



Friends of Park Surgery

(Patients Participation Group)

Newsletter No 78

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Charity No 1011608

What is a unit?

The Chief Medical Officer recommends a safe alcohol limit of not more than 14 units a week for both men and women. Do you know how to calculate this?



Units are sometimes hard to understand as most people don't drink in units, they drink by the glass.

The next Carers' Coffee morning will be held on **12th October 2019**. If you are looking after somebody else and would like to meet with others in a similar position do join us at the surgery from 10 am to 12 noon for refreshments (including good cake!). You don't need to book - just turn up.



The practice Care Co-ordinators are always there and representatives from local organisations, including Age UK Horsham and the Alzheimers Society, usually join us to offer advice and help.

Carers UK Free Digital offer:

If you are caring for someone, have access to the internet, and want to know more about respite services, group support and carer self-assessment, you can access a free digital resource service where you can find resources to help you in your caring role. The link you need is:

www.westsussexconnecttosupport.org

This newsletter is for all patients. If you have found this copy in the surgery please feel free to take it away for future reference
The contact email address for FOPS is: friends.ofparksurgery@nhs.net

INFORMATION ABOUT GLUTEN-FREE FOOD

The Medicines Management Team at local Clinical Commissioning Groups tell us that: "Many supermarkets and online retailers now stock a range of specialist gluten free foods and the range of available products has increased significantly over the last few years. Some supermarkets also produce lists of gluten free foods on their websites or you can ask for them in store. Products may be kept in a specialist free from aisle, placed among other foods, or sometimes even both. When shopping for gluten-free foods, it is important to learn what to look out for on food labels. The Coeliac UK website (www.coeliac.org) has more information about this along with a gluten free checklist.

PARK SURGERY SIGNS UP FOR PARKRUN!

Park Surgery has signed up for Parkrun. Parkrun organise free 5km timed runs around the world. They are open to everyone, free and are safe and easy to take part in. The events take place in pleasant parkland surroundings and encourage people of every ability to take part, from those taking first steps in running to potential Olympians.



Horsham Parkrun happens every Saturday at 9 am in Horsham Park. You need to sign up first. This can be done by visiting www.parkrun.org.uk and clicking on the events page. You will find details about what happens in Horsham, and can fill in the registration form. Registering will make sure your run is timed. The website gives lots of information about what is happening and answers lots of questions. After the run in Horsham runners meet up for coffee in the Conservatory Café.

Car parking is available at Pavilions in the Park or at the Superbowl. Runners meet by the pond where you can leave your bags and have a briefing and then everybody walks to the start.

Park Surgery has Parkrun affiliated T-shirts for patients to wear if they are taking part.

Friends of Park Surgery 100 Club Draw

The winners of £250 for the 100 Club Draw for the spring was Mrs. M. Cousins and for the summer Mr. and Mrs. S. Morris.

We have a number of vacancies in the 100 Club. To join you will need to complete a Standing Order with an annual payment of £20, and you will then be entered into the draw to win a prize of £250 each quarter. If you would like to participate, please send an email to friends.ofparksurgery@nhs.net or leave your details at Reception and we will contact you



Horsham District Wellbeing is a friendly and impartial service which comes from your local authority and other partners, the majority of our services are completely free to users. As well as using the website:

www.westsussexwellbeing.org.uk

you can find out more about local activities and support services by talking to our friendly Wellbeing Advisors over the phone or in person.

How can the Wellbeing service help me?

- Have you thought about losing weight, but don't know where to start?
- Do you want to get more active and energised, but aren't sure what's happening in your area?
- Do you want to stop smoking, but aren't confident in taking that first step alone?
- Do you sometimes feel low and want a boost to your general wellbeing?

If the answer to any of these questions is yes, then the Wellbeing service can help you.

You can call 01403 215111 (Monday to Friday 10am to 4 pm or email: info@horshamdistrictwellbeing.org.uk)

A MESSAGE FROM THE TRUSTEES

THANK YOU to all the Friends who have made donations to FOPS over the past year. Your donations help us to provide much needed equipment for the Practice, and we are always pleased to receive donations by cash, cheque or Standing Order. If you would like to make a donation by cash or cheque, please send it to us at the Practice or via Reception. We can provide Standing Order Mandates if you contact us.

**HELP US
HELP YOU**

STAY WELL THIS WINTER

It will soon be time to think about having the flu jab before the winter sets in. Dates for the Saturday flu jab clinics will be advertised shortly so watch out for those and make a booking.

Children aged 2 or 3, pregnant women, people with long-term health conditions and those aged 65 or older should get their free flu vaccine. Make sure you don't miss out.

A CONVERSATION WITH ANDY BRENNEN

PARAMEDIC PRACTITIONER



Andy is one of a team of five paramedic practitioners working with six surgeries across Horsham. You may have seen the green “ambulance” cars parked outside the surgery, or have noticed Andy and his colleagues in their green paramedic uniforms. Having paramedics involved directly with general practice is currently a pilot scheme funded by the CCG. All

paramedic practitioners are fully trained ambulance staff, having completed three years’ training, who can respond to trauma incidents of all kinds in the traditional way. **Andy** worked in this way for three years, and then spent a further two years training as a paramedic practitioner. He has completed eight years of combined practice and degree level training before working in his current role.

The work is based around responding to urgent care needs identified by the practice. The response is normally to make a house call, carry out an assessment and work out a care plan for the patient. Everything is recorded back at the practice, so the doctors know just what has happened. This way of working has reduced the number of house calls that the doctors need to make, freeing them to see patients in the surgery.

Apart from the time spent with general practices in Horsham **Andy** works in the Emergency Operations Centre, which includes supporting other staff. He says his work with general practitioners has increased his skills and confidence, particularly in making appropriate judgements and understanding patients and their needs.

The College of Paramedics is emerging as an organisation dedicated to encouraging and defining the role of the paramedic, a young profession in health. Paramedic practitioners have a great deal to offer in the light of huge increases in social care needs, and **Andy** says there is a lot of goodwill towards the work he and his colleagues are doing. They must provide evidence of their work to the local Clinical Commissioning Group and, so far, their role is seen as adding value to local health provision. Andy clearly enjoys his work and given the team’s popularity it is hoped the pilot project may become permanent.