

Good Health

Spring 2026

Issue 100



ppg

Steyning Medical Practice Patient Participation Group

ppg

Welcome to the **100th edition** of *Good Health* magazine, which has been published since the PPG began in 1998. The magazine continues to be supported by our wonderful advertisers and the Wilson Memorial Trust.

In this issue you will find a little bit of history about healthcare in Steyning, the development of the Health Centre and Practice, and how *Good Health* magazine has supported both the Practice and its patients over the years.

On a more up to date note, this issue has updates about the Practice team, NHS initiatives, Blue Badge parking at the Practice, plus local healthcare news, and information about digital access to medical services.

Like many local voluntary organisations, the PPG needs your help - our current Chair is retiring after ten vital years in the role. Some of the work the PPG undertakes includes: working with

Steyning Medical Practice

- 01903 497227
- 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

Local Pharmacies

- Ashington 01903 892397
- Paydens 01903 815615
- Upper Beeding 01903 813218

PPG Website

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

the Practice, developing the PPG website as a patient resource, managing the Health Screens and producing *Good Health* magazine,

Why not come and join us in 2026?

Steining Medical Practice Doctors

ppg

Dr Jacqueline Holdaway BSc (Hons) Pathobiology, MB BCH (University of Wales), DRCOG.

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

Dr Sophia Huxley St Georges MBBS 2003 & MRCGP (University of London).

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

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

Dr Katherine Kolbialka MRCP, DRCOG, MB BCH.

Dr Sarah Bruce 2008 University of Warwick, BSc (Hons), MBChB, MRCGP, DRCOG, DFRSH.

Dr Vicky Gover MRCGP, FSRH LoC-IUT, DRCOG, MBBS, Guy's Kings and St Thomas's Medical School, Kings College London.

Dr Russell Brown MB ChB, Leic 1993, Summative assessment at end of VTS 1997.

Dr Julia Lindert MRCGP.

Dr Sally Campbell JCPTGP, MBBS.

STEINING MEDICAL PRACTICE IN FEBRUARY 2026



11,714
Registered patients



6,522
Inbound calls
19 successful call back
of 20 requested



4,056
Total appointments
84% face to face



8,373
Prescriptions issued



1 min 54 sec
Average hold time AM
2 min 46 sec
Average hold time PM



1,952
Letter processed

Unfortunately, 172 patients did not attend their appointment (28% of these were GP appointments). Please cancel appointments, so we can offer them to other patients.

Celebrating a Milestone: The 100th Edition

We are delighted to contribute to this landmark 100th edition of *Good Health* magazine. Over the years, this publication has grown into an invaluable bridge between the Practice and our patients, offering a trusted space for clear communication, shared updates, and open conversation.

In an increasingly digital world, where information can sometimes feel overwhelming or impersonal, having a dedicated forum like this is more important than ever. It enables us to introduce new roles, explain changes in healthcare and most importantly listen to the experiences, concerns, and ideas of our patients. This is central to providing a responsive, accessible and patient-centred service.

Our relationship with the PPG remains a cornerstone of how we operate. The PPG helps us identify areas for improvement, challenges our thinking, and ensures that the patient voice is embedded in daily decision making. We are grateful for their continued time, energy and commitment, and we look forward to many more years of working together.

Introducing Our New Care Coordinator

We are pleased to introduce Zoe, our new Care Coordinator, who has joined the team to provide additional capacity and expertise, particularly in supporting children and young patients with their ongoing needs.

A Fond Farewell to Two Valued Team Members

Retiring after an amazing 34 years as our Lead Practice Nurse, Pauline will be retiring in March. She has been a pillar of the Practice, known for her exceptional clinical skill, calm reassurance, and her unwavering dedication to patients and colleagues alike. Her contribution to the Practice, and to local families, is immeasurable. Pauline has shaped our nursing team, supported countless trainees, and helped guide the Practice through many changes in healthcare. We owe her enormous thanks, will miss her greatly and wish her a long, happy and well-deserved retirement.

Katie, our Family Planning Nurse, will be leaving in March to go travelling. Katie has brought energy, compassion and expertise to her role, and we are grateful for her contributions to the Practice. We wish her all the best as she sets off on her next adventure.

Our Nursing Team Continues to Be Here for You

Patients can be reassured that our nursing team remains strong and committed. The team includes: Vanessa, Nina, Helen, Naomi, Julia and Amanda (Healthcare Assistants) and Hannah (Phlebotomist). They look forward to continuing to provide high-quality, compassionate care to all our patients. With the support of our patients and the PPG, we step confidently into the next chapter of providing high quality, compassionate healthcare for our community.

Letter from the PPG Chair

The logo consists of the letters 'ppg' in a lowercase, rounded, sans-serif font. The 'p' and 'p' are red, and the 'g' is black. The logo is set against a white background with a subtle drop shadow.

Dear friends and neighbours
This is my last letter as Chair of the PPG. I am stepping down after ten years, but hopefully will remain as a committee member for a while longer.

This is the 100th edition of the *Steyning Good Health* magazine, and I have spent a happy time trawling through our archive collection of past editions with Felicity Downe. Some of our advertisers – Ashley Dawe and Jack Woodman, for example, have been with us from the start. How amazing! It really illustrates the strength of community in Steyning.

The latest information about the development of health provision in our area mainly focuses on increased efficiency and financial savings in the commissioning process. By 1 April 2026 NHS Sussex will merge with NHS Surrey Heartlands and form a single Integrated Commissioning Board (ICB) to commission all the health services we use: primary, secondary and mental health services. The final structure is under consultation, but the intention is to move from 1100 to 600 jobs. These changes do not impact on our service provision.

If you use our Groups.io email messaging service:

steyningppg@groups.io you will have seen that there is a consultation for the proposal to allow patients to register with a GP on the internet, rather than having to visit a practice. The consultation ends after this magazine is published but do let us know your views on *steyningppg@gmail.com*

Again, on *steyningppg@groups.io* you will have learned that the future of our local Healthwatch is under threat. Healthwatch is the independent health and social care champion and has statutory powers to ensure that patient views and experiences are fed back to commissioners and providers of our services. It requires a change in the law to disband Healthwatch, and this process could take another 12 months. The outcome, however, is that those roles will get split – Social Care concerns to the new Unitary Authority, and Health issues to the Integrated Commissioning Board. If you have a view on this contact us on: *steyningppg@gmail.com*

Thank you to our advertisers, and Wilson Memorial Trust for continuing to support the production of this magazine. Thank you to all of you who read it and find it useful.

Lesley Humber.

Steyping Patient Participation Group

Steyping Medical Practice is required under its contract with NHS England to obtain feedback from its patients through the PPG, in order to improve the services it provides. If you are a registered patient at the Practice you are automatically a PPG member. If you would like to feedback your views to the Practice, please email the committee at:
steypingppg@gmail.com

The work of the PPG is managed by a small committee, in collaboration with the Practice and representation from our local Parish Councils.



If you would like to receive messages from the Practice and other local trusted NHS sources direct to your email inbox, please use the QR Code shown, or email:

steypingppg@groups.io

This service costs you nothing and it remains the quickest way to get information to you.

PPG Committee Members

Chair	Lesley Humber
Treasurer	John Homeyard
Magazine Editor	Lesley Cresswell
Technology Developer	Phil Godbold
PPG Website	David Cubey
Parish Council Liaison (Steyping)	Chris Young Deborah Hanson
Parish Council Liaison (Upper Beeding)	Jill Cannon
Parish Council Liaison (Bramber)	Helen Bayford
Committee Member	Andy Lane
Committee Member	Yvonne Payne
Committee Member	William Payne
Committee Member	Jane Hersee

The QR code and Groups IO email are used for information directly from the Practice, e.g notifications of closures, big new events such as flu clinics etc, and for information from other trusted health and social care sources, e.g NHS Sussex.

The Practice currently uses SMS text messaging to communicate with individual patients. The *NHS App* is being enhanced, so that patients can receive messages through the App, rather than through SMS texts. You can find more information about the *NHS App* on page 7.

Digital Access to Medical Practice Services

The logo consists of the letters 'ppg' in a red, lowercase, sans-serif font, enclosed within a white rectangular box with a thin black border.

Like all GP practices, Steyning Medical Practice is trying to create more efficient access routes to medical services via its website and Apps.

This requires patients to use a PC, tablet or smartphone. The primary access route is via the Practice website, using *SystmConnect*, *SystmOnline*, or the *NHS App*.

- If you click on *SystmOnline* you are asked to log in with a username and password.
- If you do not have a username and password, you will need to contact the Practice to register for *SystmOnline*.
- If use the *NHS App*, you will be asked to log in with a username and password.

If you are not registered for *SystmOnline* or the *NHS App*, you can use *SystmConnect* as a guest.

- You can make a Medical request (Non-urgent, New condition or Health review) or make an Admin request (Doctor's letter, Fit note, Medication review/Prescription request, Test result).
- If you are not comfortable with accessing medical services in this way, you can phone the Practice and the reception team will fill out the online form on your behalf.

Repeat Prescriptions

All repeat prescriptions should be ordered online. You can order these:

- On the Practice website using *SystmConnect*, *SystmOnline* or the *NHS App*.
- Via the *Airmid UK App* (this is the App version of *SystmOnline* for smartphones)
- By creating an online account with your local pharmacy.

If you are not able to order a repeat prescription online, you can:

- Order the repeat prescription at the Pharmacy by returning the right-hand half of a previous prescription (but not by phone).
- Post your prescription slip or written request to the Practice (but not by phone).

YouTube Video

The Practice have posted a YouTube video on their website to explain how patients can access online medical services. The PPG were given the opportunity to comment on the video.

The Practice were not aware that the message on *SystmOnline* advised patients that they could access medical services via a long and complicated web address. The Practice did not see the page as a logged in patient saw it. Having brought this to their attention, the

page was amended to help patients navigate more easily to the webpage they need.

The NHS App

Dieter Gomm, the Operations Manager at the Practice, has informed us that over the coming months, there will be a wider national push to increase the use of the *NHS App*. NHS England is working to address the rising costs associated with SMS text messaging, which is used by most GP practices as their primary method of communication with patients. This has resulted in a significant increase in SMS text messaging costs.

To help manage this, the *NHS App* has been enhanced, so that patients can receive messages directly through the App, rather than through SMS texts. This new function will be released in the next couple of months.

Once live, GP practices will be encouraging patients to use the *NHS App* more routinely. You will start to see posts from the Practice promoting the use of the *NHS App* - particularly around prescription ordering and similar services - to help support this transition.

The PPG will continue to work with the Practice to raise issues of access to medical services. Do contact a member of the PPG committee if you have identified an issue that you think should be brought to the attention of the Practice (contact details can be found on page x). Please also take a look at the PPG website where you can find a range of information: <https://www.steyninggoodhealth.co.uk/>

David Cubey

PPG website manager.

Health & Wellbeing Digital Apps

Sussex NHS has launched a new healthcare app library to help people find safe, reliable apps to support them manage their health and wellbeing.

Developed in partnership with ORCHA (the Organisation for the Review of Care and Health Apps), the library helps cut through the

thousands of health apps available online.

The Sussex ORCHA app library is free to access on smartphones, tablets, or online, and is designed to make digital health support easier to find, safer to use, and accessible for everyone in Sussex.

<https://sussex.orchahhealth.com/en-GB>

Luxurious, safe NURSING & RESIDENTIAL CARE

Drumconner Lancing offers luxurious residential and nursing care by the sea between Worthing and Brighton & Hove, with stunning views of the South Downs. Privately operated by the same dedicated family since 1981, our recently refurbished home combines personalised, compassionate care with elegant surroundings and a warm, welcoming community.



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Spring is the perfect time for a restorative break. Enjoy a warm, cosy environment surrounded by beautiful spring gardens at Drumconner Lancing or Bournemouth, with four weeks for the price of three.

Our personalised respite care is designed to help you rest and recharge. You will enjoy home-cooked food, engaging daily activities and wellbeing services including complimentary physiotherapy.

Quote 'Steyning Medical Practice' on enquiry. T&Cs apply (enquire for more details).

BOOK A TOUR
01903 753516

www.drumconner.co.uk
enquiries@drumconner.co.uk
13-21 Brighton Road, Lancing


DRUMCONNER

Steypning Bowling Club

ppg

Try Something New in 2026

Steypning Bowls club had a busy time last year, installing a Pétanque rink and fitting a custom-made step to improve safe access to the Green.

This year we are able to offer a Buy One Get One Free deal. If you join the bowls club as a playing member you can play Pétanque for free. The outdoor bowls season starts in April.

28 March Coffee Morning 10.30am to 1.00pm

This is a chance to enjoy coffee and cake, meet up with our friendly club members and try a game of Pétanque. We will be happy to help you if you haven't played before.

We will also be holding monthly social events throughout the season. This year we have BBQs, Quizzes, a Treasure Hunt and Bingo evenings.

Open Day on 2 May From 11.00am

Everyone is welcome to drop in during the day. You will be able to play bowls and our experienced members will be there to guide you. All the equipment is provided, so you just need flat shoes or trainers. Bowls is a sociable game for all ages and abilities.



Steypning Bowling Club

Taster Sessions in May and June from 1.50pm

We offer Pétanque and bowls taster sessions every Monday afternoon in May.

If you would like to try bowls or Pétanque or for more information please see our website:

<https://steypningbowlsclub.com/>

Or you can call:

Mary 01273 887953

Why Regular Eye Tests Matter — Especially as We Get Older

Many people think of eye tests simply as a way to update glasses, but in reality they are an important part of maintaining overall health, independence and safety, particularly as we get older. Recent discussions about whether sight screening should be mandatory for drivers over 70 have highlighted an important issue: vision can change gradually, and many people are unaware that their eyesight has deteriorated.

Vision changes are often gradual

One of the challenges with eye health is that many eye conditions develop slowly and without obvious symptoms in the early stages. When the change is gradual, the brain adapts and people may not notice a reduction in vision until it begins to affect everyday activities such as reading, recognising faces, or driving.

Regular eye examinations help detect these changes early, often before a person is aware that anything is wrong.

Eye tests are about more than glasses

A comprehensive eye examination checks far more than just whether you need stronger lenses. It can identify early signs of conditions such as:

- Glaucoma — often called the ‘silent thief of sight’ because it

can damage vision without noticeable symptoms.

- Macular degeneration — affecting central vision and clarity.
- Cataracts — a common age-related change that can reduce contrast and increase glare.
- Diabetic and vascular eye disease — sometimes reflecting wider health issues.

Early detection is key. Many conditions can be monitored or treated more effectively when found at an early stage.

Vision and driving safety

Good vision is essential for safe driving. Clear eyesight allows drivers to judge distance, recognise hazards quickly, and respond safely to changing conditions.

Importantly, people may not always realise that their vision has deteriorated to a level that affects driving safety. Regular eye tests help ensure that any changes are identified and addressed promptly. While discussions continue nationally about screening requirements, one thing remains clear: routine eye examinations are one of the simplest and most effective ways to maintain confidence and safety on the road.

The importance of regular checks

In the UK, many people over 60 are entitled to NHS-funded eye examinations, making it easier to access regular care. Even without

symptoms, routine testing is recommended because prevention and early detection are always preferable to waiting until a problem becomes noticeable.

Looking after your eyes

Simple steps can help maintain good eye health:

- Attend regular eye examinations.
- Update glasses when recommended.
- Report any sudden changes in vision promptly.
- Maintain general health through good diet, exercise, and

managing medical conditions such as diabetes or high blood pressure.

Supporting independence and quality of life

Good vision plays a major role in independence, confidence, and quality of life. Whether it's reading, enjoying hobbies, recognising loved ones, or driving safely, maintaining eye health helps people stay active and engaged.

Jo Quinn

Optometrist at Robinson Opticians.
01903 813392



Pharmacy First

The Pharmacy First service is a great way to get treated

for a range of common conditions, which may require antibiotics or antivirals, without needing to book a GP appointment.

As a Pharmacist providing this service, I can see the benefits it brings to the whole community.

- It is simple, quick and convenient, as treatment can start right after a Pharmacy First consultation, to ensure suitability.
- At the same time, it helps reduce pressure on GP surgeries and urgent services, meaning more people can get the help they need sooner.

- Even if this service isn't suitable for someone, a referral can be made to make sure they get the care they need.

I am pleased to be a part of Pharmacy First and to see how it helps people access care quickly and safely.

So please feel welcome to give the Pharmacy a visit if you think you may have shingles, a sore throat, a sinus, urinary or insect bite infection, or if your child has an ear infection or impetigo. We will assess, advise and treat, or refer as appropriate to get you the care you need.

Kieran Biggins

The Pharmacist at Paydens.
01903 815615

Valerie Manor

*your beautiful countryside
home from home*



Valerie Manor is an award-winning Nursing and Residential Care Home in Upper Beeding, providing accommodation for 23 residents.

We are situated in the heart of West Sussex at the foot of the South Downs, with stunning views over the surrounding countryside.

Accommodation extends throughout our beautiful 17th century home and purpose-built nursing wing.

The wellbeing and happiness of our residents is paramount, and our carefully selected team of qualified and dedicated staff focus daily on individual needs.

As a small home, we are able to offer that little extra care and attention, ensuring a home-from-home environment.

Valerie Manor
Henfield Road, Upper Beeding,
West Sussex, BN44 3TF

01903 812 105
info@valeriem Manor.co.uk
www.valeriem Manor.co.uk



The Prostate Cancer Support Organisation (PCaSO)
Saturday 18 April 2026
10.00am to 3.00pm

New PSA testing has been organised by the PCaSO at the Sussex County Cricket Club in Hove. It is known that one in every eight men will develop prostate cancer. Those of African-Caribbean origin and those with a family history of the disease are two to three times more at risk.

This FREE PSA testing is by APPOINTMENT ONLY. It is available for men aged between 40 and 80.

A simple blood test could possibly save your life!

To book an appointment, please go to:

pcaso.mypsatests.org.uk

Select the 'Hove' event and book an appointment.

For enquiries ONLY phone 01926 419959
(Mon to Fri 9.00am-5.00pm).

Sussex County Cricket Club, The 1st Central County Ground, Eaton Road, Hove BN3 3AN



PCaSO - Prostate Cancer Support Organisation

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PCaSO are pleased to advise a new PSA testing event has been organised at the Sussex County Cricket Club in Hove.



**Prostate Cancer
Support Organisation**

1 in every 8 men will develop prostate cancer and those of African-Caribbean origin and those with a family history of the disease are 2 to 3 times more at risk.

Saturday 18th April 2026 - 10am to 3pm

The charity PCaSO is offering FREE PSA testing by APPOINTMENT ONLY at

**Sussex County Cricket Club, The 1st Central County Ground
Eaton Road, Hove BN3 3AN**

NO PARKING ON SITE

For men aged between 40 and 80 go to: -

pcaso.mypsatests.org.uk

select the 'Hove' event and book an appointment.

For enquiries only phone 01926 419959 (Mon to Fri. 9 to 5.00)

A simple blood test could possibly save your life!



The earliest record found in Steyning Museum about health care is an advertisement in the Sussex Weekly Advertiser on 7 October 1749, for Mr. Jackson's Tincture, a popular 18th-century patent medicine. The museum records also show that the Reverend John Penfold, Vicar of Steyning from 1792-1840, was a 'male midwife', and his father was an apothecary.

UK healthcare, before the NHS was established, was a patchwork of voluntary, private, and municipal services, largely dependent on income, class, and geography. By 1943, Dr George Dingeman had established his practice in Steyning High Street. At that time some patients enrolled on a doctor's 'panel', and paid some limited insurance, which provided some assurance of treatment when they got sick.

After the NHS was established in 1948, Dr Dingeman took on a partner, Dr Hayter, and from 1966 he was also joined by Dr Frank. By this time there were two other doctors' practices in the High

Street, with Dr Davidson, Dr Henderson and Dr Goodrich.

By 1973 Dr Dingeman was joined by Dr O'Donnell, Dr Frank and Dr Boger and the surgery was based in Dr Dingemans House, Grenofen, in Goring Road. A branch surgery was held in two rooms attached to the Kings Head in Beeding. The doctors used both surgeries, as well as providing home visits. The Practice moved to the Dingemans Health Centre in Tanyard Lane in 1973. After Dr Dingeman retired in 1979, Dr Wetson and Dr Noran joined the Practice, with the first female doctor, Dr Noble-Matthews, joining in 1982.

By 1985 the doctors at the Practice felt that more space was needed and a bungalow in Beeding was purchased. The 1990s saw the introduction of computers for administration, making repeat prescriptions easier to manage. The Practice doctors became GP Fundholders in 1991, having control over budgets and onward referrals to secondary care.

Plans for a purpose built new Health Centre began in 1995. The PPG, established in 1998, helped keep patients informed about the plans and ensured that their opinions were heard. This included suggestions for a special children's area, having consulting rooms on the ground floor because of concerns about lift failure, and improving privacy at reception.

Discussions about the new Health Centre continued into 2000, and by 2001 these plans also included Dingemans as a residential home and elderly care hub, and a Care Home on the Croft meadow site.

In Sussex in 2001, NHS Direct went live, and was the precursor of the NHS 111 service. By 2004 a new contract for GPs saw the cessation of Saturday working, and the provision of an Out of Hours service by the Practice.

The new Health Centre finally opened in 2007, with some services still operating from portable cabins during the building development.

Thanks to Lois Roemer at Steyning Museum for her help in the preparation of this article and the article on pages 20-21.



Step back into the past 100 years

A look back at how the NHS has developed, alongside key events

1910s	1920s	1930s	1940s	1950s	1960s	1970s	1980s	1990s	2000s	2010s	
Before 1948 and the NHS Patients generally have to pay for their healthcare. <i>"Before the war hundreds of thousands of people were just too poor to see a doctor."</i> Wendy Margaret <i>https://www.youtube.com/watch?v=...</i> At the start of World War Two an Emergency Hospital Service is set-up to care for injured soldiers. It gives a taste of what a National Health Service might look like. 	1918: World War One ends 1918: Women get the vote Parliament says they deserve it after doing men's work during the war.	1912: First BBC radio broadcast "Listening-in" becomes a popular pastime.	1936: BBC Television Service begins It is put on hold when war breaks out. 1939: World War Two begins Women are called up for the first time.	1948: The NHS is born It provides free healthcare to everyone and employs 144,000 people. Over 11 times more people work for the NHS now and it was one million patients every 24 hours.	1958: A vaccination programme for organ donors is launched for under 15s The vaccine greatly reduces disease. Children can now receive far more vaccinations to prevent diseases.	1960: First UK organ transplant Organs are donated from one person to another in a life-saving operation. Transplants are an incredible achievement of modern medicine.	1972: CT scans allow doctors to inspect the inside of the body like never before CT scans use X-rays and a computer to create detailed pictures. They are carried out in hospital by specially trained operators. <i>"From my experience, if you have drive, the opportunities are there - you have to go for it."</i> James Nicholson Midwife	1982: Men can work as midwives Back in 1978, the law said men and women should have the same opportunities. <i>"From my experience, if you have drive, the opportunities are there - you have to go for it."</i> James Nicholson Midwife	1998: NHS Direct launches It provides health advice to the public by telephone or through a website. It went on to become one of the largest e-health services in the world. It was later replaced by NHS Choices and the 111 service.	2007: Robotic arm is used in groundbreaking heart operations Doctors control the robot arm through a computer using a joystick. In future, it might be possible to program the robot arm to target a place in the heart chosen by the doctor.	2012: NHS is celebrated at the London 2012 Olympic Games 2017: There are over 350 different jobs in the NHS. It's not just jobs doctors and nurses! 2018: NHS turned 70!
1918: World War One ends	1912: First BBC radio broadcast "Listening-in" becomes a popular pastime.	1936: BBC Television Service begins It is put on hold when war breaks out. 1939: World War Two begins Women are called up for the first time.	1948: World War Two ends	1955: ITV, the first commercial TV station, is launched 1957: Russia launches Sputnik First satellite orbits the Earth.	1969: Man walks on the moon	1975: A new law is passed - Sex Discrimination Act It says men and women need to be treated equally and given the same opportunities in the workplace. 1979: First woman Prime Minister, Margaret Thatcher	1989: The World Wide Web is invented	1991: First website goes live It provided information on the World Wide Web project. It was made by the inventor, Tim Berners-Lee.	2000: Britain celebrates the start of a new millennium 2005: First ever video is uploaded to YouTube	2010: First iPad is launched	

Together we can make a difference!

www.stepintothens.uk/primary



Car Parking at the Practice

The logo consists of the letters 'ppg' in a lowercase, rounded, sans-serif font. The letters are red and are set against a white background that is part of a grey rectangular box with a slight drop shadow.

Car Park Provision and Access to Steyning Medical Practice

At the PPG's December meeting we agreed to consider the scope for improved parking provision for Blue Badge holders attending Steyning Medical Practice. This was informed by representations we received after the closure of Upper Beeding Surgery. The Practice has given us some helpful information and Steyning's HDC Councillor, Victoria Finnegan provided an update on plans for the Newmans Gardens car park. In summary, this is what we found:

- The Upper Beeding Surgery provided just 1.2% of all the Practice's appointments. Even if Blue Badge holders access healthcare services more frequently than the general population, (around 5% in England hold a Blue Badge), the closure of Upper Beeding Surgery is unlikely to increase demand for disabled parking sufficient for us to present a strong case to increase it.
- As a consequence of public consultation about the closure, the Practice agreed that Good Neighbours scheme drivers could use the disabled parking spaces immediately outside the Practice to assist less mobile patients access the building.
- Car parking in the area immediately outside the Practice, the responsibility of NHS Property Services, already meets good practice in the provision for Blue Badge holders as a proportion of the other car parking places (two places).
- Plans for the resurfacing and re-lining of Newmans Gardens car park, which have been in development for some time, include more and better provision for Blue Badge holders. We could lobby for further changes, but revising plans after two years of development seems remote.
- HDC is very unlikely to offer free parking spaces for healthcare staff in Newmans Gardens, which might enable more Blue Badge spaces outside the Practice. While HDC recognises the work of healthcare staff, such provision could create an unhelpful precedent. HDC already operates a discount scheme for not-for-profit organisations, including the NHS.

The PPG considers that there is little scope to lobby for more Blue Badge spaces in Newmans Gardens car park or adjacent to the Practice. We have shared the outcome of our considerations with the Parish Councils of Steyning, Bramber and Upper Beeding.

Your Health, Your Voice

ppg

YOUR HEALTH, YOUR VOICE: STEYNING NEEDS YOU!

Are you passionate about the future of healthcare in Steyning?
The Patient Participation Group (PPG) is looking for people like you to join the team!

- Improve Services**
Help us identify what works well and what needs changing – from the waiting room to the appointment system.
- Be an Ambassador**
Help us communicate important health information and changes to the wider community.
- Influence Decisions**
Your group feedback directly influences the Practice's priorities and planning.

It's easy to join!
Find out more at the Reception Desk, scan the QR code or visit:
www.steyninggoodhealth.co.uk



The PPG provides feedback from patients to the Practice, and aims to ensure that patient views are taken into account as services are developed, or where there are specific concerns. The PPG also provides information to Practice patients on health and well-being issues, and on developments in health services where the patient experience needs to be taken into account.

We are always looking for help on the committee, and are happy for volunteers to be coopted for a particular interest, or for a specific role. Volunteers with skills in digital technology or design, who can help with the Health Screens and their management, for example, are always welcome. In particular the PPG is looking for someone to take

on the role of Chair after April 2026.

As Chair of the PPG for over 10 years, and having worked for some 30 years as a clinician in the NHS, Lesley Humber feels that it is time to step down. Although Lesley has an NHS background, having been a Director of Community Health Services in Southwark, London, for 17 years, NHS experience is by no means essential to the role of Chair. Most PPG Chairs are simply people with an interest in the health and wellbeing of their local community.

If any Practice patients would like more information about the PPG committee roles, please don't hesitate to get in touch with:
steyningppg@gmail.com

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Celebrating Good Health Magazine

ppg

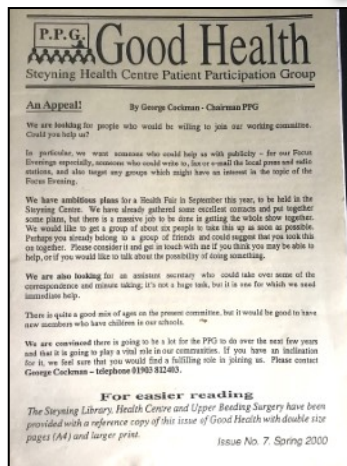
Although the PPG started in 1998, our earliest copy of the magazine dates from 2000. In this issue, George Cockman, then the Chair stated: *'The bread and butter work of the PPG is the production of a quarterly magazine, Good Health, the arrangement of Focus Evenings, and the running of an information service.'*

This much has not changed. What is interesting is that the magazine contained so much information on health conditions, and specific information about the roles of different local clinicians.

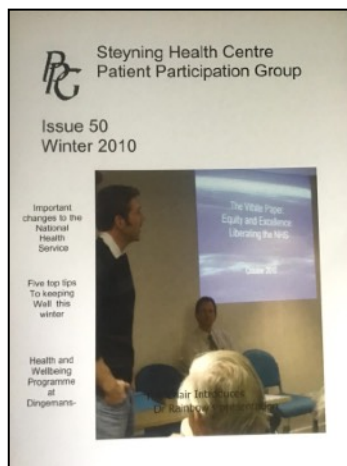
Early *Good Health* magazines had more advertisements, with articles by GPs, as well as consultants from local hospitals. They also included recipes, Church news and updates from other organisations such as Good Neighbours. At that time the PPG committee had five people responsible for producing the magazine, as well as John and Felicity Downe who managed its distribution. This was in addition to the Chair, Vice Chair, Secretary, Treasurer and Focus Evenings organiser.

Much has changed! We currently have one magazine editor, supported, of course, by other committee members. It would be helpful to find a local PPG member, someone with computer and design skills, who would be interested in helping with the magazine at some point in the future.

Time and technology may have reduced the need for articles on specific health conditions, but even



these days, when information can be found online, there will always be a place for *Good Health*. It provides information about health campaigns, local health issues, health provision at the Practice, all of which are ably supported by the PPG Health Screens, the Groups IO email service and the PPG website.



Swabs and Bandages

ppg

In the days before the NHS, health care in Sussex depended on local doctors and district nurses, together with the Sussex County and other hospitals. The district nurse took lodgings in the town and she or a speaker from the Red Cross Society arranged courses in home nursing. The nurse also had charge of the Bath Chair which could be hired for 6d per day or 1s.0d. for visitors. Use of the chair was free for subscribers to the District Nursing Association.

One the most generous health care supporters was the Hon. Mrs Hamilton Russell who lived at Bayards. She was the local representative of the British Red Cross Society and the District Nurses Association. She volunteered her house as a reception post for rummage sale items, used clothing and furniture collected from house to house by horse and cart. She also held sewing parties for making items of hospital linen, providing the cotton material and flannel herself that could be collected and taken home to sew if that were more convenient.

In November 1926 the Steyning district nurse, Nurse Coppard, had to retire. A sale was arranged in



the Wesleyan schoolroom and she gratefully received the £66 proceeds. Nurse Coppard's replacement was Nurse Brown, who was still living in Steyning when National Insurance and the National Health Service were introduced in 1948.

The matron at the Sussex County hospital was always grateful for gifts of swabs and bandages to replenish her cupboard. Also very welcome were gifts of food from the annual 'Pound Day' and any fruit and vegetables from the Harvest Festival. On Pound Day, residents and schoolchildren were asked to bring £1 or a pound of some food item to be given to the hospital. Rice and sugar were popular as they were cheap to buy. Plum jam, crab apple jelly and blackberry (bramble) jelly could also be made cheaply at home and were very acceptable.

In 1926 £15 was sent to the hospital together with 340lbs of dry groceries, jam, apples, soap, 9 yards of house flannel, 13 swabs, 6 dusters, 3 carpet brushes, a tin of polish, a tin of groats (boiled and crushed oats), a tin of Oxo, 3 packets of cotton wool, 3lbs of barley, 1lb of dried peas, 12 cakes and 157 new laid eggs.

The hospital kept regular accounts of the costs of treating Steyning patients and these were particularly high during the epidemics following the war.

Following the death of Queen Alexandra, widow of Edward VII, a memorial fund was set up in her name to support wounded ex-servicemen. The Flag Day was similar to the British Legion Poppy Day, but with pink 'roses' instead of 'poppies'. The Queen was said to have had the idea after seeing a

man selling real roses from his garden in aid of the wounded. Following a meeting at Petworth House in March 1926, Mrs Hamilton Russell reported in the Parish Magazine that Steyning would support the fund through the Nursing Associations. The money collected would be divided between 'The Endowment Fund of Queen Victoria's Nurses' who attended the sick in their own homes, and 'The West Sussex County Nursing Association District Nurses.'



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Email: info@horshamdistrictwellbeing.org.uk

Visit: www.horshamdistrictwellbeing.org.uk



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Help Wanted!

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Your PPG delivers 4,500 *Good Health* magazines, three times a year, to patients who are registered with Steyning Medical Practice.

We rely on volunteers to deliver the magazine and urgently need more help to make sure everyone receives it. Delivery requires less than an hour of your time and is only **three times** a year.

We need help with:

The Summer issue from 24 July.

The Autumn issue from 27 November.

We need your help to:

- Drop off magazine bundles for delivery.
- Walk and deliver magazines door to door.

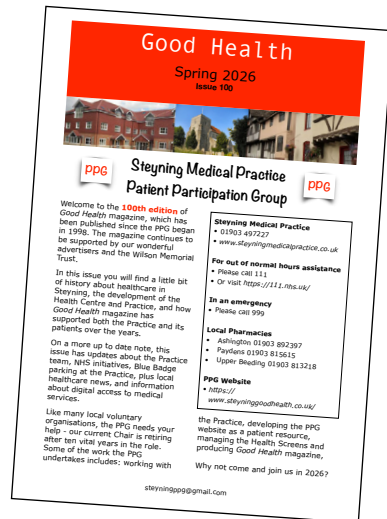
Please come and join us. You would be very welcome.

Please contact:

John Homeyard
PPG Treasurer.

01903 814826
07870 220791

johnhomeyard@gmail.com



Health Screen Locations

Steyning Medical Practice	Steyning Library
Paydens Pharmacy	The Hub Upper Beeding
Upper Beeding Pharmacy	HJ Burt Estate Agents
Ashington Pharmacy	Nisa in Hyde Square
The Steyning Centre	

Steyning Medical Practice

Tanyard Lane, Steyning, West Sussex, BN44 3RJ

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Medical Practice (<i>Phone lines closed 1.00-2.00pm</i>)	01903 497227
District or Community Nursing (Option 2)	01903 254789
School Nurses	01273 696011 Ext 6100
Health Visitors	01273 696011 Ext 1555
Physiotherapists	01903 843346
Podiatry (<i>Call 10.00am-12.00pm & 2.00-4.00pm</i>)	01273 466064
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Monday	8.00am to 6.30pm
Tuesday	7.00am to 6.30pm
Wednesday	8.00am to 6.30pm
Thursday	8.00am to 6.30pm
Friday	8.00am to 6.30pm
Saturday	Closed
Sunday	Closed

- Thanks to Lois Roemer at Steyning Museum for her generous help in the preparation of the articles on pages 14-15 and 20-21.
- Thanks also to the committee for their proof reading assistance.
- If you can help with proof reading, please email the committee. See email address below.

If you would like to receive messages from the Practice and other local trusted NHS sources direct to your email inbox, please use the QR Code shown, or email:

steyningppg@groups.io

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