

Good Health

Summer 2026

Issue 101



ppg

Steyning Medical Practice Patient Participation Group

ppg

This issue includes a useful update from Julia, the Practice Manager, on how patients can access help more quickly. There is also an update on the recent NHS reform which has resulted in the launch of the NHS Surrey & Sussex Integrated Care Board. This change aims to support delivery of new 10-year Health Plan to improve outcomes for patients and communities.

Dr Sophie Huxley describes a typical 'Day in My Life as a GP', explaining some of the decisions and responsibilities involved in the demanding but fulfilling role of a GP.

Other health news includes an input on the importance of Foot Care, a report about the Focus Group meetings held in March and May, and inputs on Dementia, the 'Living Well Programme', and 'Love to Move Sussex'.

You might like to join the 'Local Voices Network' where you can get NHS updates from NHS Surrey & Sussex and take part in surveys to

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/>

help to improve local health services. Lastly, if you would like to join our PPG community, you will receive news, Practice updates, event notices and inputs about health campaigns, together with the opportunity to be part of discussion and community feedback.



We would like to share some updates about the Practice, explain some of the ways patients can access help more quickly, and say thank you for your continued support and understanding.

Like most GP surgeries across the NHS, we continue to experience extremely high daily demand. Behind the scenes, our clinical and reception teams are constantly juggling urgent illness, long-term conditions management, medication queries, hospital letters, test results, safeguarding concerns, home visits, and the many hundreds of patient contacts we receive each week.

We know it can sometimes feel frustrating when appointments are limited or when we can't always offer the exact clinician or timing requested. Please be assured that the whole team is working incredibly hard to make sure patients receive safe care and that those with the greatest clinical need are prioritised appropriately.

How Patients Can Help Us (and themselves!)

There are a few small things that genuinely make a big difference to how smoothly the Practice runs and how quickly we can help our patients.

- If you no longer need an appointment, please cancel it,

even on the day. Every cancelled appointment can usually be reused for another patient who is waiting.

- If you think you may need a home visit, please contact us before 12 noon where possible. Early requests help the duty doctor safely plan visits alongside urgent surgery work and allow us to prioritise the sickest patients appropriately. Requests made during the morning are much easier for us to manage safely and efficiently.
- Our Patient Services Team may ask a few questions when you contact us. They are not being nosy; they are trained to help direct patients to the right clinician or service as quickly as possible.
- If you are submitting an online request, including as much detail as possible really helps us. Good information means we can often deal with problems more quickly and avoid unnecessary delays or repeat contact.
- Please remember there are many parts of the NHS that can help beyond a GP appointment, including pharmacists, physiotherapists, mental health teams, opticians, dentists and minor injury services.

Listening to Feedback

We value feedback from patients through comments, surveys, compliments, complaints, and our PPG. Feedback helps us understand where things are working well and where we may need to improve communication or processes.

While we cannot always make immediate changes, particularly within the current pressures facing General Practice nationally, hearing patient experiences remains extremely important and helps shape future improvements.

Pharmacy First – Quicker Help for Common Illnesses

Community pharmacists are highly trained healthcare professionals who can provide advice, treatment, and medication where appropriate, without the need to contact the GP. Conditions covered include:

- Sinusitis (aged 12+)
- Sore throat (aged 5+)
- Earache in children (aged 1–17)
- Infected insect bites (aged 1+)
- Impetigo (aged 1+)
- Shingles (aged 18+)
- Uncomplicated urinary tract infections (UTIs) in women aged 16–64)

Using Pharmacy First can mean faster treatment, while keeping GP appointments available for more complex or serious problems.

Some pharmacies can provide ongoing contraceptive pill services, but not prescriptions where the pill is being used for acne treatment or cycle control.

Using SystmConnect

One of the easiest and quickest ways to contact the Practice is through *SystmConnect* on our website. Requests are reviewed by our clinical team and directed to the most appropriate clinician or service.

Patients can use SystmConnect to request appointments or medical advice, ask administrative questions, and submit follow-up information or photographs where appropriate. You

can use the QR

Code shown to

watch a video

about

SystmConnect. Or

you can email the

PPG (bottom left

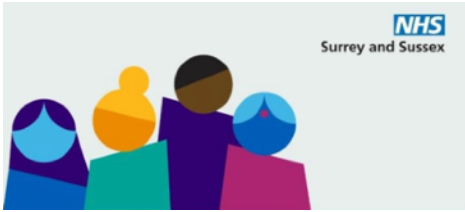
of the page) for a link to the video.



Many routine tasks can also be managed online, including ordering repeat prescriptions, viewing parts of your medical record or checking test results once available.

If you are unsure how to use online services, please speak to our team - we are happy to help.

We know healthcare can feel stressful and worrying when you are unwell or supporting a family member. Our staff genuinely care and are doing their best in what remains a very pressured NHS environment. We are very grateful to the many patients who continue to support and encourage the team every day.



organisation focused on improving the health of our local population.

The Surrey and Sussex Integrated Care Board (ICB)

On 1 April 2026, NHS Sussex and NHS Surrey Integrated Care Board was launched, following a merger of NHS Surrey Heartlands and NHS Sussex.

The new ICB will be responsible for setting a clear strategy for improving the health of the local population across Surrey and Sussex. This includes making sure how health and care funding is spent locally has a direct impact on improving people's health, and reducing the inequalities we know exist in how some people access and receive care.

[https://
www.surreysussex.icb.nhs.uk/](https://www.surreysussex.icb.nhs.uk/)

NHS Surrey & Sussex brings together the NHS, local councils, and community organisations to support the health and wellbeing of more than 3 million people across Surrey, Brighton & Hove, East Sussex, and West Sussex.

Our goal is simple — to make it easier for people to get the care and support they need, when and where they need it. By working more closely together, we can help everyone in Surrey and Sussex live healthier, happier lives.

NHS Reform

In March 2025, the government announced significant changes to the NHS landscape, aimed at strengthening roles and responsibilities across the wider NHS and reducing duplication, so more funding can be directed to frontline care.

These changes signal a leaner way of working, where every part of the NHS is clear on their purpose, what they are accountable for, and to whom, and will help support delivery of new 10-year Health Plan to improve outcomes for patients and communities.

As part of this NHS reform, Integrated Care Boards (ICBs) were asked to significantly reduce their operating costs (by approximately 50%) and focus on their critical role as strategic commissioners – working to improve population health, reduce inequalities and improve access to more consistent high-quality care.

This represents a step-change in ICBs' leadership and responsibilities, and an opportunity to create a fundamentally different kind of

Get Involved

People and communities are at the heart of everything we do. We want to listen, learn, and work with you to shape the future of health and care across our area. Your ideas and experiences make a real difference.

Local Voices Network

Our Local Voices Network currently has around 1000 members and we are keen for more people to join from our local area.

By being a member, you will receive regular updates and news from NHS Surrey & Sussex, hear about

opportunities to work with us, be part of surveys and consultations, and find out how you can help to improve local health services.

Membership is free. If you live in Sussex and you are aged 16 and over, then join your Local Voices Network and start getting involved in how healthcare works in your area.

If you would like to join our Local Voices Network please email

sxicb.involvement@nhs.net

or call 0300 140 9854.



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Anna - Foot Health Practitioner



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Dr Jacqueline Holdaway BSc (Hons) Pathobiology, MBBCh (University of Wales), DRCOG.
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Dr Russell Brown MB ChB, Leic 1993, Summative assessment at end of VTS 1997.
Dr Julia Lindert MRCGP.
Dr Sally Campbell JCPTGP, MBBS.

STEYNING MEDICAL PRACTICE IN JUNE 2025



11,755
Registered patients



7,095
Inbound calls
13 successful call back
of 13 requested



3,837
Total appointments
78% face to face



8,465
Prescriptions issued



3 min 31 sec
Average hold time AM
2 min 39 sec
Average hold time PM



2,046
Letter processed

Unfortunately, 82 patients did not attend their appointment (42% of these were GP appointments). Please cancel appointments, so we can offer them to other patients.

My day usually starts well before the first patient arrives, so I can get ahead on the day and keep on top of all the day will throw at me. I usually start by reviewing the previous day's Blood results, hospital letters, medication queries, as well as tasks from colleagues—each one needs a decision and a bit of thought. Some are straightforward. Others sit in the back of your mind because something doesn't quite add up. Every click represents a person, and every decision carries responsibility. As lead GP, I'm usually the go to person for any issues that have arisen such as unexpected staff sickness or other issues that may need my input, and the first hour of the day is a steady stream of people with quick questions and catch up with colleagues.

Morning surgery begins, and the pace is immediate. In theory we have 15-minute appointments, which we moved to a few years ago to help manage the increased demand and complex medicine and in theory its ten-minutes to absorb someone's story, work out what matters, rule out what mustn't be missed, explain it clearly, and agree a plan and then a five minute to write up notes and sort referrals etc. But it's still never enough time and nearly all of us run late to some extent. I then reset and do it again for the next patient: A child with a fever. Someone worried about cancer. A patient with diabetes,

arthritis, and depression whose problem today is only part of a much bigger picture. Some consultations are quick issues but many are complex and come with multiple problems.

Some days I'm the duty doctor, which is a different kind of intensity altogether. The Duty doc is in charge of the day and responsible for all the Online consultation forms, which start arriving early and don't stop. Each one needs to be read, interpreted, and prioritised. Some are simple. Others are vague, complex, or quietly concerning. You're constantly making judgement calls: who needs to be seen today, who can safely wait, who needs urgent escalation. The list grows faster than it shrinks, and you carry a running awareness of risk in the background the entire time. As duty doc you are also the go to person for all the other clinicians and are constantly interrupted to look at a possible infected ulcer, or review an abnormal ECG or run to reception to urgently see a patient who has walked in acutely unwell.

In between, there's everything else. Prescriptions to check and sign safely. Questions from reception. Messages from colleagues. Results that can't wait. The plan for the next hour can change in seconds if something urgent comes in. You switch tasks, then switch again, trying not to lose track of the thread you were just holding.

Lunch is usually eaten at my desk or in a meeting or catching up with colleagues. I take the time to review any outstanding paperwork and will do any home visits if needed. Home visits break up the day but bring their own challenges as it is often much harder to assess an unwell person in their own home.

The afternoon continues much like the morning, with either a routine clinic, or more forms to triage if I'm Duty. There are also often online Teams meetings to squeeze in as part of my management role and also as Clinical Director of the local PCN, or meetings with the Practice manager to discuss any issues or projects we are implementing. We are constantly trying to tweak our systems to make them as efficient as possible for everyone involved. I'll usually see my last patient about 6pm but then it's time to catch up on everything that I've not managed to get to in the day. There are still more results to check, tasks to clear, and loose ends to tie up so they don't carry unnecessary risk into the next day. Most days I leave with everything sorted but some days I cannot make another

decision and have to close down and either log back on after some dinner at home, or come in early the next day. Decision fatigue is a very real issue in this job and some days it is overwhelming.

It's a demanding job. The pace is relentless, and the responsibility doesn't switch off easily. All of us love our job but it can be overwhelming at times and frequent NHS reorganisations, and new policies often make life even more complex. But it's also a privilege. You're invited into people's lives at moments that matter, and sometimes a small action or a conversation, a reassurance, a timely decision, can make a significant difference.

Most days, I leave tired. Not just physically, but mentally and it can be hard to switch off sometimes. I work with amazing colleagues and we all give our all to the running of the practice and always try to keep the humour and goodwill in what we do.

Dr Sophie Huxley
Lead GP Partner

Health Screen Locations	
Steypning Medical Practice	Steypning Library
Paydens Pharmacy	The Hub Upper Beeding
Upper Beeding Pharmacy	HJ Burt Estate Agents
Ashington Pharmacy	Nisa in Hyde Square
The Steypning Centre	

Steining PPG committee meets regularly with members of the Medical Practice to make sure patients are kept up to date. You are automatically a member of the PPG if you are a registered patient at the Practice.

Patients who join the PPG community automatically receive:

- News announcements
- Event notices & meeting invites
- Healthcare campaigns & alerts
- Practice updates
- Discussions & community feedback.

To join the PPG community and start getting updates, type the following link into your browser:

<https://groups.io/g/steiningppg>

- Click on [+ Join This Group](#)
- Add your email address
- Follow instructions and set your preferences for how often you receive updates.

The work of the PPG is managed by a small committee. Our Chair, Lesley Humber, has resigned after ten years of amazing service to the local community. You can read a little bit about Lesley's dedication to the health of the Medical Practice patients on page 11.

PPG Committee Members	
Acting Chair	William Payne
Treasurer	John Homeyard
Magazine Editor	Lesley Cresswell
Technology Developer	Phil Godbold
Website	David Cubey
Parish Council Liaison (Steining)	Chris Young Mariella Alexander 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	Lesley Humber



Another way of receiving messages from the Practice and other local trusted NHS sources direct to your email inbox, is by using the QR Code shown above, or by emailing:

steiningppg@groups.io

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

Thanks to the Retiring PPG Chair

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The unsung heroes of our local communities include those stalwarts who 'keep the show on the road'. And often a great deal of the huge amount of work that they do is unseen, and often not fully appreciated. Lesley Humber is one of those stalwarts and it is fitting that what she has done is more widely appreciated because she is stepping down from the role - but, typical of her commitment, she is willing to continue to do things 'behind the scenes' to ensure continuity.

Lesley has chaired Steyning PPG for ten years, during which time, all sorts of ups and downs have been experienced. She re-established a good relationship with the Practice and helped sustain it by ensuring that the PPG really did support the terrific work that all our healthcare practitioners do - and we all appreciate the challenges they have faced in recent years.

Lesley has brought a wisdom borne of her professional experience in the NHS, and the important skill of bringing together a committee team of diverse talents and personalities and getting them to work well together! We all owe her a debt of gratitude for her perseverance and achievements.

William Payne
Acting Chair

Some say that chairing a committee is like herding cats. Lesley has managed that role with distinction, listening to all our ideas and moans, and providing us with inspiration to keep supporting our GP surgery.

Lesley has been an enthusiastic Chair, dedicated to local health issues.

Someone might do it for one or maybe even two years; Lesley has done it for ten. How on earth has she done it, and continued to be so enthusiastic about the PPG?

It is clear that the Steyning PPG is a beacon for West Sussex on how to be a conduit between the Practice and the community.

The committee meets four times a year at the Practice. We are always on the lookout for new members and their experience.

Do join us if you have time to spare and you feel you have something to offer. You'll be well rewarded by the satisfaction of working with a great group of people for a good cause - and which will benefit you at some point!

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Why Foot Care is Important at All Ages

Many people only think about their feet when problems arise. However, healthy feet are essential for mobility, independence, and overall wellbeing throughout life.

Foot problems can develop gradually

Many foot conditions develop slowly and may go unnoticed at first. Changes in skin, nails, or foot shape can affect comfort and mobility over time. Regular foot checks can help identify issues early before they become more serious.

Foot care is about more than comfort

Routine foot care can help detect common problems such as:

- Corns and calluses.
- Ingrown toenails.
- Skin and nail fungal infections.
- Circulation and nerve problems.
- Foot changes linked to ageing, arthritis or diabetes.

Early treatment often prevents complications and improves comfort.

Foot health and mobility

Healthy feet help maintain balance, mobility, and confidence. Painful

feet can affect walking and increase the risk of falls, particularly in later life.

Diabetic foot care

People living with diabetes need to pay particular attention to their feet. Diabetes can reduce circulation and affect sensation, meaning cuts, blisters, or sores may go unnoticed and take longer to heal. Check your feet daily for redness, swelling, breaks in the skin, or changes in colour, and seek professional advice promptly if you notice any concerns.

Looking after your feet

Simple steps can help maintain good foot health:

- Check your feet regularly.
- Wash feet daily and dry them thoroughly.
- Wear well-fitting footwear.
- Trim toenails correctly.
- Seek advice if you notice pain or changes.

Supporting quality of life

Good foot health helps people remain active and independent. Whether walking, exercising, or enjoying everyday activities, healthy feet play an important role in maintaining comfort and wellbeing at every age.

Delivering *Good Health* Magazine

ppg

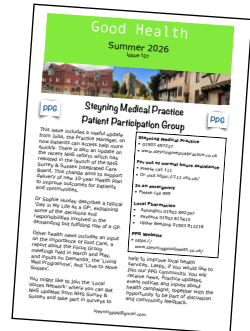
Your PPG delivers 4,500 *Good Health* magazines, three times a year, to Steyning Medical Practice patients. We rely on volunteers to deliver the magazine and urgently need more help to make sure everyone receives it. Delivery requires less than an hour of your time and only three times a year, so please come and join us.

With thanks, **John Homeyard**, PPG Treasurer.

johnhomeyard@gmail.com

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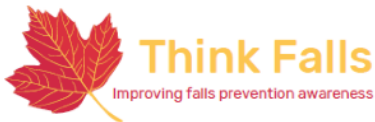
Cholesterol 19 March

Dr Kate Shipman, Consultant Chemical Pathologist at St Richards Hospital, lead a Focus Group meeting on cholesterol at the Medical Centre 19 March. Dr Shipman explained what cholesterol is, why reducing it is important, how to manage high cholesterol including the use of statins, and the cardiovascular risk caused by high cholesterol. The most important message was that lowering cholesterol was the most effective intervention to prevent heart disease. The lower the LDL levels the better.

More information can be found on the following website:

<https://www.scvc.co.uk/cholesterol-atherosclerosis/ldl-the-lower-the-better/>

Falls Prevention 19 May



The Worthing Falls Prevention Team visited the Steyning Centre on 19 May. The Falls Team discussed simple, practical ways to reduce the risk of falls, both at home and when out and about. The focus was on helping people stay active, independent, and confident - not on limiting daily life. The guidance shared was aimed at supporting the Steyning community stay steady and safe.

The Falls Team were pleased to share links to the following two booklets and a video that offer some useful tips and practical advice for everyday wellbeing:

1. Staying Steady, Staying Well – Ways to Prevent Falls.

https://www.ageuk.org.uk/siteassets/documents/information-guides/ageukig14_staying_steady_inf.pdf

2. Get Up and Go

https://www.csp.org.uk/system/files/get_up_and_go_0.pdf

3. The Home Environment

Assessment Advice video

<https://youtu.be/YP2OFg4CYaE?si=-qi0GczaBOMWTYcs>

During the session on 19 May, the Prevention Assessment Team (PAT) offered blood pressure checks for those attending. PAT supports access to services and assistance that people need to live independently at home and remain active within their community.

For more information about the PAT, or to get in touch, please visit:

<https://www.sussexcommunity.nhs.uk/patients-and-visitors/services/prevention-assessment-team>

Thanks to everyone who attended the session and took the time to talk to the Team - they really value opportunities to connect and support the community.

Dementia: Why it Matters to All of Us

Dementia is the UK's leading cause of death, touching countless families and changing lives. Today, around 982,000 people in the UK live with dementia and this number is expected to rise to 1.4 million by 2040. Dementia accounts for 11.3% of all UK deaths.

The impact on health and care services is substantial. One in four hospital beds is occupied by someone with dementia, often due to the need for care support. Undiagnosed dementia is also more likely to lead to A&E visits, highlighting the urgent need for earlier diagnosis, understanding, and support.

Protecting Your Brain Health

The good news is that up to 40% of dementia cases may be preventable. By managing key risk factors like staying active, eating well, and keeping socially and mentally engaged, you can improve your brain health and reduce your risk. These lifestyle changes support brain health and help prevent conditions like heart disease and stroke, enabling people to maintain independence and quality of life for longer.

Key Areas for Wellbeing

Physical Health: Stay active with regular, gentle exercise like walking, combined with good nutrition, hydration, vaccinations, quality sleep, and managing long-term conditions.

Social Engagement: Keep connected with family and friends, join group activities like singing or art, or visit local memory cafés to reduce isolation and build confidence.

Mental Stimulation: Keep your mind active with activities like music, photos, creative arts, or simple daily routines like to-do lists.

Emotional Support: A range of emotions is normal. Seek support from a GP if you feel anxious or depressed. Simple reassurance, understanding, and time to talk can make a big difference.

Personalised Care: Small gestures can make a big difference. Even ten minutes of meaningful conversation daily can boost your



mood and improve your well-being. The Alzheimer's Society offers practical support, guidance, and someone to talk to, helping you manage dementia and plan for the future. For information, advice, or support:

Call 0333 150 3456 for Dementia Support Line, seven days a week.

www.alzheimers.org.uk

Who we are

The Living Well Programme provides free self-management courses for adults in West Sussex, Brighton or Hove, who live with any long term physical and/or mental health condition. Courses, run by volunteer tutors, aim to help people with conditions such as heart disease, diabetes, asthma, arthritis, multiple sclerosis, depression, anxiety, back pain and chronic fatigue syndrome.

What we do

We run free six-week self-management courses, which are devised to help you take greater control of your health through learning new skills and techniques to better manage your condition on a daily basis.

Taking place once a week, the course runs over six weekly sessions with each session lasting two hours (for online users) or two-and-a-half hours (for our in-person course), including a break. Each course is led by fully trained (but not medically qualified) volunteer tutors who themselves are living with a long-term health condition.

As well as learning new skills to help you manage your condition, this course also provides a great opportunity for you to meet other people sharing similar experiences.

Topics covered during the 6-week course include topics such as:

- How to manage common symptoms such as pain, fatigue, stress, anxiety, isolation, low mood, physical limitations, shortness of breath and poor sleep
- Goal setting and problem solving
- Decision making
- Communication skills
- Accessing healthcare services
- Relaxation and distraction techniques
- Positive thinking
- Managing medications
- Breathing exercises
- Sleep
- Healthy eating
- Physical activity

Feedback and evaluation of the programme has shown that six months after completing the course, participants had greater confidence in managing their condition, more energy, improved quality of life and psychological wellbeing and improved partnerships with doctors.

Every course is delivered by two volunteer tutors who themselves live with long-term conditions.

*[https://
www.sussexcommunity.nhs.uk/
patients-and-visitors/services/
living-well-programme](https://www.sussexcommunity.nhs.uk/patients-and-visitors/services/living-well-programme)*

PICKLEBALL

for health



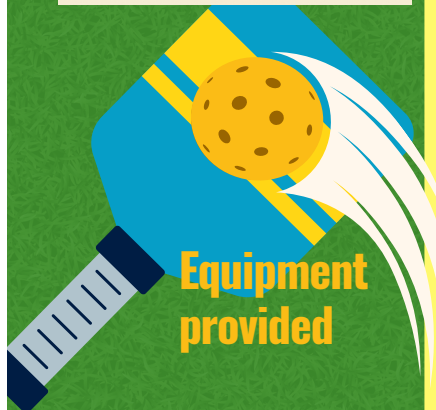
Pickleball is one of the easiest and most enjoyable ways to improve your overall health, physical and mental, and is one of the fastest growing sports. It combines elements of tennis, badminton, and table tennis, and is huge fun!

Playing boosts your fitness enhancing balance and reflexes—factors in preventing falls and injuries, especially as you age.

Beyond physical benefits, pickleball is highly social and very friendly.

Playing with others reduces stress, improves mood, and supports mental well-being.

**It has been transformational
for many of us!**



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Do you have limited mobility?

'Love to Move' has spaces available in Steyning.

We are Cherry and Anna, and together we run 'Love to Move' sessions in Steyning. The class is for older adults with limited mobility or possibly living with dementia, Parkinson's and other cognitive challenges such as strokes. The sessions run on Tuesdays from 1.30-3.00pm at The Steyning Centre.

'Love to Move' is a unique seated movement and cognitive stimulation programme that uses music, coordination and gentle exercise to improve both physical and mental wellbeing. The sessions are designed to help with memory, coordination, confidence and connection. But 'Love to Move' is about so much more than exercise.

Every week, we see people arrive feeling quiet, anxious or withdrawn, and leave smiling, singing, laughing and reconnecting with those around them. The sessions create moments of genuine joy and help people who may feel isolated feel part of something again.

Families regularly tell us they notice a difference after a session.

One husband, Dave, whose wife Maureen lived with Alzheimer's, said:

Maureen's different after 'Love to Move'... she's lively. We call it, 'The Glow'.

That sentence has stayed with us. What makes these sessions even more special is the incredible community that has grown around them. We have a wonderful team of volunteers supporting the group.

Despite the huge impact these sessions have on local families, funding them is becoming increasingly difficult. We urgently need support to continue running our Steyning class. Every donation, no matter how big or small, will help us continue to bring connection, movement, laughter and 'the glow' to older adults and carers in Steyning.

<https://www.justgiving.com/crowdfunding/lovetomovesussex>

We look forward to meeting any new participants you think would benefit from our sessions. Just pop along!

Please phone 07929 670799 for further information.

Many thanks
Cherry and Anna.

Steyping Medical Practice

ppg

Steyping Medical Practice, Tanyard Lane, Steyping, West Sussex, BN44 3RJ

Medical Practice (<i>Phone lines closed 1.00-2.00pm</i>)	01903 497227 (<i>Options</i>)
District or Community Nursing (<i>Option 2 - One Call</i>)	01903 254789
West Sussex School Nursing	0300 303 1137
Health Visitors	01273 242004 <i>Option 1</i>
Physiotherapists	01903 843346
Podiatry (<i>Call 10.00am-12.00pm & 2.00-4.00pm</i>)	01273 466064
For a Visit, call before 10.00am	01903 497227
Results of Investigations (<i>FROM 2.00pm</i>)	01903 497227
Repeat Prescriptions (Online, by Post or place requests in letterbox at the Medical Practice)	<i>See page 11 for information about prescriptions.</i>

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steypingppg@groups.io

This is a free service and is the fastest way to receive information.

Day	Opening Times
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



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