to school until at least FOUR days after the appearance of the rash.

The best way to prevent measles is to have the MMR jab, which also protects you against mumps and rubella.

The surgery will be writing to people who are at particular risk, because they may not be fully vaccinated, and inviting them to attend for vaccination.

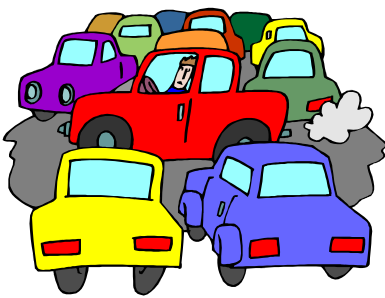
If you are unsure as to whether or not you or your child/children have had two MMR jabs please call the practice nurse or GP.



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.

Eastbourne Food bank

Princes Park supported the Eastbourne Food Bank over the Christmas period through the generosity of you are patients. The scheme worked so well that it is now on-going throughout the year. Please continue with your donations when you can.

Princes Park Health
Centre Patient
Participation Group
Presented an Evening
with:
Mr Mohammed Jelloo,
Consultant Orthopaedic
Surgeon



The patient workshop held here at Princes Park Health Centre, on Wednesday 28th November, went really well with another to be held late spring, watch this space for news of the date.



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

New On-line Appointment booking and a Repeat Prescription Ordering System

In an attempt to improve the service that we give to our patients we have introduced a new on-line appointment booking system and a repeat prescription ordering system, this service became available from the 18th February 2013.

Firstly a reminder that it is possible to pre book appointments with your GP over the phone.

We are now implementing a secure on-line booking system which will allow you to book in advance with your registered Doctor at any time of the day. This means you will not have to phone in at 8.30 and 2.15 to book a routine appointment.

Secondly you will be able to order you repeat medication on line so stopping the need for a note, phoning in or a repeat slip.

You will need to access the website
<https://patient.emisaccess.co.uk>
and register on line.

(you do not need a password or pin from the practice it is possible to register on-line so answer **no** to the first question)

Once you have registered the practice has to accept your on-line registration so it will not work straight away please wait 24 hours.

Please phone in if you have any problems registering and leave your contact details and someone will phone you back to help you.

Hopefully you will find this a useful service and feedback on using the website will be appreciated.