

THE STEYNING MEDICAL PRACTICE NUMBERS

MEDICAL PRACTICE 01903 843400 (options)

(please note, the telephone lines are closed between 1-2pm)

DISTRICT or COMMUNITY NURSING 01903 254789

Option 2 (One Call)

SCHOOL NURSES 01273 696011 ext 6100

HEALTH VISITORS 01273 696011 ext 1555

PHYSIOTHERAPISTS 01903 843346

PODIATRY (ring between 10am-12pm, 2-4pm)

01273 466064

For a visit call before 10.00am 01903 843400

Results of investigations :

AFTERNOON (from 2pm) 01903 843423

Repeat Prescriptions:

by post, register on line or place in letterbox at the Medical Practice

Steyning Medical Practice
Tanyard Lane
Steyning
West Sussex
BN44 3RJ

Practice website: www.steyninghealthcentre.co.uk

Patient online service (request prescriptions / make appointments): <https://systmonline.tpp-uk.com>

Emergency Pharmacy Details,
when no local service is available
Information can be obtained from
NHS 111
or www.nhs.uk



Issue 88

Spring 2022

Steyning Medical Practice

Patient Participation Group for Your Area

good

health

Inside: Practice News and
'Who works when'

Pages
2,4 and 5

Understanding Autism

Pages 16,
17 and 19

Letter from the chair

Pages 20
and 21

**Please still wash your
hands several times a day
for 20 seconds**

**If you have symptoms of
coronavirus DO NOT go to
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[Www.steyninggoodhealth.co.uk](http://www.steyninggoodhealth.co.uk)

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Please feel free to ring any member of the committee whose telephone number is printed here. You can ask a question, ask for help, or pass us information. We are not established to handle individual complaints which should be directed to the Practice, or to any other provider concerned, but we can raise views and general concerns on your behalf.

We are grateful to our advertisers who support the production of this magazine and in particular to the **Wilson Memorial Trust** who so generously grant us funds.

Good Health is normally published four times a year. We hope to publish again in Summer 2022.

Find us on our web-site: steyninggoodhealth.co.uk

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Steyning Medical Practice

Dr Jacqueline Holdaway BSc, MBBCH6 (University of Wales), DRCOG, (1996)

Dr Alex Rainbow BM (1983 Southampton)

Dr Alan Bennett BA Hons, ACA, MBBS, DRCOG, MRCP (2007, St Georges University of London)

Dr Sophie Huxley St Georges MBBS 2003 & MRCP 2010 (University of London)

Dr Rashmi Jain MBBS MRCP, DCH, DFRSH, PG Dip Cardiology

Dr Jane Marr MBBS (Guy's, King's and St, Thomas') BSc MRCP MRCP DRCOG DFRSH

Dr Rebecca Poet DFFP 2009, MBBS 2003, MRCP 2010

Dr Salman Jafri MA (Cantab), MBBS (Charing Cross and Westminster Medical School) 1998 MRCP Exeter.

Dr Sarah Bruce 2008 University of Warwick, 2013 GP training

Dr Rusha Dawood

Dr Kat Kobialka



A number of people have asked which doctors usually work on which days. Here is an up-to-date version of:

WHO WORKS, WHEN?

Dr J Holdaway – works Tuesday – Wednesday Thursday

Dr A Bennett – works Monday – Tuesday Thursday Friday

Dr S Huxley works Tuesday Wednesday Thursday Friday

Dr R Jain works – Monday – Wednesday Thursday Friday

Dr S Jafri works – Monday Tuesday Wednesday Friday

Dr J Marr works – Monday Tuesday Wednesday

Dr Dawood works – Tuesday and Wednesday

Dr S Bruce works – Tuesday Thursday and Friday

Dr A Rainbow works – Monday and Thursday

Dr K Kobialka works Tuesday and Friday

Ryan McDermott our First Contact Practitioner works on Wednesday



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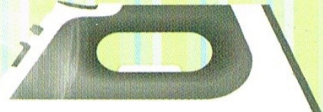
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Registered Osteopath

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Your Mind Matters

The pandemic has been tough and affected pretty much everyone's mental health.

A new campaign called Your Mind Matters has been launched by West Sussex County Council and partners to provide support for young people and their families by providing advice, resources and information about local services, events and information.

Your mind matters, the way you feel matters, and your emotional health is just as important as your physical health so take some time to explore the Your Mind Matters website and see what support is available for you, your friends and family.

www.westsussex.gov.uk/YourMindMatters

Steve McNulty our paramedic Practitioner works Monday Tuesday Thursday and Friday

Sonja Watson our advanced nurse practitioner works Monday Tuesday Wednesday and Friday

Sue Sergeant our physicians' associate works on Monday

These days are subject to change subject to annual leave and sickness

Some of the clinicians' days will be worked in Upper Beeding

We have two new additions to our nursing team, two healthcare assistants:
Morton and Lesley Powell

Upper Beeding surgery is now being used every day and patients may be offered the choice of an appointment at Upper Beeding.

The midwife holds her clinic at Upper Beeding on a Wednesday. Our social prescribers and mental health advisors also hold their clinics there.

Date for diary – practice closure – Tuesday 22 March 1.30pm onwards for our mandatory fire training and CPR



upper beeding
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Sunday
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NHS

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813218

dpd

Pickup

How do I use a defibrillator?

(AED Automated, External Defibrillator)

More and more of us know we need to respond quickly if someone is having a cardiac arrest. We probably know we should use a defibrillator to help them. We may even know where the nearest one is. What we don't know is "how do I use it?"

Relax! The good news is the machine will give you clear instructions on what to do once you open it. If you follow those instructions you cannot go wrong or harm the patient.

First things first – before anything else ring '999' and ask for an ambulance to come urgently. As time is crucial, be sure to give details of exactly where the patient can be found so the crew can go there directly.

It is important that somebody stays with the patient. So, if someone else is with you and you are near a defibrillator, you may be directed to it by the emergency call handler. If not, ask the call handler where the nearest one is and for the code to unlock the cabinet to access the defibrillator.

Take the defibrillator back to the patient as quickly and safely as you can. Make sure there is space around the patient, there is nothing obstructing their airway and they are lying on their back. Now open the front case of the defibrillator which will automatically turn itself on (or, if it is an iPad defibrillator, unzip the case and press the green button to turn it on). After a few seconds you will hear a voice from the defibrillator. This will tell you how to use the machine and also how to provide essential life saving care.

Many people want to know what to do in advance or finding themselves in a situation. You can learn how to perform this life saving care or cardiopulmonary resuscitation (CPR) as it is known, by visiting the NHS website: <https://www.nhs.uk/conditions/first-aid/cpr/> or viewing the St John's Ambulance website where there is a video: <https://www.sja.org.uk/get-advice/first-aid-advice/unresponsive-casualty/how-to-do-cpr-on-an-adult/>

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22

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We need help in the following areas:

stewarding • guiding • tea-room • kitchen • gardening • office

If you would like to know more, please call 01903 816205
or email info@stmarysbramber.co.uk

Update of Social Prescribing in Steyning

During Covid times the SP service has run mainly with phone support. However, now that we are coming out of COVID, more groups and services are back up and running which is great news.

The Social Prescribing Service works in partnership with the doctors' surgeries in giving some time and connecting people to information, services and activities with the aim of improving their health and wellbeing.

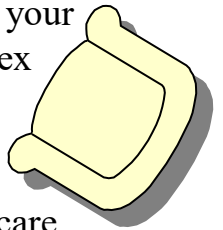
This is done by meeting with people, either at the surgeries or in the community, finding out about local groups, visiting them and just trying to link people or helping people access services that they didn't know how to do on their own.

We all do this to some extent and this is needed more than ever because of the forced isolation we have all had to endure during the last two years. In this time we have all suffered in one way or another. T

The idea of this service can be taken on by us all, reaching out, listening and just offering any small kind of support that we can, be that a smile, an acknowledgement, asking someone to join you in an activity or just a listening ear.

every hope that, with the help of A Level students at Steyning Grammar School, we will be able to trial the first screens locally. **Watch this space**—we should say!

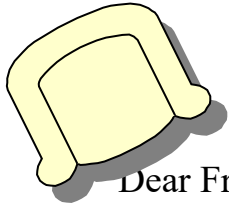
Steyning Medical Practice have had to cope with intense pressure over the period of the COVID pandemic and have had their own internal pressures as staff also became ill. The PPG has been made aware of the issues raised by patients with respect to the making of appointments, face to contact with a GP and such like. We do raise these issues on your behalf, and work with other PPGs across Sussex to highlight trends to health commissioners.



However, we all do need to remember that, as reported in the media, about 90% of all healthcare in the UK is carried out by primary care, for less than 10% of the health budget. We are fortunate in Steyning that our practice is so well staffed and so sensitive to our local needs. Although we are looking to the future, we understand how many people still appreciate and value this magazine. We have received many favourable comments from other Sussex PPGs and our commissioners, for its quality and we remain indebted to the Wilson Memorial Trust and our loyal advertisers, as well as our fantastic printer for helping us to produce this.

Stay well and enjoy the (slightly) warmer weather.

Lesley Humber, Chair,



Letter from the Chair

Dear Friends and Neighbours, **Spring 2022**

The coming of the first spring flowers is so joyful, it almost lets you forget just how awful life has been. Things do seem to be looking up, so it seems the right time for us all to thank the many people who supported our community over the past couple of years. So many have given up their time, and offered their talents to help others during this very difficult time. As at the end of January this year, the PPG alone held a list of more than 80 people who volunteered their help.

Time to move on now..... the Patient Participation Group has been planning how to respond to the West Sussex Commissioning Group's plan to increase patient and public involvement in healthcare planning and delivery. We know that this magazine is valued by many, and that some of you have also taken advantage of our steyningppg.groups.io messaging service. However, COVID19 has made us starkly aware that real time information is critical and that sometimes our messages have been too late for people to take advantage of, for example, vaccine clinics. We have applied for, and been granted, funding to develop health information screens. By the time we publish the next magazine, we have

Connection is what unites us and makes us stronger.

If you would like to be referred to this service please contact your surgery and ask them to refer you or if you have information about a new group or activity please do let me know.

*Alexandra Nevatt,
Social Prescriber for the Steyning & Henfield District.*

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Sussex Recovery College

Paul Neale
Senior Peer Trainer

What are we?

Sussex Recovery College offers **adult education** courses that focus on mental health and recovery. All our courses are co-produced and co-delivered by someone with lived experience (a Peer Trainer) who will also have a teaching qualification and someone with subject expertise (normally a registered health or social care professional).

Professional expertise and lived experience are given equal importance.

The idea is we're 'doing with' rather than 'doing to' or 'doing for'.

The language of recovery college is very different to what people might be used to hearing, in that we run **courses and workshops** rather than groups. We have **students** (rather than clients, patients or service users) who enrol (rather than being referred). We have a **prospectus** (rather than a prescription) and our students **graduate** (rather than being discharged).

analogy, both cars look identical, in the same way as an autistic individual looks no different to an individual without autism. However, the individual with autism struggles to function as it is living in a world that surrounds it with the wrong type of fuel making life an uphill battle.

Research and hearing the insights of individuals with autism has enabled us as a society to become more autism aware. However, that does not mean there isn't more to do. Understanding autism is the first step, but accommodating it is another very important thing that we need to consider. The important question for us to ask is how can we make this feel less like an uphill battle with the wrong fuel?

We can all make a start by taking simple steps to be inquisitive. Rather than just using autism as a label, we can explore what that means for the individual. A good place to start this research is with the National Autistic Society; <https://www.autism.org.uk/>. Here you can find information, guidance and advice in autistic spectrum condition, as well as support guides and an online community. The National Autistic Society also provides a magazine that is run by and for autistic adults and can be viewed online.

It's important to also note the role that many parents and carers have in the lives of an individual with autism. Whilst this experience can be rewarding, it can also be very challenging and there are local organisations such as West Sussex Carers Support, that can provide a safe space for carers to talk about the challenges of living or caring for an autistic child or adult.

Hannah Cotmore
Senior Mental Health Practitioner.

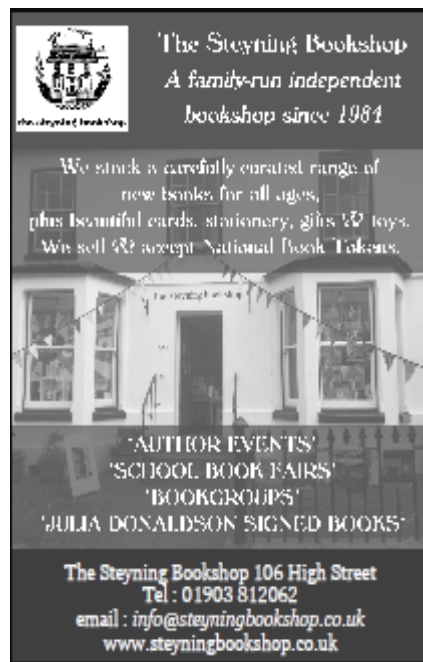
MAGAZINE DELIVERIES

First of all, I would like to thank everyone who delivers the Good Health Magazine.

You have given us support and reliability over the many years that John and I have been responsible for this and we, together with the PPG committee are very grateful for your involvement.

If any one would like to join our band of stalwarts and be responsible for delivering a number of magazines in their area, please get in touch with me, Felicity on 814007.

Many thanks



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All our courses are free and open to people living with mental health issues and their supporters.

We have three terms and the current spring term runs from Monday, 7th February to Friday 8th April.

We offer a mixture of in-person and online courses and workshops.

You can find out about our courses in our **prospectus**, which we publish once a year and it lists the courses and workshops we hope to run over the course of the academic year with full descriptions of what the courses involve and learning outcomes.

Each term we publish a **timetable** which details what courses we're running, where and when.

We run **Open Days** before each term where students can come along, meet our peer trainers and clinicians, find out more about the courses and decide which ones they want to apply for.

Where are we?

We serve the whole of East & West Sussex (not including Brighton & Hove), with courses and workshops running in community venues and online via Zoom.

continued overleaf

Continued from previous page

How to get on a course

Courses and workshops are available to book via our website. There are 'how to' videos on the website to guide students through the application process.

We have tablets available at our Open Days so students can enrol online there and then with support from our staff.

Students can apply for three courses per term. We aim to give everyone their first choice. Students can apply to attend courses anywhere in Sussex, priority is given to students from the local area in the first instance.

Booking onto a course

Online: go to www.sussexrecoverycollege.org.uk and follow links to our registration pages.

On paper: paper application forms are available on request from our Recovery College central office.

Open Days: these are held in both campuses three times a year – see the web site for further details

Contact us

Sussex Recovery College

Aldrington House

35 New Church Road

Hove BN3 4AG

www.sussexrecoverycollege.org.uk

sussex.recoverycollege@nhs.net

Many people talk about autism as a “spectrum” and that everyone is somewhere on this “spectrum”. This is, in fact, not true. A lot of people have traits of autism, but that does not mean they have the condition. In the same way as being breathless after a run wouldn't place me on the asthmatic spectrum. It's impossible to be on a spectrum of a condition that you don't have. This insight helps us not to underestimate the challenges faced by those with autistic spectrum condition.

Another popular belief around autism is that people feature as high or low on the spectrum. Recent research has challenged the idea of being at an end of a spectrum and instead, classified autism as a spectrum condition and that within this, every individual experiences their own strengths, behaviours, and difficulties. This does not mean they are placed at one position in a spectrum, they simply have their own equation that makes them unique. Therefore, if we are to understand the autism, we must first understand the individual and disregard stereotypes we may have previously held.

An analogy I sometimes use when describing autism is that of two cars of the same make and model. Whilst both cars look and function identically, one of the cars runs on unleaded petrol and the other on diesel. In the same way that both cars function well when they are given the right fuel, they also break down when given the wrong fuel. This could be comparable to having autism, in a world where the majority do not experience the condition. In the

Understanding Autism

It is estimated that 1-2% of the population have autism, yet how much do we really know about it as a condition? Our awareness is growing, and this is reflected in the recent television programmes involving Chris Packham and Paddy McGuinness. Both programmes revealed insights into life with autism spectrum condition, as well as being a parent or carer to an individual with the condition.

Someone diagnosed with autism has a neuro divergent brain, meaning the pathways they use to process and understand things is divergent, or different to those without autism. Something I previously hadn't considered was the benefits this diversity brings to the population. Many of the worlds most talented artists, creators and musicians are diagnosed with autism, and although we may be aware of their talents and creations, we are less aware that they also have a diagnosis of autism. Current household names who have been diagnosed with autism include Tim Burton and Dan Aykroyde. However, looking into famous historical figures, it has also been documented that Charles Darwin and Albert Einstein would meet criteria for an autism diagnosis if they were assessed today.

Autism has a large evidence base and research that is always growing. This growth continually provides new insights into a condition that we hadn't previously understood, and this challenges the language and terminology we may have used in the past.



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Shared Lives

Life is for sharing

People using the service have said:

"I like to go for walks in the countryside, which is nice with the dogs. I like going to the local café lunch".

"We have a good laugh, I like going out to restaurants, takeaways. My bedroom is being decorated and it looks really nice".

"I go shopping, buy new clothes, clean my room, help make the dinner and save money".

"I enjoy going to the pub with my Shared Lives Carers, meeting new people and watching and listening to live bands".

Relatives of people who use our service have told us:

"I am very pleased with the Shared Lives Carers they couldn't be more helpful with me and my son. His communication and confidence is better, his living skills are much improved. I couldn't ask for a nicer couple to care for my son".

"I can't think of any service improvements at all. If there was a gold medal for commitment they should be awarded".

Shared Lives Carers have told us:

"Shared Lives has enriched our lives and also the lives of our families and those around us. Our household is always full of fun and laughter".

"Our experience of Shared Lives can be summed up in one word – brilliant".

"The Shared Lives Worker is very skilled knowledgeable and professional. The relationship between us is built on mutual respect".

"The Scheme is extremely helpful in anything I have queried or asked for. Such as; help and advice, if the Shared Lives Worker says they are going to do something they do, which in this hectic world is a rare commodity".



Do you want to know more?

Have a chat to one of the Shared Lives Team between 9am–5pm, by calling **0330 22 25700**.

Call using Relay UK: **18001 0330 22 25700** (from a textphone or the NGT Lite app downloaded onto a computer, tablet or smartphone).

Or email the Registered Manager
SharedLives.DutyWorker@westsussex.gov.uk

Visit **westsussex.gov.uk/sharedlives** to apply to become a Shared Lives Carer or to find more information about the scheme.



Shared Lives

Life is for sharing,
could you share yours?

We are recruiting paid carers to join our Shared Lives Scheme and support people living with dementia or learning difficulties.



Please get in touch and find out more on **westsussex.gov.uk/sharedlives** or call **0330 22 25700** between 9am–5pm Monday to Friday, for a chat with a member of the Shared Lives Team.

