

PARK SURGERY SUPPORT GROUP



NEWSLETTER

APRIL 2018

CHAIRMAN'S REPORT

It is now over a year since the new extension has been built and the extra space has certainly made a difference with the increased number of patients, doctors and nurses, plus other services such as a Minor Injuries Clinic. This all means that it should be easier to make an appointment.

An open evening was held in September. Invitations were sent out to members and a notice was put on the display board in the waiting room. Over sixty people attended, some new members were signed up as well as thirty eight virtual members - **more about these in another article in the newsletter.** Dr Kimber and Dr. Daniels, together with other partners and surgery staff, plus members of the Support Group were in attendance. It is hoped to repeat this event again.

Once again our annual Quiz evening was held at the Look and Sea in October. Thanks again to Carole for setting the questions - not too difficult (thank goodness!) - to Virginia our quiz master - to Elaine and her husband Roger and the ladies of the committee for their help. Our thanks also to Caroline and her team at the Look & Sea for the use of the venue. It was good to see some of our new patients there.

Earlier in the year the naming of the Easter Teddy

proved popular and tickets were sold out in next to no time. We will be holding a similar raffle this year and all you have to do is pick the right name!

In the weeks before Christmas a hamper was prepared with everything donated by the Surgery staff. This was raffled and the amount raised was doubled by the doctors, the proceeds being given to the homeless.

Many thanks to everybody for organising the raffles and to all those who bought tickets and supported us with help throughout the year. This year we have purchased mobile screens, heavy duty scales, new signage and given a contribution to the new storage unit for patient's records. We are also in the process of buying a new ECG machine as the one we bought in 2001 is on its last legs.

As usual thanks to the Committee for all their help on your behalf - to Carole King, our hard working secretary, Diane Mills, Treasurer, Sue Arthur, Judy Blake & Virginia Wood.

May I finally remind you that membership of the Support Group is still only £2 per year and forms are available at www.theparksurgery.co.uk or at the Surgery itself.

Should you have any ideas for fundraising, or wish to join

us, we would be pleased to hear from you.

Jill Carter (Chair) PMSG

DEMENTIA AWARENESS



Dementia Awareness Week

**Monday 21st
May to Friday
25th May**

The practice will be working with Age UK West Sussex to offer help, support and guidance to all families living with a relative or friend with dementia. There will be a week full of different events here at the Practice for you to enjoy

SENIOR PARTNER'S REPORT

It has been an eventful year. This time last year we were still going through internal rearrangements due to the closure of Arun Medical Group. With the addition of 2000 patients, a 25% increase, we clearly needed to strengthen our clinical team. We were very grateful that Dr Paul Daniels joined us as a partner and Sister Wendy Callaghan joined our triage team. Later in the year we had to say goodbye to Dr Gordon Byars and Dr Phil Liston after many years of service, and I went part time to job share with Dr Jacqueline Anderson. Our latest new clinician is Dr Sarah Donswijk who has taken over Dr Liston's list of patients, and we warmly welcome her to our team.

Particularly at this time of year, I would like to thank our triage and reception teams who have been under great pressure over the winter, but have coped extraordinarily well. Something I often hear our patients say is "Why does the receptionist have to ask me for personal information?" Although our reception team are not clinicians, they are highly trained, and usually a little information about your condition can help to ensure that you see the right clinician first time.

Finally, congratulations to Sam Pritchard, our diabetic specialist nurse, who had a baby girl in December.

Regards

*Tim Kimber, Senior Partner,
Park Surgery, Littlehampton*

DR SARAH DONSWIJK

Hi there. I would like to introduce myself to the Patient Support Group and the patients

on my list. I started at the Park Surgery in November 2017 and have taken over from Dr Liston. I have met some of you already and look forward to meeting more patients in the future.

I am from West Sussex originally but moved to Bristol to study in 2004 and have worked in and around Bristol up until October 2017. I got married in September and my husband and I decided to move out of the city and live closer to family. We are really enjoying the beautiful countryside and settling into our new life down South!

Dr Sarah Donswijk

EDITOR'S NOTE

Since we have so many new patients now we thought you might like to read a 'potted history' of the Support Group:

The Park Medical Support Group, as it was called until recently, was formed in January 1992, at the doctors' instigation, under the charge of 4 patients who volunteered to become Trustees and form a committee, in order to raise funds to help with the care and comfort of the Park Surgery patients by purchasing a variety of items, some of which the doctors considered would aid the patients' medical care and others for their overall comfort. In some cases our purchase would save the patients having to wait for a hospital appointment, and even perhaps not to have to attend hospital at all.

It is estimated that over the last 26 years our small support group has raised and spent approximately £40,000 on the following items, plus additional ones which would make the list too long to record

here: resuscitation kit, 2 ECG machines, nebuliser, 9 blood pressure machines of various types, a Doppler, 2 spirometers plus 500 mouthpieces, 1 sigmoidoscope, a Phoenix aspirator, 10 oximeters, including one for children and one for both adults and children, stethoscopes, a contribution to the cauterizing machine, a special lamp for the nurses, general fittings to the Health Visitors' Room, a contribution to the new Treatment Room, Blood Test Room, and other trolleys, screens, bookcase, toys and new flooring for the Waiting Room, a pharmacy refrigerator, signage and automatic doors (paid out of a generous donation to the Support Group) plus a garden bench for outside the Surgery.

*Carole King
Editor*

The Extended Park Surgery



Patient Participation and Engagement

Following on from our very successful Patient Support Group Open Evening in September 2017, The Park Surgery has set up a virtual Patient Participation Group (or vPPG for short). Why a *virtual* PPG? The Practice

understands you are very busy and that is why they have a virtual group so that they can communicate with patients and carers electronically, instead of face to face meetings. A vPPG is an email community the Practice consult with, but which does not have regular face to face meetings. The purpose of a PPG is to ensure patients and carers are involved in decisions about the range, shape and quality of services provided by their Practice. In essence, the doctors want you to become a “critical friend” to The Park Surgery.

The Chair of the vPPG is Virginia Wood. There are over 50 members, and the numbers have steadily been increasing every month. The Practice welcome positive feedback, critical challenge, ideas, possible solutions to any problems you perceive, anything you like! Nothing is too small for them to consider.

Thank you for taking the time to read this article. If you would like to have a say about the services provided at The Park Surgery then please consider joining The Park Surgery vPPG. You can pick up a contact form, which contains more information, from reception,

REAL Care Online

We also have a new locality-wide online forum for patients. It is called the ‘R.E.A.L. Care Online Patient Participation Group Forum’. ‘REAL Care’ covers

Rustington
East Preston
Angmering
Littlehampton

and is a place for patients from the six GP surgeries in the area to meet online and discuss matters that are important to patients and carers in the area.

We would like to get more people involved in these groups. You do not have to be ill or a regular user of health services. We need people with all sorts of skills to get involved, including those who are prepared to read information, can understand data, are prepared to contribute or are just passionate about improving health services.

The ‘REAL Care PPG’ will become ‘owned’ and run by the patients in the group. We hope the groups will encourage a flow of information between the Clinical Commissioning Group, other healthcare professionals and organisations, and Practices. We want to ensure that local patients’ voices influence and shape how the locality works for the population it covers.

- Patients from the following practices are welcome
- Coppice & Angmering
- Fitzalan Medical Group
- The Lawns Surgery
- The Park Surgery
- Westcourt Medical Centre
- Willow Green Surgery

We look forward to working together with you as a locality!

To become a member go to <http://www.myppg.co.uk/> and complete the short registration form. Your application will then be sent to the Practice for approval, and you will be sent a copy of the Terms of Reference for the forum.

Please note that the answers to the following quiz are part of the last column overleaf, so if you do not wish to see them cover them up!

QUIZ 1

Can you complete these words with their vowels missing?

1. Countries of the World

- a. PNM
- b. TNS
- c. STRL

2. Clothing

- a. BLS
- b. VNNG DRSS
- c. JNS

3. Jewels/Precious Metals

- a. MRLD
- b. TRQS
- c. PLTNM

4. Numbers

- a. TWNTYGHTN
- b. NNTNFRTN
- c. TNSXTYSX

5. Book Titles

- a. NMLFRM
- b. BLCKBTY
- c. TSSFTHDRBVLLS

6. Musicals

- a. NN
- b. HMLTN
- c. STHPCFC

7. Nursery Rhymes

- a. ODMTHRHBBRD
- b. SSWMRJRDW
- c. LTTLBYBL

8. 10 Letter Words

- a. CRGS
- b. NMTN
- c. MMNTS

9. Songs

- a. SPRCLIFRGLSTCXPL DCS
- b. MGN
- c. JLHSRCK

10. Pop Groups

- a. THH
- b. GNSS
- c. BB

QUIZ 2

Here are 10 General Knowledge Questions:

1. Fulham Football Club, St Paul's School and Barnes Railway Bridge are some of the landmarks between Mortlake and Putney for which annual event?
2. Which hall of the Tate Modern Museum once housed the electric generators of the old power station?
3. In World War II what nickname was Field Marshall Erwin Rommel given?
4. What country's national day is on July 14 and is name after a prison?
5. In the TV series what was the surname of the family who lived in Downton Abbey?
6. In which English county is Leeds Castle?
7. What is the name of the path that is lit by a green laser at night at the Royal Observatory in London?
8. The following authors all use initials instead of full first names – what are their respective initials? Milne, Lewis, Rowling, Tolkien?
9. What animals are called 'xiong mao' in Chinese Mandarin and were mascots for the 2008 Summer Olympics in Beijing?
10. If you had a list of Santa's 8 reindeer (not including Rudolph who was created later) which letter of the alphabet would be the most

common initial letter from all their names?

C=Comet & Cupid. The others are Prancer, Vixen & Blitzen

ANSWERS TO QUIZZES

Reminder:

If you donot want to inadvertently glimpse the answers you could put a piece of paper over this column.

ANSWERS – QUIZ 1

- 1a) Panama b) Tunisia
c) Australia
- 2a) Blouse b) Evening Dress
c) Jeans
- 3a) Emerald b) Turquoise
c) Platinum
- 4a) Twenty Eighteen
b) Nineteen Fourteen
c) Ten Sixty-Six
- 5a) Animal Farm
b) Black Beauty
c) Tess of the D'Urbervilles
- 6 a) Annie b) Hamilton
c) South Pacific
- 7 a) Old Mother Hubbard
b) See-Saw Marjorie Daw
c) Little Boy Blue
- 8 a) courageous b) animation
c) momentous
- 9a) Supercalifragilistic
expialidocious
b) Imagine c) Jailhouse Rock
- 10 a) The Who b) Genesis
c) ABBA

ANSWERS – QUIZ 2

- 1 The University Boat Race
- 2 The Turbine Hall
- 3 The Desert Fox
- 4 France – Bastille Day
- 5 Crawley
- 6 Kent
- 7 The Prime Meridian Line
- 8 AA Milne, CS Lewis, JK Rowling, JRR Tolkien
- 9 Pandas
- 10 D=Dasher, Dancer & Donner, next would be



