

# PARK MEDICAL SUPPORT GROUP



## NEWSLETTER



NOVEMBER 2013

### CHAIRMAN'S REPORT



**H**ere we are almost at the end of 2013 and I do not know where the year has gone!

Our annual Quiz Night was held in March at the Look and Sea, and was a great success – in fact, the best ever. It was good to see patients, doctors and Surgery staff together and enjoying the evening. Many thanks to Graham Finch and his wife, Terri, for organising the evening, and to Nick Carter, manager of the Look and Sea, for making the venue available to us. In addition our thanks go to his staff for looking after us so well. It is hoped that another Quiz Evening will be held in March 2014, details of which will be available at the Surgery in the New Year.

Many thanks to Judy Blake, who organized and acquired most of the raffle prizes, not only at the Look and Sea, but throughout the year, and to the Surgery staff for selling the tickets.

Our membership fee remains at £2.00 And should you wish to join and help us buy medical instruments and “extras” for the Surgery, forms

are available from the reception desk or on line at [www.theparksurgery.co.uk](http://www.theparksurgery.co.uk). If anybody has any ideas for fundraising please get in touch, we shall be very pleased to hear from you.

Among the purchases made in the past year are a battery pack for the blood pressure machine and two pulse oximeters (one for adults only and one that can be adapted for adults and children). We also made a donation towards the new Surgery floor covering – it being more hygienic in these days of Health and Safety.

We were all very sad to hear that Robyn Clark has retired after many years as Practice Manager. Robyn has been on the Committee since it was first formed in the early 1990's and we shall certainly miss her, together with her list of requirements for the Surgery! She has been replaced by Sarah Heale who is very keen to further our cause. An introductory article by Sarah herself can be read elsewhere in this Newsletter.

Finally, my thanks to my hard working Committee for all their help and for giving their time so freely during the past year.

*Jill Carter [ Chair ]  
PMSG*

### NOTES FROM THE SURGERY



### CARE.DATA

**T**he Park Surgery would like to let all of our patients know about a new initiative called the Care.data programme which is being run by NHS England and the Health and Social Care Information Centre (HSCIC). The modern information system, which has been developed on behalf of the NHS, will make increased use of information from medical records with the intention of improving health services.

The new system will provide joined-up information about the care received from all of the different parts of the health service, including hospitals and GP practices. Your date of birth, postcode, NHS number and gender, rather than your name, will be used to link your records in a secure system, managed by the HSCIC. Once this information

has been linked a new record will be created. **This new record will not contain information that identifies you.** The type of information shared, and how it is shared, is controlled by law and strict confidentiality rules. The programme allows those planning NHS services, or carrying out medical research, to use information from different parts of the NHS in a way which does not identify you, but which can be used by the NHS to improve the services offered so we can provide the best possible care for everyone.

***You have a choice.*** If you are happy for your information to be used in this way you do not have to do anything. If you have concerns or wish to prevent this from happening, please speak to Practice staff or visit the following link for more information:  
[www.nhs.uk/caredata](http://www.nhs.uk/caredata).

**INTRODUCTION TO  
 SARAH HEALE:  
 ASSISTANT PRACTICE  
 MANAGER**



**H**ello, I'm Sarah. I have recently joined the team at the Park Surgery as Assistant Practice Manager. I am responsible for many of the

areas Robyn has previously been responsible for, including liaison with the Support Group.

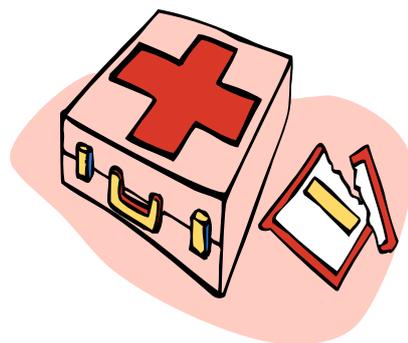
I have worked for the NHS for 13 years, in varying roles, from Medical Records Officer to Dental Services Officer, Complaints Manager and Project Manager. In more recent years I have worked at the Primary Care Trust (PCT) – now called the Clinical Commissioning Group (CCG), where Dr Kimber has worked as Clinical Director.

In the past I have been fortunate enough to work on some really rewarding projects, including the redesign of patient care pathways (from GP to hospital consultant or other health care professional). The role at the Park Surgery is different – every day presents something new and exciting! I very much look forward to getting to know everyone soon.

In the interim, a bit about “the real me”... I am passionate about health care, and I love musical theatre and spending quality time with my family.

*Sarah Heale  
 Assistant Practice Manager*

**GP EXPERIENCE &  
 PROFESSIONAL  
 DEVELOPMENT AT THE  
 PARK SURGERY:**



**(1) DR SOPHIE POWELL  
 REGISTRAR APRIL -  
 AUGUST 2013**

**I** studied medicine at the University of South Wales, graduating in 2009. I continued my training on the south coast doing my foundation year jobs in Brighton and Worthing, and I loved it so much I decided to stay on in the area for my GP training.

I am interested in preventive health. Prior to becoming a doctor I worked in the travel industry for six years. In my spare time I enjoy running and I like to make the most of my annual leave to travel the world where I can.

*Dr Sophie Powell  
 Registrar Apr/Aug 2013*

**(2) PARAMEDIC  
 PRACTITIONER**

**M**y name is Ronnie and I work as a Paramedic Practitioner for South East Coast Ambulance Service NHS Trust.

Paramedic Practitioners (PPs) are paramedics who have undergone additional education and training to equip themselves with greater patient assessment and management skills. They are able to diagnose a wide range of conditions and are skilled to treat many minor injuries and illnesses. PPs are also able to refer patients to specialists in the community, such as General Practitioners (GPs), community nurses or social care professionals. They can also refer patients to hospital specialists, thus avoiding the

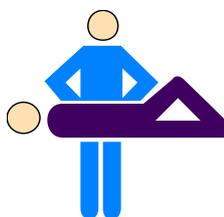
need to be seen in A & E first. Consequently, as part of my professional development and consolidation of my BSc (Hons) in Health Care Practice, I have spent eight weeks working alongside the staff at the Park Surgery.

In the first few weeks of my placement, and in order to gain experience, I was able to observe the GPs during their consultations. This gave me the tools to embark on my own “tandem” clinics, from week three, supported by the GP I was reporting to that day. I quickly learnt the importance of managing my time with patients in order for appointments to be kept to the correct time, whilst still managing patient ideas, concerns and expectations from their consultation.

The Park Surgery also provides a walk-in minor injuries unit on Monday – Friday 09.00 – 17.30pm. This service is available to everyone and was part of my experience.

My time here is almost at an end now and I will be returning to my role as one of the team in Pulborough with lots more experience and confidence doing a job I love. Everyone at the Park Surgery has been so kind, considerate and welcoming to me during my eight weeks’ placement and I cannot thank them enough for this amazing experience. I shall miss them all.

*Ronnie  
Paramedic Practitioner*



**HA HA! ROBYN HAS THE  
LAST WORD:**



**T**he Park Surgery recently hired several cannibals.

“You are all part of our team now” said Robyn the Practice Manager during the welcoming briefing. “You get all the usual benefits and you can go upstairs to the kitchen and make something to eat, but please don’t eat any of the other staff.”

The cannibals promised they would not.

Four weeks later Robyn remarked “You’re all working very hard and I’m very satisfied with you. However, one of our receptionists has disappeared. Do any of you know what happened to her?”

The cannibals all shook their heads and said “No.”

After the Practice Manager had left, the leader of the cannibals said to the others “Which one of you idiots ate the receptionist?”

A hand rose hesitantly, to which the leader of the cannibals shouted “You fool!!! For four weeks we’ve been eating the doctors and no-one noticed anything, but nooo, you had to go and eat someone important!”

*Robyn Clark  
Retired (or eaten?)  
Practice Manager!*



**PUZZLES ETC**

*NB The answers to these three quizzes are in the last column of the next page, so it might be an idea to have a piece of paper on hand in order to cover them up.*

**ANAGRAMS  
Cities of the World**



Can you solve these Anagrams?

No	City	Answer
1.	real smile	
2.	rail and axe	
3.	led barge	
4.	long leases	
5.	paste bud	
6.	jules mare	
7.	ha ha sing	
8.	lone tram	
9.	then scream	
10.	ban racer	
11.	towing nell	
12.	smart dame	

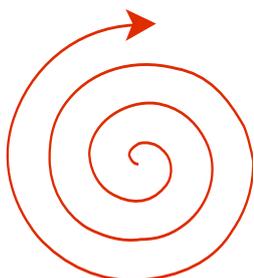


**ROLLAROUND QUIZ**



In this Quiz the last letter of the first answer is the first letter of the next answer etc with the last letter of the 10<sup>th</sup> answer being the first letter of the first answer. All names in answers require first name and surname.

1.	Name the actor who played the title roles in the TV series <i>Perry Mason</i> and <i>Ironside</i> .
2.	In which Hitchcock film does James Stewart play opposite Grace Kelly as a wheelchair bound man who witnesses a murder from his apartment?
3.	What was the name of the group formed by Paul McCartney after the Beatles split up?
4.	With which instrument did George Harrison play "Norwegian Wood"?
5.	What gambling game involves a ball dropped on to a revolving wheel with numbered compartments?
6.	Which famous pop singer/actor played Tulse McCauley in the 1960 film "Flaming Star"?
7.	What is another name for a sweet potato?
8.	Who starred as Eva Peron in the film "Evita"?
9.	Complete the film title ..... & Old Lace.
10.	A person who performs tricks/magic is a .....?



**NAME THE SONGS**

from their first lines. We have given you the eras in which the songs originated.



1910's	1.	"They were summoned from the hillside, they were called in from the glen. And the country found them ready at the stirring call for men.
1920's	2.	Pack up all my cares and woe, here I go, singing low.....
1930's	3.	You must remember this, a kiss is still a kiss, a sigh is just a sigh.....
1930's	4.	The Ritz they never sigh for, the Carlton they can keep, there's only one place that I know and that is where I sleep.....
1930's	5.	Ev'ry time it rains, it rains.....
1940's	6.	I'll never forget the people I met, braving those angry skies. I remember well as the shadows fell the light of hope in their eyes.....
1940's	7.	When you walk through a storm hold your head up high and don't be afraid of the dark....
1950's	8.	Oh, my love, my darling I've hungered for your touch, a long lonely time.....
1960's	9.	You can dance every dance with the guy who gave you the eye, let him hold you tight.....
1970's	10.	Far have I travelled and much have I seen, dark distant mountains with valleys of green.....

**ANSWERS**



**Anagrams**  
**(in reverse order)**

12.	Amsterdam
11.	Wellington
10.	Canberra
9.	Manchester
8.	Montreal
7.	Shanghai
6.	Jerusalem
5.	Budapest
4.	Los Angeles
3.	Belgrade
2.	Alexandria
1.	Marseille

**Rollaround Quiz**

No	Letter	Answer
1.	R	Raymond Burr
2.	R	Rear Window
3.	W	Wings
4.	S	Sitar
5.	R	Roulette
6.	E	Elvis Presley
7.	Y	Yam
8.	M	Madonna
9.	A	Arsenic
10.	C	Conjuror

**Songs**

1.	Keep the Home Fires Burning
2.	Bye Bye Blackbird
3.	As Time Goes By
4.	Underneath the Arches
5.	Pennies from Heaven
6.	The White Cliffs of Dover
7.	You'll Never Walk Alone
8.	Unchained Melody
9.	Save the Last Dance For Me
10.	Mull of Kintyre

**COMMITTEE**

*Jill Carter - Chairman  
Carole King - Secretary  
Diane Mills - Treasurer  
Sue Arthur, Judy Blake, Graham Finch,  
Sarah Heale - Surgery Representative*

