

PPG

Issue 93

Steyning Medical Practice Patient Participation Group for Your Area

Autumn 2023

Good Health



Merry Christmas!

Includes: Pull Out & Keep information on local defibrillators.

Steying Medical Practice

Dr Jacqueline Holdaway *BSc, MBBCH (University of Wales),
DRCOG,*

Dr Alan Bennett *BA Hons, ACA, MBBS, DRCOG, MRCGP
St Georges University of London*

Dr Sophie Huxley *St Georges MBBS 2003 & MRCGP
(University of London)*

Dr Rashmi Jain *MBBS MRCP, DCH, DFSRH, PG Dip,
Cardiology*

Dr Salman Jafri *MA (Cantab), MBBS Charing Cross and
Westminster Medical School, MRCGP Exeter*

Dr Sarah Bruce *2008 University of Warwick, BSc (Hons),
MBChB, MRCGP, DRCOG, DFSRH*

Dr Vicky Gover *MRCGP, FSRH LoC-IUT, DRCOG, MBBS,
Guy's Kings and St Thomas's Medical School,
Kings College London, Bachelor of Science
Biomedical Sciences with Maternal and Fetal
Health, Kings College London*

Dr Kat Kolbialka *MRCP, DRCOG, MBBCH on maternity leave*



Update from the Practice.

Dr. Rainbow has now retired. All at the practice wish him a long and happy retirement and are sad to see him leave.

Dr. Jane Marr left the practice during the summer. Although she enjoyed her time in Steyning, she felt she needed to work closer to home for her own work life balance. We wish her well.

Dr. Steph Hughes left the practice in September. She has understandably taken up a position closer to her home. We wish her well in her new post.

Unfortunately, Dr. Holdaway will be away from the practice for some time on sick leave. Our thoughts go with her for a good recovery.

Lucy Case - a Health and Well Being coach employed by our PCN (Primary Care Network) - has left our PCN to work nearer to home. (Our Primary Care Network comprises Storrington, Billingshurst, Steyning and Henfield)

Debbie Bushby, our Minor Injuries Nurse, retired at the end of October. We will miss her and wish her a long and happy retirement.

The Practice is actively recruiting clinicians and we will update you as soon as possible.

The shortage of clinical staff has been challenging for the Practice and we are thankful to our patients for their support and understanding. People are generally aware that there is a nation wide problem in the recruitment of doctors and nurses, and know that the practice is doing its very best to ensure that we can cover all the services that are needed.

The Practice would like to urge any patients eligible for their flu vaccination to book an appointment if they have not already received it. We particularly urge parents of eligible children to make an appointment for them.

This year, as we were so short of clinicians, we decided only to offer covid vaccinations to our local care homes, and housebound patients. We hope that our other eligible patients were able to take up the vaccine offered by local pharmacies and others.

We would encourage patients to take up the offer of cervical smear, and wound dressing appointments that are being offered at the Glebe Surgery in Storrington.

If patients are offered a GP Access Hub appointment with a GP, again we urge them to take up these appointments, as our own clinicians in Steyning are running out of capacity to see patients on the day.

We have a remote Woman's Health service available, and we would urge patients to take up an offer of this service if this is offered.

Every other Saturday morning we are offering a morning clinic at Upper Beeding. Please take up these appointments if they are offered as they will help our nursing team with their workload.

Recruitment for our admin teams is ongoing and we continue to struggle.

Finally, as from November 1st 2023 patients are able to have online access to their medical record via the NHS App. We have provided information and guidance on our website, and if any patient is still struggling with the NHS App we would remind them that the PPG offer bookable appointments at Steyning Library to help with this, or any other computer related problem.

Sheila Lidbetter
Practice Manager
Steyning Medical Practice

STEYNING GOOD NEIGHBOURS PAY TRIBUTE TO RETIRING CHAIRMAN

Steyning Good Neighbours is an organisation run entirely by volunteers who drive clients to medical and other appointments beneficial to their well being. We currently have approx. 400 clients and 90 drivers, with approx - 30 active at any one time, all of which requires considerable management time and effort.

For the past 6 years we have been extremely lucky to have Derek Took as our chairman. Derek has provided friendship to the volunteers who help with the daily running of the organisation, alongside invaluable support to the many clients who are in need of assistance. Derek stood down as chairman at our AGM in November and his leadership and encouragement will be greatly missed. He will be remaining as one of our telephone coordinators and drivers and we are grateful for his service.

We welcome our new chairman Miles Cary and know that the organisation will continue to prosper under his management. If you are interested in becoming a volunteer driver, please look at our website where you will find a short video showcasing what we do along with plenty of useful information, and call us on

01903 816181 to register your interest.

www.steyninggoodneighbours.co.uk

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Situation Vacant - Can you help?

The Steyning PPG need help from someone who would like to volunteer in the publication of the Good Health magazine.

If you have skills in desktop publishing you are just who we need!

You can contact the PPG via the website

www.steyninggoodhealth.co.uk or steyningppg@gmail.com

Distribution

A big thank you goes out to Denis Freeman & Mike Monaghan. It is with great sadness that we have to say good-bye to two of our distribution team Denis & Mike who have been distributors of the magazine in the Centre of Steyning and Ashurst & Wiston. We thank them for their long and loyal support over many years.

Letter from the Editor

I have decided to resign my editorship of the PPG magazine after ten years. It has kept me mentally agile for longer than expected, but it is now time to go.

Please would you as readers consider the value of volunteering as a member of this, or any other committee. It is the kind of work you can do as well as looking after the grandchildren! The call on your time is as much as you want it to be, and you have all the advantages of making friends and doing something worthwhile.

Think about it.

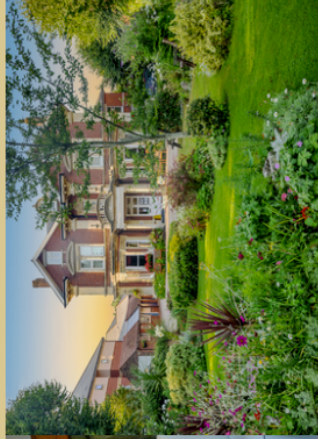
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DISCHARGE FRONTRUNNER PROGRAMME

In the last magazine we noted that Sussex was one of only six communities involved in the national Discharge Frontrunner Programme. So how are NHS Sussex doing?

Developing Integrated Care Teams

Across Sussex 3 Transfer of Care Hubs are being developed. These will involve multi-disciplinary teams working together in an integrated approach to coordinate the discharge plans for patients being discharged from hospital. Sounds obvious, but there are different models applied by services and bringing those together is key.

Home First

The principle being established, as most people desire, is to be discharged to their own home. This is where the multi-disciplinary approach is crucial at discharge, and that the person and their family and carers are fully involved. To develop this approach a shift to resourcing community support, and involving the voluntary sector is important.

Discharge to Assess

Another principle being fully developed is that any discharge from hospital includes assessment in the home environment. Again, it sounds obvious, but having service providers who can give information in situ that can change any care plan, can ensure effective implementation of that care plan.

Preventing Admission

If a multi-disciplinary approach is involved at admission to hospital - i.e. at the front door - there will be opportunities to divert people from admission with alternative care support. All of these strands involve effective communication, especially with the person and their family and carers. A change in resourcing to strengthen the community support from statutory(NHS and Local Authority) provision, plus

the voluntary sector, is required with rehabilitation in the community a critical component.

This is the beginning, and over the next 12 months NHS Sussex, linking with NHS England on the Frontrunner Pro-gramme, will be monitoring progress. Feedback from patients and carers will be important to this as the service develops.

Further information: NHS Sussex: sussex.ics.nhs.uk

Document: The Patient experience of discharge from Hospital.

Review of Insight NHS Sussex 2023 NHS England: england.nhs.uk

Document: Dept. of Health and Social Care: Hospital Discharge and Community Support Guidance 2022.

Andy Lane. Steyning PPG/Community Ambassador.





Steyning
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Our Reading Army receive training at the start of every academic year to ensure they are up to date with the latest guidance and feel confident with the children they read with.

We can work around **your** availability; some are able to offer 1 hour per week others are able to give 2 mornings or afternoons per week...every single minute of your help helps grow a love for reading and confident readers here at Steyning C of E Primary School.

If you would like further information / would like to be part of our team next year, please contact us at: readingarmy@steyningprimary.org.uk or you can call the school office on: **01903 813420**

We are committed to the safeguarding of our children. Therefore, any volunteers will be subject to the normal DBS and reference checks.

Thank you for showing an interest in joining Steyning C of E Primary School Reading Army.
We are an enthusiastic team of volunteers from the school and wider community.

**The Community Heartbeat Trust provides the following advice
if someone collapses**

- D - DANGER**— ensure the scene is safe for you and others before proceeding
- R - RESPONSE**— check the casualty needs help—talk to them and touch them gently
- S - SHOUT** — shout for help if the casualty does not respond.
DIAL 999 for an ambulance now!
- A - AIRWAY**— ensure the airway is open and clear. Tip the casualty's head back gently by pressing the chin.
- B - BREATHING**— Look, listen & feel for normal breathing—see if their chest is moving.
- C - COMPRESSIONS** — If the casualty is not breathing, start compressions. Place your hands in the centre of the casualty's chest and press down hard—push twice per second. Aim to do 30 compressions before taking a short break.
- D - DEFIBRILLATOR**— Ask someone to fetch a defibrillator—do not leave the casualty though—better to keep doing compressions until help arrives.

Steyping Area First Responders is a registered charity (1118023) serving the Steyping area and is entirely funded by donations from the local community. For more information or to donate to our work, please visit: <https://safersteyping.org.uk/>



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Steining, Bramber &



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Steining Cricket Club
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BN44 3YE

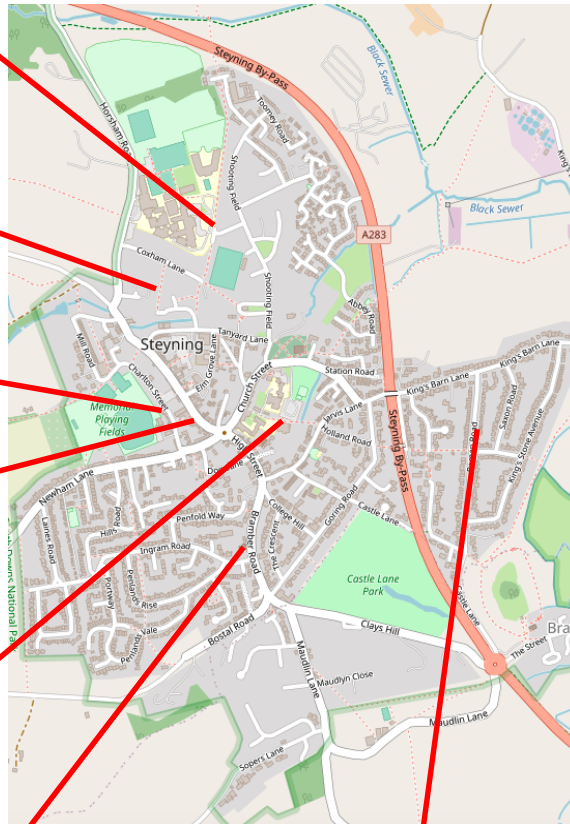
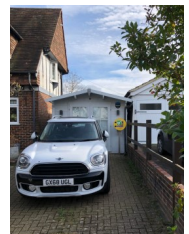
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BN44 3FN



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for a **SAFeR** community

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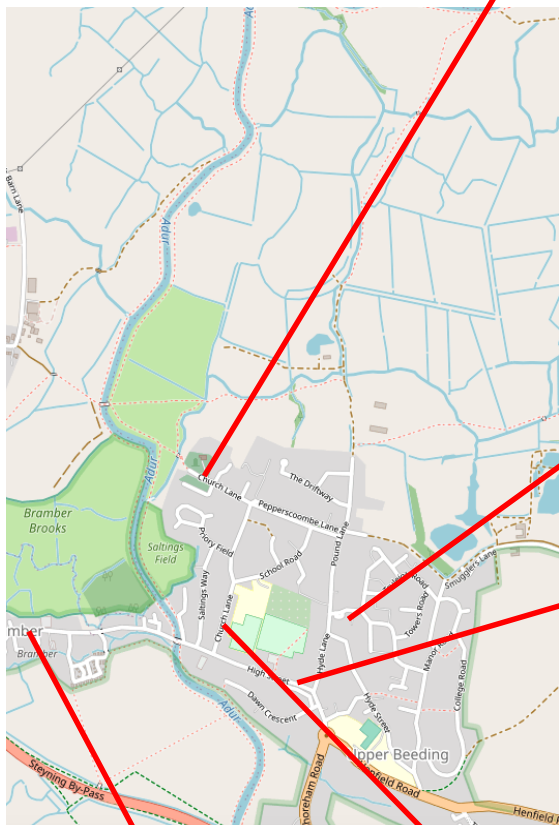
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The Hub, Beeding
19 Church Lane
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Pull out and keep handy



Steyning Area First Responders
*for a **SAFeR** community*

A lifesaving defibrillator is now within 400 metres of most homes in Steyning and Upper Beeding



Every second counts if someone is having a cardiac arrest.

To ensure residents of and visitors to Steyning, Bramber and Upper Beeding have the best chance of survival, a network of public access defibrillators has been put in place by the charity Steyning Area First Responders (SAFeR), with the generous support of the Wilson Memorial Trust.

Steyning now has 7 public access defibrillators, Upper Beeding 4 and Bramber 1. The locations are shown on the following pages. SAFeR also provides

defibrillators in Wiston and Ashurst.

How you can help someone who has collapsed.

You may be unsure how to help when an incident occurs.

On the back of this leaflet are guidelines from the Community Heartbeat Trust.

The most important advice is to **call 999 and ask for an ambulance** and also ask for the access code for the defibrillator. Give precise details of where the patient is to help the ambulance crew find them.

If you need to use a defibrillator—relax! Once you open it or press start, the defibrillator will give you clear audio instructions on what to do. If you follow those instructions, you cannot go wrong or harm the patient.

A Farewell Message from Dr. Alex Rainbow

As I rapidly approach retirement, I have been reflecting on how I came to work in Steyning, starting back in the cold winter days of 1991/2. Being a GP in a wonderful part of the country was something I chose to do in stages. As a teenager, I decided I wanted a varied and meaningful job which was also both challenging and rewarding. Not having a strong family link to medicine, it took a discussion with a friend for me to consider studying to become a doctor. I quickly decided it was what I wanted to do. When it came to choosing what speciality to work in, I looked at how happy in their work different doctors were and concluded that GPs had the best work life balance and independence. They also had the opportunity to get to know their patients and communities over an extended period of time.

I came to Steyning initially as a trainee and, after working overseas for a year, on my return, applied to become a partner in the practice. I was one of over 80 applicants for the post. When I started, we had paper records, pagers and did all our 'on call' with our wives/husbands having to answer the phones in the middle of the night if we were out on a visit. Over time we have progressed to digitalised records, a new practice building and have endured countless re-organisations of the NHS. We no longer work "out of hours" and are supported with great colleagues who are now trained and enabled to take on work previously only doctors could. Despite this and knowing that government support for General Practice moves in cycles, I am concerned at the moment for the NHS and for General Practice. The government are late to realise the need to train more staff, hence there are not enough trained staff to fill the needed positions. Medicine is rightly moving more into preventing rather than just treating illness,

but as our population ages and more people live with conditions for longer, the workload has increased. Where I was one of 80 applicants, now the practice is struggling to find suitable replacements for GP positions despite being in such a lovely area.

I feel I have been lucky; I have worked hard, tried to be dedicated and professional and have been rewarded for it. My work has indeed been varied and meaningful and I have loved being part of this community. It has been a privilege to get to know and help so many wonderful people and their families. The job of a GP remains at its core all of the things I initially hoped it would be, and I hope better times are ahead.

I would like to thank my GP partners, past and present; they have been so dedicated to our practice and have supported me during my GP journey. I would also like to thank all the health centre staff who work so hard and have brightened many a busy day for me. Finally, thank you to my wonderful patients for forgiving me for running late, as I often do, and giving me their trust. Steyning is a fantastic place, I have been so fortunate to both work as a GP and raise my family here. I am now hugely looking forward to my retirement within this community.

I would like to leave you with some health tips, none of which will be a surprise. Try and do plenty of low/moderate intensity activity. Eat more fibre and less sugar. Work on your strength, balance, and flexibility. In such a busy world try and balance your needs with those of your family and community. Try new things and have fun when you can. Take advantage of screening and advice on preventable medicine including vaccines, but if you do get ill and are not sure what to do, get advice and above all, take care of yourself.

Dr. Alex Rainbow

Living Grief

Also, known as ambiguous loss, anticipatory grief has been identified as the ‘constant yet hidden companion ‘of dementia. Carers often experience a continuous and profound sense of loss and subsequent grief as they live through the changes associated with the progression of the disease. Carers of a person with de-mentia find that they have grieved the loss of the person for so long that they don’t have strong feelings of grief when the person dies. Signs of living grief can include:

Anger and irritability

Uncontrollable emotion

Anxiety, fear, or dread

Denial Desperation

Guilt Lethargy, lack of motivation, anti social

Loneliness

Sadness, tearfulness

How do you cope with living grief?

1. Educate yourself about what to expect. Learn all you can about your loved-one’s condition, understand the symptoms, the side effects, and the prognosis.
2. Share feelings with someone else experiencing living grief. There are many resources for support groups.
3. Ask for help from family and friends. People are eager to help, don’t hesitate to ask friends or family for love, understanding and support if you need it. It is important not to put your life on hold. You cannot take care of your loved one if you are not taking care of yourself.

Continued on next page

4. Create memories your family members can enjoy. Even though your loved one is not able to do the activities they once enjoyed, try to involve them as much as possible in small, simple joys. In the end, you might cherish these innocent, often mundane memories the most.
5. Talk about unresolved feelings. It is so important to resolve any issues between you and your loved-one while you have the time. If they can, try to settle any financial or legal matters and discuss their end-of-life wishes. Have the tough conversations, hash things out, make amends, or just let them know how special they are.
You won't have regrets by sharing more with them

From West Sussex Dementia Carers Newsletter

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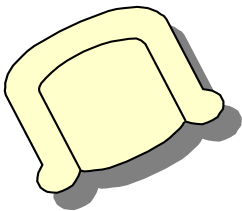
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Winter 2023

Letter from the Chair

Dear friends and neighbours,

Since our last magazine there have been changes to our committee, and there are more to come. Sadly, our friend and long term representative from Bramber and Upper Beeding Parish Council - Alan Chilver - has died. We will greatly miss his support, help and good humour. Ian Ivatt from the same Parish Council has also resigned from his role as rep. We hope someone will be interested enough to replace them.

Vicky Holmwood has also resigned from the committee. She has been a long term committee member, and has taken responsibility for publishing this magazine for the past 9 years. We will miss her support, and insights, and her willing correction of our grammar and punctuation!

For the future, our practice has offered to hold meetings in their premises, and at least one member of the practice will join with us on the committee. This will be most welcome, and it will allow us opportunity for a better exchange of ideas.

As a PPG we have also been invited to join Primary Care Network Meetings on a quarterly basis. Our first invitation is for February 2024 and I can report on that in our next publication. Greater public engagement and involvement is seen to be very important as services are being developed to meet local needs.

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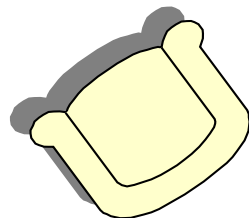
At a practical level we have continued to expand the number of premises that host health screens. We now have three in the waiting areas at the practice, and screens are now fronting the High Street in Burts Estate Agents, and inside at the Newsagents. These are in addition to the screens in the Steyning Centre, The Hub in Beeding, Upper Beeding pharmacy, and Ashington Pharmacy. We are planning more. The Wilson Memorial Trust have long supported the production of the magazine and this year, with their help, we will have sufficient finance to establish these screens. Thanks are due to Phil Godbold for his technical skill in developing this unique service.

Thanks to David Cubey our website has been refurbished and we hope you find it easier to negotiate. Like our screens, the website has links to other key organisations in our area - carers groups, Good Neighbours, etc.

Our committee would be delighted to welcome new members. No health service experience is needed for committee members, but an interest in supporting the practice, and in helping to influence developments in health and social care for the benefit of patients is important. Future meetings of the committee will be at the practice and held during working hours. Please contact us on steyningppg@gmail.com if you would like to find out more.

With best wishes for the season.

Lesley Humber (Chair)



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Chris Young	Parish Council Liaison (Steyning)	
Mariella Alexander	Parish Council Liaison (Steyning)	

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 three times a year.

We hope to publish again in Spring 2024

The PPG does not accept liability or responsibility for the advertisers' products, services or the content of articles in this publication.

THE STEYNING MEDICAL PRACTICE NUMBERS

MEDICAL PRACTICE 01903 497227 (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

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For a visit call before 10.00am 01903 497227

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