



# LINK – UP

Spring 2009 edition no 11

**Pulborough Patient Link**  
your patient participation group



Website - [www.pmgdoctors.co.uk](http://www.pmgdoctors.co.uk) for information on PPL, Pulborough Medical Group, appointments, prescriptions, services and useful links to other websites

**PPL EVENTS - The forthcoming PPL events are planned for 2009:**

## DERMATOLOGY

**Skin awareness and the problems of Aging Skin,  
Melanomas and Age Spots**

in

Pulborough Village Hall on

**Monday, 23 MARCH 2009 7.00 – 9.00 pm**

(Doors will open at 6.30 pm for 7.00pm start)

The meeting will be chaired by Dr Tim Fooks  
with a talk by **Dr B Shergill**, Consultant Dermatologist

This promises to be an interesting and informative talk relevant to patients of all ages. There will be a short interval with refreshments during the evening

**DO COME AND JOIN US, EVERYBODY WELCOME  
THANK YOU FOR YOUR SUPPORT**

RSVP by 16 March  
Mavis Cooper – 01798 872299

## **FEEDBACK FROM EVENTS IN 2008**

The Social Evening held on 27<sup>th</sup> November at Pulborough Primary Care Centre was attended by a good number of PPL Members. Those present enjoyed a buffet provided by PPL Committee members and an excellent presentation by Dr Fooks. The event also incorporated the draw for the Grand Christmas Raffle; the monies received from ticket sales helps the PPL to put on the various health and social events during the year and provide an important source of income. Support from all PPL members by buying tickets is therefore much appreciated.

## **SPOTLIGHT ON CHANGES AND SERVICES AT PULBOROUGH MEDICAL GROUP**



- Dr David Pullan has returned from his sabbatical leave on 23 February
- Dr Guy Mitchell who was employed as a long term locum to cover Dr Pullan's absence, will still be helping as a locum on occasions in the future
- NEW SALARIED GP - Dr Selma Stafford will be joining us from 4<sup>th</sup> March 2009; Dr Stafford will be working with us on a Wednesday, covering Dr Serjeant's clinical commitments
- Pippa Keatley has been appointed as the Team Leader/Manager for the Practice Nursing Team
- Staff who have joined the PMG team over the last few months – Admin Team – Val Dwyer & Joanne Bridger; Reception Team – Julie Hamilton, Marguerite Caris and Emma Gabriel; Secretarial Team – Julie Nicholls
- Spiro Clinic – our new sexual health clinic run by Dr Amelia Bolgar is beginning to get established and providing an outstanding service to the local community

## **Patient Survey**

Each year, Pulborough Medical Group are obliged to send out 400 patient surveys to a random selection of patients. The survey is anonymised and all replies are forwarded to the PCT Audit Team. The results of the audit are then required to be discussed with the Practices' patient participation group (this was done at the last PPL meeting in January 2009) and any feedback from the Committee is considered by the Practice and used when formulating our 2 year plan for the future. Details of the survey will be posted on the PMG website at the end of March.

## **Pulborough Medical Group - Training Commitments**

During 2009, Pulborough Medical Group will continue to welcome trainees to the Practice. Our first GP speciality trainee – Sue Ann Knight will complete her four month attachment at the end of March 2009 and she has written an article for this Newsletter on her experiences whilst based here in Pulborough. On 1<sup>st</sup> April 2009, we welcome David Orley, who will replace Sue Ann as our GP speciality trainee, with Dr Tim Fooks as his clinical supervisor. During March we will also welcome Rachel Graham, a medical student from Brighton and Sussex Medical School.

## **Extended Access**

A reminder of the times when the surgery is open for those patients who are unable to attend surgery for routine appointments due to work commitments:-

<b>MONDAY</b>	<b>7.00 – 8.00AM</b>	<b>ONE EXTRA GP SURGERY</b>
<b>MONDAY</b>	<b>6.30 – 8.00PM</b>	<b>ONE EXTRA GP SURGERY</b>
<b>TUESDAY</b>	<b>7.00 – 8.00 AM</b>	<b>TWO EXTRA GP SURGERIES</b>
<b>FRIDAY</b>	<b>7.00 – 8.00AM</b>	<b>TWO EXTRA GP SURGERIES</b>

## **A DAY IN THE LIFE OF SUE ANN KNIGHT – GP SPECIALITY TRAINEE**

My name is Dr Sue-Ann Knight I am very pleased to say I am the first post graduate trainee GP at Pulborough Medical Group since it became a training practice. My week is spent both at the GP practice and at St Richard's Hospital where I work as a senior house officer in paediatrics to further my knowledge in children's medicine. This means the time I spend at the practice is even more precious and it may account for why my 4 month attachment has seemed to fly by. I now have just over a month left at the practice before I continue my learning at the hospital.

On a typical day at the practice I see patients in both morning and afternoon clinics. I have the luxury of slightly longer consultation times than the GPs. This gives me the opportunity to learn how to practice medicine as a general practitioner which although you may not have thought about it is often very different to being a hospital doctor. This extra time also gives me the chance to discuss any questions I may have with my supervising GP and to seek that ever valuable second opinion to ensure that patient care is always held as our first priority.

Another important part of my training is to gain an understanding of how a general practice runs. Many people at the practice have kindly let me observe their work including the telephonists, receptionists, secretaries, pharmacists, practice and district nurses. As you may realise there are so many people involved in ensuring that patients are provided with a good quality of care and this has been an invaluable experience.

Both patients and staff have made me feel very welcome at the practice. As a trainee GP and doctor I realise I am in a privileged position being able to ask some of the most personal of questions and entering peoples lives and homes on visits when they are at their weakest and most vulnerable. I am very thankful to all of you that I have seen personally and whilst accompanying the GPs on home visits for helping me to learn.

## **Rother Valley Croquet Club**

"Knock blue for six". Should you happen to stroll past the recreation ground in Duncton on a balmy summer afternoon or evening later this year, you might notice some strange goings on. A dozen or so normally respectable folk, residents of Petworth, Midhurst, Pulborough and the surrounding villages, cavorting on the green, armed with long sticks with hefty lumps of wood on the end, exhorting each other to do terrible things to their friends. "Go on, knock her into the bushes!" "Ah, now I've got you!" "Whack!" "Oh .. \*!" "Look David's lying up in the corner with his partner!" "Now its your turn to peg out!" And so on.

But don't worry, it is only members of the Rother Valley Croquet Club enjoying one of their normal club sessions. We have two full sized lawns at Duncton, as well as another smaller practice lawn. Our sixty or so members enjoy meeting for informal friendly games (yes they are friendly really ) as well as for club tournaments and matches with other clubs. Weather permitting of course. The lawns are open most days of the week, mornings, afternoons and evenings and members can also arrange their own games with friends at convenient times. Some of the sessions include coaching for beginners, or for the more advanced. Visitors are always welcome.

The playing season begins around Easter time and there are currently vacancies in the club for new members, anything from total beginners to U.K. Croquet Association handicapped players. Further information and membership application forms from:- Peter Cole, 01798 873238.



**The next installment on parts of the Anatomy – this time on the skin, in light of the forthcoming dermatology event on 23<sup>rd</sup> March**

## The Skin

### So what is skin?

Skin is a miracle garment. It's soft, pliable, strong, waterproof, and self-repairing.

### Skin doesn't just cover you!

Your skin doesn't just cover you. It does a whole lot more. It functions as protective wrapping. Along with a layer of fat underneath, it insulates you against all kinds of bumps, bangs and wear and tear. It keeps germs and water OUT (unless you have a break in your skin) and keeps your body's fluids and salts IN.

Skin manufactures and oozes out all sorts of wonderful liquids. Waxes and oils act as your body's natural waterproofer and a protector against germs. They make your skin softer; but they can also give you pimples. Your skin also contains glands which manufacture sweat. With sweat, not only does your body get cooled by its evaporation, but it has a convenient way to get rid of chemicals it doesn't need.

### How does it do all this?

Skin is alive. It's made of many thin sheets of layers of flat, stacked cells in which you'll find nerves, blood vessels, hair follicles, glands, and sensory receptors.

Older cells are constantly being pushed to the surface by new cells which grow from below.

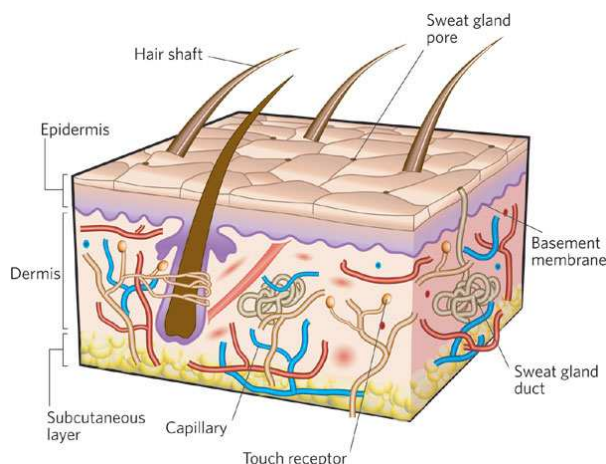
When the old ones reach the top, they become wider and flatter as they get rubbed and worn by all your activity. And, sooner or later, they end up popping off like tiles blown from a roof in a strong wind. In fact, every minute 30,000-40,000 dead skin cells fall from your body! In approximately a month's time, your body has made a whole new layer of skin cells!

### Ever wonder what makes different skin colours?

A pigment called melanin. More melanin in your skin cells makes your skin darker, less makes it lighter. Sitting in the sun can also cause more melanin to be manufactured in your skin cells. The result? A suntan.

### FACTOIDS:

- As an adult, you may have more than 20 square feet of skin -- about the size of a blanket
- You are likely to shed some 40 pounds of skin in a lifetime.
- Right now there are over a million dust mites, microscopic critters invisible to the naked eye, on your mattress and pillow, chomping on the dead skin cells that fell off you last night!



Information compiled by Dr Fooks

### **PPL COMMITTEE**

Chairman	Vacancy – Hilary Willoughby acting Chair
Vice-Chairman	Hilary Willoughby
Hon Secretary	Mavis Cooper
Hon Treasurer	Warwick Dean Taylor
Membership Secretary	vacancy
Social Secretary	Valerie Beswick
PMG Liaison Officer	Liz Coulthard
Newsletter editor	Vacancy – Liz Coulthard acting news letter editor
Committee Members:	Ray Thomas and Patricia Newcombe
Associate member:	P&DCCA Representative - awaiting new associate member

### **Joint Working Groups with Doctors and Manager**

Practice Based Commissioning Hilary Willoughby

**PPL MEMBERSHIP APPLICATION FORM**

**IF YOU WOULD LIKE TO JOIN US PLEASE COMPLETE THIS MEMBERSHIP APPLICATION FORM:**

NAME .....

ADDRESS .....

.....

POST CODE .....

TEL NUMBER ..... EMAIL .....

I WOULD BE INTERESTED IN BECOMING A COMMITTEE MEMBER – YES/NO

I WOULD BE INTERESTED IN BECOMING A CORE HELPER – YES/NO

MEMBERSHIP FEE PER HOUSEHOLD IS £3.00. CHEQUES SHOULD BE MADE PAYABLE TO PULBOROUGH PATIENT LINK, OR CASH CAN BE PAID TO RECEPTION AT THE SURGERY. PLEASE COMPLETE FORM AND EITHER LEAVE AT SURGERY OR POST TO MRS J AYLOTT, PPL MEMBERSHIP SECRETARY, SWIFT COTTAGE, BARN HOUSE LANE, PULBOROUGH RH20 2BS.

**BEING A COMMITTEE MEMBER ( WHAT IT MEANS)** The PPL Committee help coordinate and develop a working partnership with the patients and the medical staff.; they promote the PPL group and try to attract new members; they work closely with the doctors and Pulborough Medical Group to develop new services; they work jointly with PMG to set up health events; they are involved with the results of the annual patient survey and help to formulate priorities for the future. Meetings are held at PMG around 4-5 times per year, from approximately 6-8pm. The Honorary Secretary prepares the Agenda and Minutes; the Honorary Treasurer prepares a financial report and the Membership Secretary updates the committee on the membership lists. The Committee work together to produce the Newsletters and produce articles for the PPL website and various other means to improve good communication between the surgery and patients. The Committee are currently looking to recruit new committee members who would be enthusiastic and proactive to help them with the range of work to boost membership; deal with fundraising and promoting health education events.

**CORE HELPER – (WHAT IT MEANS)** If you are interested in helping PPL with their events either by selling raffle tickets at the surgery or serving teas at events, if you would like to join a friendly group and learn more about your health services, then please complete the application form above and return as directed, indicating that you would be interested in joining a 'Core Helpers'

To find out more about what we do, don't forget to look on the PMG website ([www.pmgdoctors.co.uk](http://www.pmgdoctors.co.uk)) and follow the link to PPL



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