

Good Health

Autumn/Winter 2024

Issue 96



Steyning Medical Practice Patient Participation Group

ppg

Welcome to the autumn/winter edition of Good Health magazine.

The PPG and colleagues from Steyning Medical Practice have collaborated in this issue to provide practice updates and other health information. In October 2024, the practice switched to a new online system for booking GP appointments. The aim is to improve appointments availability and avoid the 8.00am rush.

The article called 'How to Book an Appointment' explains how to use the system to book a GP appointment and request a repeat prescription. If you're unable to book online, the reception team can help you.

There are also updates about Dementia, the ReSPECT process and ADHD, together with useful information about Lasting Power of Attorney and Falls Prevention.

Steyning Medical Practice:

- 01903 497227
- <https://www.steyningmedicalpractice.co.uk/>

For out of normal hours assistance:

- Please call 111
- Or visit <https://111.nhs.uk/>

In an emergency

- Please call 999

Andy Wadey (Business Manager) and Jo Wadey (Practice Manager) have joined the management team and will be supported by Julia (Practice Support Manager) and Judit (Business Support Manager). The management team have already met with the PPG and have lots of ideas about how we can work together going forward.

Dr Julia Lindert (MRCGP) started in October 2024 and will be working with us on Mondays and Tuesdays. Dr Lindert qualified as a GP in

August 2024 and is very excited to be working here at Steyning Medical Practice.

Dr Sally Campbell (MB BS) started with the practice in November 2024. Dr Campbell has an interest in diabetes and minor surgery.

Ryan McDermott, First Contact Practitioner, has joined us at Steyning Medical Practice.

Susanne Packham is our new Advanced Nurse Practitioner.

First Contact Practitioners (FCPs)

are highly trained physiotherapists, offering a musculoskeletal triage service in GP surgeries.

FCPs have extensive experience in the assessment and management of musculoskeletal conditions – such as back and neck pain – and see their patients without the need for a GP appointment. If you have bone, joint or muscle pain, you can see an FCP.

What to expect when you see an FCP?

- Your FCP will assess and diagnose you.
- Give you expert advice on how to manage your condition.
- Refer you on to a specialist service if necessary, including Physiotherapy, Orthopaedics and Radiological services.

How to book an appointment to see your FCP

Simply contact your GP practice and request an appointment with the FCP.

The reception team will check if you're suitable and book an appointment for you.



Ryan McDermott is the FCP for Steyning Medical Practice.

Respiratory Syncytial Virus (RSV) Vaccines

The surgery is offering RSV vaccines, which help to reduce the risk of serious complications from RSV, such as pneumonia and bronchiolitis. RSV is a common, highly contagious virus that can cause cold-like symptoms, which usually last between one and three weeks.

Anyone turning 75 years of age on or after 1 September 2024 is eligible for a single dose of the RSV vaccine, up to the day before they turn 80. Those aged 75 to 79 years old on September 1 2024 are eligible as part of a catch-up programme.

Anyone at least 28 weeks pregnant on 1 September 2024 is eligible for the RSV vaccine, which can help protect both the mother and her baby.

Appointment System

We are excited to launch our new appointment system, called SystmConnect Online. This will enable you to book appointments online. You will be asked to fill in a questionnaire that takes you through the triage process. (See **pages 4, 6 & 7** for details).

Please do not worry if you do not have access to a smart phone, tablet or computer. You can come to reception or phone the practice and the reception team will take

you through the questionnaire and submit the form on your behalf.

We hope that this new system will provide improved appointments availability, as we will be able to triage everyone fairly, based on clinical need. This should mean that you are offered the care you need and you will not have to be part of the current 8.00am rush.

Patient Survey

In spring 2025, in partnership with the PPG, we are planning to launch a patient survey, with the aim of improving your patient experience.

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Steyning Medical Practice switched to a new system for booking appointments with a GP on 23 October 2024. The new system is called SystemConnect Online and is available from 7.00am - 6.30pm Monday to Friday. (Closed on Bank Holidays and weekends).

What is SystemConnect Online?

This is a new online triage questionnaire that allows you to book appointments and make administration requests. If you need an appointment, we will arrange it for you. You can also request fit notes, test results, medication advice, and more. (Pages 6-7 explain how to book an appointment).

Why do I need to complete the questionnaire?

The questionnaire allows the triage doctor to review your issue, determine if you need an appointment and how urgently. It can also resolve minor queries without the need for an appointment, or safely direct you to other services such as pharmacies. If you're unable to book online, our reception team can help you fill out the questionnaire.

- Indicate on the questionnaire if you would like to see a specific GP. We will try to accommodate your request. You will be sent a link to book any necessary follow-up appointments.
- If you're booking for someone else (e.g. a child or dependent), please provide accurate information for that individual,

such as their full name, date of birth, NHS number or other identifying details.

- Appointments with Nurses, Health Care Assistants, and Pharmacists are still booked through reception.

Urgent Appointments (same day)

- Book via SystemConnect Online
- Select the option for urgent appointments. Provide as much detail as possible in the questionnaire.
- The triage doctor will review your issue, send you a link to book or ask the reception team to contact you. We aim to see urgent cases on the same day. If your issue is deemed non-urgent, alternative options will be offered, such as seeing a different clinician such as an Advanced Nurse Practitioner (ANP) or pharmacist.

How to Cancel an Appointment

You can log back into the system to cancel or reschedule your appointment, or you can contact our reception team for assistance.

[https://
www.steyningmedicalpractice.nhs.
uk/news/new-way-of-booking-
appointments](https://www.steyningmedicalpractice.nhs.uk/news/new-way-of-booking-appointments)

Steyning Medical Practice Doctors

ppg

Dr Jacqueline Holdaway BSc (Hons) Pathobiology, MBBCH (University of Wales), DRCOG.
Dr Alan Bennett BA (Hons), ACA, MBBS, DRCOG, MRCP (St Georges University of London).
Dr Sophia Huxley St Georges MBBS 2003 & MRCP (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, MRCP Exeter.
Dr Sarah Bruce 2008 University of Warwick, BSc (Hons), MBChB, MRCP, DRCOG, DFSRH.
Dr Vicky Gover MRCP, FSRH LoC-IUT, DRCOG, MBBS, Guy's Kings and St Thomas's Medical School, Kings College London.
Dr Katherine Kolbialka MRCP, DRCOG, MBBCH.
Dr Russell Brown MB ChB, Leic 1993, Summative assessment at end of VTS 1997.
Dr Julia Lindert MRCP
Dr Sally Campbell MB BS

STEYNING MEDICAL PRACTICE IN OCTOBER 2024



11,797
Registered patients



10,393
Inbound calls
308 successful call back
of 324 requested



3,089
Total appointments
68% face to face



8,418
Prescriptions issued



3 min 26 sec
Average hold time AM
1 min 55 sec
Average hold time PM



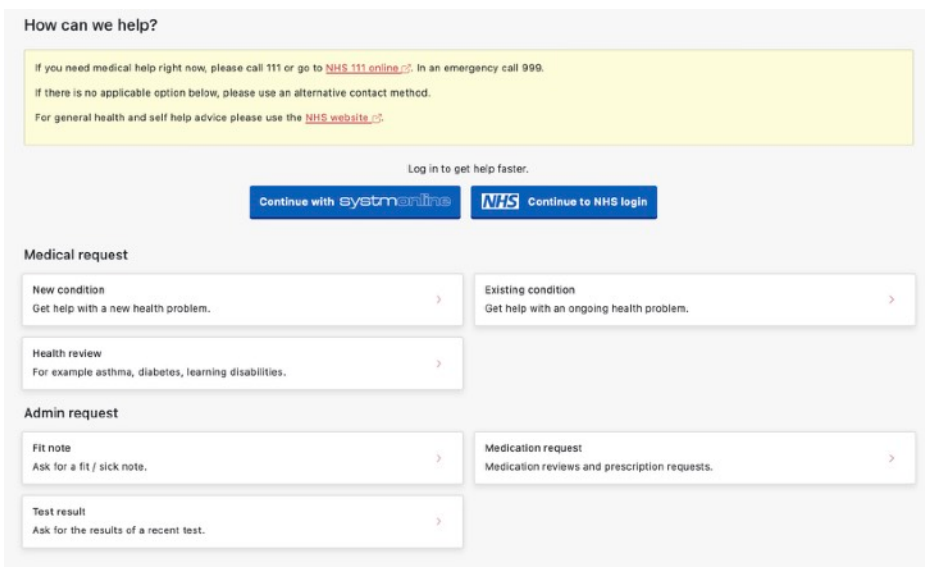
2,520
Letter processed

Unfortunately, 243 patient did not attend their appointment (6% of these were GP appointments). Please cancel appointments, so we can offer them to other patients.

How to Book an Appointment

How to book an appointment using SystmConnect Online

1. Type 'Steypning Medical Practice' into your browser.
2. Click on 'Appointments'.
3. In the 'Contact us online' box, click on **NEW REQUEST** which takes you to the SystmConnect page.
4. Click on **NEW REQUEST** which takes you to the following page:



The screenshot shows the 'How can we help?' page on the SystmConnect website. At the top, there is a yellow box with emergency instructions: 'If you need medical help right now, please call 111 or go to NHS 111 online. In an emergency call 999. If there is no applicable option below, please use an alternative contact method. For general health and self help advice please use the NHS website.' Below this, there is a 'Log in to get help faster.' section with two buttons: 'Continue with systmonline' and 'NHS Continue to NHS login'. The main content is divided into 'Medical request' and 'Admin request' sections. Under 'Medical request', there are three options: 'New condition' (Get help with a new health problem.), 'Health review' (For example asthma, diabetes, learning disabilities.), and 'Existing condition' (Get help with an ongoing health problems.). Under 'Admin request', there are two options: 'Fit note' (Ask for a fit / sick note.) and 'Medication request' (Medication reviews and prescription requests.). Each option has a right-pointing arrow.

Select **one** of the following:

Medical request

Click on one of the following:

- New condition
- Health review
- Existing condition.

Admin request

Click on one of the following:

- Fit Note
- Test result
- Medication request.

Tip

Do not click on:

- 'Continue with systmonline' because you will be asked for a password

Do not click on:

- 'Continue with NHS login' unless you have the NHS App on your phone.

For every request you choose, you will be asked to make sure that your request is not an emergency. For example:

New condition - Skin problem

Check it's not an emergency

You should not submit this form if the patient requires immediate treatment.

Call 999 if you have any of the following symptoms:

- **Signs of a heart attack:** chest pain, pressure, heaviness, tightness or squeezing across the chest
- **Signs of a stroke:** face dropping on one side, cannot hold both arms up, difficulty speaking
- **Sudden confusion (delirium):** cannot be sure of own name or age
- **Suicide attempt:** by taking something or self-harming
- **Severe difficulty breathing:** not being able to get words out, choking or gasping
- **Choking:** on liquids or solids right now
- **Heavy bleeding:** spraying, pouring or enough to make a puddle
- **Severe injuries:** after a serious accident or assault
- **Seizure (fit):** shaking or jerking because of a fit, or unconscious (cannot be woken up)
- **Sudden, rapid swelling:** of the lips, mouth, throat or tongue
- **Labour or childbirth:** waters breaking, more frequent intense cramps (contractions), baby coming, or just born

British Sign Language (BSL) speakers can [make an emergency call using the 999 BSL video call service](#).

Deaf people can use 18000 to contact 999 using text relay.

Continue, I have none of these

If your request is **not** an emergency, click on:

Continue, I have none of these

1. You will be taken to the 'New condition' page.
2. Fill in the form, then click 'Next' which takes you to the 'Your details' page.
3. Enter your details, so we can find you and contact you.
4. Submit your request by clicking on the red button at the bottom of the page.

The GP team will review your request and will reply to you within 48 working hours, via your preferred contact method.

Requests submitted at the weekend will be replied to on Monday. You may be asked to provide further information, or to send a photograph.

Tip

The easiest way to request a repeat prescription is to use the 'How to Book an Appointment' process outlined above and select 'Admin request', then 'Medication

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News from Bramber Parish Council

Bramber Parish Council have voted to become a Dementia friendly council. Councillors have taken online training and have learnt to identify some common symptoms of dementia.

Each person experiences dementia in their own individual way. Different types of dementia also tend to affect people differently, especially in the early stages. However, there are some common early signs and symptoms of dementia. These can include:

- Memory loss – for example, problems recalling things that happened recently.
- Difficulty concentrating, planning or organising – for example, struggling to make decisions, solve problems or follow a series of steps, such as cooking a meal.
- Problems with language and communication – for example, difficulties following a conversation or finding the right word for something.
- Misunderstanding what is being seen – for example, problems judging distances (such as on stairs) or perceiving the edges of objects, and misinterpreting patterns or reflections.
- Being confused about time or place – for example, losing track of the time or date, or

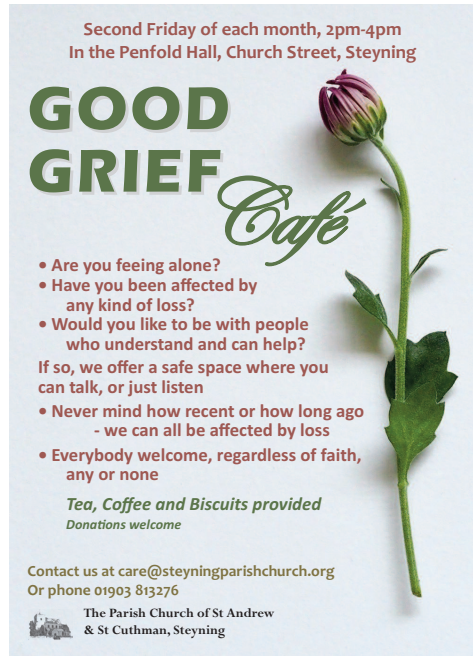
becoming confused about where they are.

- Mood changes or difficulty controlling emotions – for example, becoming unusually anxious, irritable, sad or frightened, losing interest in things and personality changes.

Further information can be found by emailing:

dementiafriends@email.alzheimers.org.uk

You can also call Dementia Friends on 0300 222 5855.



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GOOD GRIEF

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Or phone 01903 813276

The Parish Church of St Andrew
& St Cuthman, Steyning

What is ReSPECT?

ReSPECT stands for the **Re**commended **S**ummary **P**lan for **E**mergency **C**are and **T**reatment. The ReSPECT process has been adopted across Sussex to ensure that a person's clinical care wishes are known, so that in a future emergency where you may not have capacity or be able to express your choices they are already known in your ReSPECT plan.

Why have a ReSPECT Plan?

The ReSPECT process is intended to respect both patient preferences and clinical judgement.

ReSPECT can be for anyone who wants to record their care and treatment preferences, but particularly those who have complex health needs, are likely to be nearing the end of life, or at risk of sudden deterioration or cardiac arrest. It is available to anyone who wants to ensure that their health wishes are known, if they become too unwell to express them.

How does ReSPECT work?

A ReSPECT plan is created through discussions between a person and health professionals involved in their care. Family and/or carers can be included in discussions. An electronic version will be saved (with permission) on the GP patient records. The person keeps a paper version of the document at home so that they or their carers can share it when an emergency situation occurs.

ReSPECT may be used across a range of health and care settings, including the person's own home, an ambulance, a care home, a hospice or a hospital.

The ReSPECT document complements any other care plan that is in place and it ensures that the patient's preferences about care are understood. In times of emergency it can be difficult for family members to consider what to do, so the ReSPECT document can provide real help for a family member in an end of life situation.

The most important point to make about ReSPECT is that discussions have taken place with a health professional so that the patient's wishes are at the forefront.

For further information:

<https://www.sussex.ics.nhs.uk/your-care/emergency-care-plan/>

If you would like to make plans for your later life but don't know where to start there is a new, free, service available to West Sussex residents. You can self-refer and will be offered a series of confidential, friendly chats via phone or video call, plus a free copy of the My Future Care Handbook.

For further information see:

<https://myfuturecare.org/the-my-future-care-buddy-service/>

The following section of the Standard General Medical Services Contract relates to the establishment and maintenance of Patient Participation Groups. The aim of PPGs is to enable feedback from registered patients about services delivered to them by their Medical Practice. Patients are encouraged to feedback their opinions to the PPG.

Standard General Medical Services Contract

Published August 2024. NHS England.

5.2 Patient Participation

5.2.1. The Contractor must establish and maintain a group known as a "Patient Participation Group" comprising some of its registered patients for the purposes of: (a) obtaining the views of patients who have attended the Contractor's practice about the services delivered by the Contractor; and (b) enabling the Contractor to obtain feedback from its registered patients about those services.

5.2.2. The Contractor is not required to establish a Patient Participation Group if such a group has already been established by the Contractor in accordance with any directions about enhanced services which were given by the Secretary of State under section

98A of the 2006 Act before 1st April 2015.

5.2.3. The Contractor must make reasonable efforts during each financial year to review the membership of its Patient Participation Group in order to ensure that the Group is representative of its registered patients.

5.2.4. The Contractor must: (a) engage with its Patient Participation Group, at such frequent intervals throughout each financial year as the Contractor must agree with that Group, with a view to obtaining feedback from the Contractor's registered patients, in an appropriate and accessible manner which is designed to encourage patient participation, about the services delivered by the Contractor; and

5.2.5 review any feedback received about the services delivered by the Contractor, whether by virtue of clause 5.2.4(a) or otherwise, with its Patient Participation Group with a view to agreeing with that Group the improvements (if any) which are to be made to those services.

5.2.6 The Contractor must make reasonable efforts to implement such improvements to the services delivered by the Contractor as are agreed between the Contractor and its Patient Participation Group.

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Letter from the PPG Chair



Dear Friends and Neighbours

Welcome to the last edition of our magazine for 2024. You will see from this edition that our new Practice Manager, Jo Wadey, and her team, are involving themselves fully in communicating with you. We are thrilled to be including practice updates, and information, not only in our magazine, but also directly onto the health screens in our community, through our *groups.io* messaging service and through our website:

<https://www.steyninggoodhealth.co.uk/>

If you are still not aware of the messaging service which was originally created during the pandemic, then you might like to give it a try. There is no cost to subscribers, and your email account is protected. You will, however, receive information directly to your inbox in real time. Only the Practice Manager and her deputy, plus myself can input information. My information will come from trusted local health and social care sources, such as Healthwatch, but all other messages will be straight from the practice. You can subscribe using the QR code (see page 24), or by using:

steyningppg@groups.io

PPG Committee Members	
Chair	Lesley Humber
Treasurer	John Homeyard
Magazine Editor	Lesley Cresswell
Technology Developer	Phil Godbold
Website	David Cubey
Parish Council Liaison (Steyning)	Chris Young Mariella Alexander
Parish Council Liaison (Upper Beeding)	Jill Cannon
Parish Council Liaison (Bramber)	Helen Bayford
Committee Member	Andy Lane

Our health screens continue to be a useful resource for community groups, as well as providing health information. We are delighted to have installed a screen in the Beeding surgery, and reorganised the Hyde Square screen to the front of NISA supermarket.

By the time this magazine is published we will have held the last Focus Group of the year at The Hub in Beeding. With input from the practice, we hope to be able to hold more of these during 2025. If there is anything you would like to know more about, please let us know by emailing:

steyningppg@gmail.com

With best wishes for the coming season from the PPG.

Lesley Humber

Sussex Healthcare Updates

ppg

Update Sussex Health and Care

Readers may recall that an organisation called the Integrated Care Board (now called NHS Sussex) works together with local government in an Integrated Care Partnership (Sussex Health and Care Assembly) to 'integrate health, social care and health related services across our local communities in a way that best meets the needs of the local population, improves quality, and reduces inequalities'.

The intention is to create a multi-disciplinary workforce that can provide a more person centred service within a plan which is focused on the needs of communities.

Some plans have been in place for more than a year now, and an example of this is the development of Southlands hospital as our local Community Diagnostic Centre. This currently provides a range of services including x-ray, ultrasound, CT and MRI scans.

To facilitate planning around the needs of communities alongside local government services, a decision has been made to create a 'Neighbourhood' which comprises Horsham and Crawley Council. The priority for their work at present is on frailty, and there is a recognised need to address young people's mental health issues.

Update from our local Primary Care Network

Chanctonbury Locality comprises Storrington, Billingshurst, Steyning and Henfield practices. Working together the network have been able to offer same day appointments in alternative practices, and a recent survey of those who took up these appointments shows overall satisfaction with the help that was offered.

The Primary Care Network is able to fund additional services, such as first contact physiotherapy, which are not funded by the practice. Clinicians such as this may divide their time across more than one practice.

Our PPG meets quarterly with the other PPG representatives and the leaders of the Primary Care Network. If there are questions you would like answered please email:

steyningppg@gmail.com



Finding Clarity: My Adult Attention deficit hyperactivity disorder (ADHD) Diagnosis

Have you ever imagined saying the words 'my psychiatrist' to yourself or even out loud? I'm a strong businesswoman - someone my mum always described by saying, 'Put a brick wall in front of Zoe and she'll knock it down. A problem solver, she'll make things right and find solutions... Zoe lives the way she was born, hardly making it to the delivery room.'

I'm the person people turn to in times of crisis. So how could I ever admit to myself, let alone to others, that I see a psychiatrist?

My journey with ADHD began in a haze of constant overwhelm. For years, I struggled to focus, finish projects, and manage daily responsibilities, but I dismissed it as 'normal' life stress. Anxiety followed me everywhere like a shadow, feeding into a frustration I couldn't explain the anger towards myself and others. It wasn't until one of my best friends suggested I get an assessment that I admitted I needed help. That was when I met Dr. Sanjay Jain, a psychiatrist who truly listened to my struggles. After our first session, he diagnosed me with ADHD and anxiety, and for the first time, everything made sense. Dr Jain understood my brain.

One sentence from Dr. Jain will stay with me forever: 'You are like a Ferrari with no fuel.' That's exactly how I felt - I had the

capability, the ideas, the drive, but I just couldn't move forward. Although I had been successful, owning Valerie Manor for thirteen and a half years and receiving an OBE in 2023 for services to nursing and social care, I struggled internally. Many describe ADHD as a 'superpower' but for me, it felt like a ticking time bomb inside my head, constantly ready to explode because I didn't know how to manage it. It was, however, this superpower that led me to achieve what I did in life.

After selling Valerie Manor, I felt lost, uncertain of my worth without the structure my career had provided. But over the past year, thanks to Dr. Jain and medication, I've become a different person. The fog lifted, my anxiety decreased, and I began to manage my ADHD in ways I never thought possible. Dr. Jain helped me understand how my brain works, giving me tools to rebuild my life. Getting diagnosed as an adult has been life-changing - it's allowed me to finally be kind to myself and find peace in my journey.

I now walk into conferences with an army of support behind me. (Tools and strategies that I have learnt). No longer do my hands shake when I hold a microphone.



Zoë Fry

As Dr. Jain put it, I'm now a Ferrari with fuel, but I'm still learning how to drive again.

My personal advice to anyone who maybe feel a little like me and want to know how to seek help, I would recommend visiting <https://adhd.uk.co.uk/> for a wealth of helpful information and guidance.

In the UK, an adult who suspects they may have ADHD can follow these steps to seek help:

1. Visit a GP

- The first step is to book an appointment with your GP. During the consultation, describe your symptoms and how they impact your daily life. It's helpful to provide examples, such as difficulties with focus, impulsivity, or managing tasks.
- The GP may ask you about your history, including childhood behaviours, as ADHD often starts in childhood but may go undiagnosed until adulthood.

2. Referral for Assessment

- If your GP suspects ADHD, they will typically refer you to a specialist for an assessment. This could be an ADHD clinic, a psychiatrist, or a specialist in adult mental health services.
- The waiting time for an assessment on the NHS may vary depending on your location. In some areas, it can be several months or longer.

3. Private Diagnosis (Optional)

- If the NHS waiting times are too long or if you prefer a quicker diagnosis, you can seek a private assessment. Private clinics can usually provide an assessment more quickly, but it will involve a fee, which can vary between providers.

My final words: be kind to others - you never know what challenges they might be facing or the battles they are quietly fighting.

Zoë Fry, OBE, BSc, RN.



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Lasting Power of Attorney

Getting a Lasting Power of Attorney

You're fit, healthy and mentally astute so why would you even consider establishing a Lasting Power of Attorney (LPA)? The answer is precisely because of those things above you are in the best place to consider who is best placed to act with your best interests at heart, should you have an accident or illness and cannot make decisions for yourself, either temporarily or permanently. In the jargon, you 'lack mental capacity'.



So what is a Lasting Power of Attorney? This gives the people you trust the legal right to make decisions on your behalf should you become unable to do so.

What does it cover? There are two types of LPA, (i) For health and welfare (ii) For finance and property. You can have one or both types in place with the same or different people acting for you.

How do I do it? You can complete LPA forms online or use paper forms. If you do it online, you will need to print off and sign the forms. The guides shown below can help. You can also instruct a solicitor to prepare an LPA for you.

How much does it cost? If you do it yourself, it will cost £82 for each type to be registered i.e. £164 for both. If you instruct a solicitor, there will be additional legal fees.

What power does the attorney have over me? The person you appoint can make decisions on your behalf, but just because you have set up LPA, it doesn't mean they

take control of your life. It is only necessary if you 'lack mental capacity'. It is important to appoint someone you trust to make decisions that are in your best interests. You can cancel your LPA if you no longer need it or want to make a new one.

The making of and use of LPAs is governed by the Mental Capacity Act 2005 and is based on 'Best Interests' principles.

If you are considering an LPA, it is important to talk about it with those who you want to act as your attorney.

The guides below give you more information and help:

www.gov.uk/power-of-attorney
which.co.uk

ageuk.org.uk

Office of the Public Guardian:

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- Nisa in Hyde Square

Falls are the number one reason older people are taken to A&E, with unaddressed fall hazards in homes costing the NHS in England an estimated £435 million. Having a fall is something we all want to avoid, particularly the over 65s.

The NHS website recommends some simple tips for avoiding falls in your home.

Simple Tips

- Mop up spills.
- Remove trailing wires and frayed carpet.
- Try to use non-slip mats and rugs.
- Make sure rooms and hallways are well lit.
- Try to organise your living space so that climbing, bending and stretching are kept to a minimum.
- Get help for things you can't do safely on your own.
- Don't wear clothes that trail and that might trip you up.
- Wear well fitting shoes and slippers that are in good condition and support your ankles.
- Take care of your feet, and see a podiatrist if you can't cut your own nails or if you have foot problems.

Strength and Balance

- Simple activities like walking and dancing can help to improve balance.
- Taking the stairs, doing a regular 'sit to stand' exercise or raising yourself onto your tiptoes are simple activities to do at home.
- Some leisure centres and gyms offer strength and balance training programmes for older people.
- Regular activities like Tai Chi, Pilates or Yoga can help improve strength and balance and reduce the risk of falls.

Eyesight and Alcohol

- Look after your eyes, and have a sight test if you're concerned that vision loss could increase your risk of falls.
- Alcohol consumption can lead to loss of coordination and increase the risk of a fall.

You can find some more detailed information on the NHS website:

<https://www.nhs.uk/conditions/falls/prevention/>

Falling Safely using Judo Techniques

In 2023, *British Judo* announced a project that uses judo techniques to tackle thousands of fall-related hospital admissions each year. The project, *Finding Your Feet*, aims to teach older adults, and the wider general public, how to keep their balance, fall safely and get up easily, using adapted judo techniques.

Learning how to fall safely

Knowing how to fall safely is a helpful strategy to avoid serious injury at any age, but particularly for the over 65s. The first rule of falling is to protect your head. The most commonly used strategy after tripping is to fall onto outstretched hands, but this channels the impact of the fall into the wrists, risking a fracture.

Falling forwards

-  **Do** Fall on your forearm from your fingertips to your elbow, not just your hands
-  **Don't** Thrust out your arms as you fall. You'll risk fracturing a wrist.

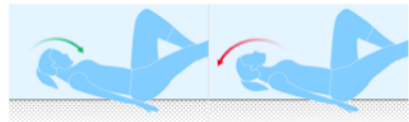


Do: Fall on the length of your forearm from your fingertips to your elbow, to meet the ground flat, not just your hands.

Don't: Thrust out your arms as you fall. You'll risk fracturing a wrist. Don't fall forwards onto your knees and face. You're more likely to break something.

Falling backwards

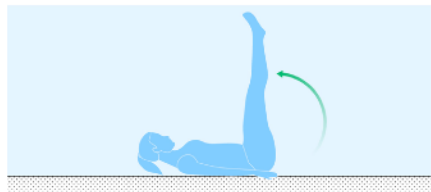
-  **Do** Falling backwards? Tuck your chin to your chest
-  **Don't** Let your head hit the ground first



Do: Tuck your chin into your chest.

Don't: Let your head hit the ground first.

-  **Do** As soon as your bottom hits the ground, roll backwards with the momentum and bring your arms down, so that their full lengths make contact with the ground



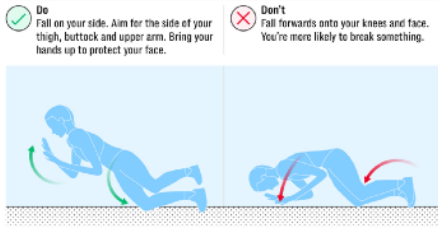
Bottom, lower back, arms:

Once your bottom hits the ground, roll backwards with the momentum. When your waistband touches the ground, bring your arms down, so their full lengths make contact with the ground and the shock is spread along them.

Relax downwards

The higher the position from which you fall, the greater the risk of injury. If you cannot correct your balance, try to fall almost as if in slow motion, lowering your centre of gravity intentionally. Bend your knees and elbows, keeping your feet on the floor if possible. Try to relax and release to the ground, almost like a waterfall or a sack of beans. This will lessen the impact of the fall.

Fall on your side



Do: Fall on your side. Aim for the side of your thigh, buttock and upper arm. Bring your hands up to protect your face and cover your head.

Falling on your side means you land more on the soft tissues, rather than joints and bones. The ideal is to end up in the recovery position.

You can find out more information about *Finding Your Feet* on the *British Judo* website:

<https://www.britishjudo.org.uk/what-is-finding-your-feet/>

In the following video, Dr Katrina McDonald, from Anglia Ruskin University who helped write the *Finding Your Feet* programme, demonstrates the correct way to reduce risk of injury.

<https://www.itv.com/thismorning/articles/the-judo-instructor-teaching-us-techniques-to-fall-correctly>

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