



The Green Street Newsletter

June 2014 - Issue 10

As our Patient Group has been running for a number of years and with the recent addition of our 'Friends' group we thought it would be a good idea for patients involved in both areas to tell us how it has been from their perspective. With this edition we are pleased to include comments from Christine and Gerry. If you think you might like to join us please contact Reception.

Hi, my name is Christine & I joined the friends in December.

Before Christmas they were very busy at the surgery, & I spent most of my time trying to help reduce the length of queue! This was mainly by checking folk in who had appointments, but did not know how to use the automated check-in.

Since then I have found myself taking down Christmas trees, tidying up the waiting rooms, opening the doors for those with mobility problems, or with pushchairs; helping to amuse young children by finding appropriate toys or books, & even on one occasion going with a patient into their appointment with them, as they were hard of hearing.

No two days are ever the same.

I have enjoyed every minute, & found everyone so friendly and helpful.

A retired pensioner I have been involved with the PPG now for over a year.

I was interested in seeing how the NHS reforms were working at grass roots level and thought the PPG would provide a useful insight to developments. The PPG meetings are held about every six weeks where the focus is on patient concerns, giving assistance to the work of the surgery in several practical ways and giving consideration to medical issues in the wider community (of which there are many). The manager of the practice and a GP are always in attendance - as is the Chairman who efficiently manages the meetings which are restricted to one hour.

Through the PPG I got involved in the work of CCGs (Clinical Commissioning Groups) who have major responsibilities for the reforms which are being progressed. One is the PPG CCG Forum which is attempting to harmonise the work of PPGs in East Sussex by benchmarking best practice. This is complex due to different levels of commitment and priority, different numbers of patients in the practices and differences in the patient population.

The idea is to have an overarching policy and practice throughout the PPG network so that they can bring a real patient interest, focus and help to health services in our region. Truly ambitious!

I am also involved as a lay member of the CCG which is actively considering bids to provide a range of related services in East Sussex. This work is very interesting but demanding of time and requires some hard thinking.

Gerry Maguire

Want to get online but don't know how or where to start? Teaching sessions are available at The Old Town Community Library in Victoria Drive. Contact Gina on 01323 649964. Sessions are on Thursday mornings at 10pm and last around 40 minutes.



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Walking for Wellness – Enjoy three invigorating circular walks along Eastbourne Seafront or at Hampden Park. The weekly walks for people over 50, take place as follows:

Walk 1. Lifeboat Museum - Pier. A short walk of under 1 mile. Meet at the Lifeboat Museum (opposite Carlisle Road) on Mondays at 10.00 am.

Walk 2. Sovereign Harbour - Sovereign Centre. A 3 mile walk. Meet outside Bright Ideas, Sovereign Harbour on Thursdays at 10.00 am

Walk 3. Hampden Park - A 45 minute walk of up to 1.5 miles around the park. Meet at the Lakeside Tea Chalet on Wednesdays at 10.00 am

Each walk finishes at a cafe and is a marvellous way to take exercise, meet new friends and take in the uplifting scenery. No need to pre-book but please wear sensible footwear.

Do you find it difficult to get an appointment?

The following appointments were missed during Feb, Mar & April.

	Doctor	Nurse	HCA
Feb	31	35	17
March	27	38	27
April	34	41	22

Please remember if you can't make your appointment to cancel it! We can then offer it to someone else and reduce waiting times for everyone.

Did you know that Age Concern offer a Befriending Service?
If you know someone who might benefit please contact Age Concern directly on 01323 638474.

NHS Health Checks

Are you aged between 40 and 74?

We are now offering Health Checks for patients who do not already have Heart or Kidney problems and who are not Diabetic or Hypertensive (have high blood pressure). The Health Check is designed to look at your risk of developing heart disease, stroke, diabetes and kidney disease and how, by taking early action you can improve your health and prevent the onset of these conditions. During your screening appointment we will check your cholesterol, go through a lifestyle checklist and if appropriate undertake further tests to check for early signs of Diabetes, impaired Kidney function and Hypertension.

The practice has access to a referral programme with a dedicated specialist team to help you lose weight or offer exercise programmes and we would strongly encourage you to take up the invitation for screening when you are invited to attend.