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**PULBOROUGH PATIENT LINK AND
YOUR MEDICAL GROUP WORKING
TOGETHER TO GIVE YOU THE BEST
POSSIBLE CARE**

**NEWSLETTER
NUMBER 34
AUTUMN '16**

***This issue
includes
articles on:***

***Neighbourhood
Wardens***

***Primary Care
in Pulborough***

***Horsham District
Wellbeing***

PPL AGM

***PMG Update inc.
Flu Clinics***

***Tai Chi for
Health***



**Pulborough Patient Link
invites you to a Public Meeting in
Pulborough Village Hall on**

Monday 3 October

when

**Dr Deborah Bosman, BSc,
MBBS, MD, FRCP**

will give a talk entitled

**What Every Patient Needs to Know
about Diabetes**

**AGM: 6.45 (see page 13) Talk 7.00 – approx. 8.30 pm
Refreshments and Raffle Draw**

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INTRODUCING PULBOROUGH'S NEW NEIGHBOURHOOD WARDENS

Horsham District Council and Pulborough Parish Council are pleased to announce the appointment of two new Neighbourhood Wardens for Pulborough. This is the first expansion of the District Council's Neighbourhood Warden Scheme in over a decade and will see the two wardens working alongside the parish council,

emergency services and community groups for the benefit of the people of Pulborough.

Neighbourhood Wardens provide a highly visible and reassuring patrolling presence that aims to help people feel safe. Based at Pulborough Police Station they have a broad remit that includes tackling environmental issues such as littering and dog fouling, through to working with young people and the elderly.

As an integral part of the Community Safety Unit, the Neighbourhood Wardens work with all sections of the community from elderly and/or vulnerable people through to young people and businesses to find solutions to problems, whilst promoting community cohesion and resilience.

Although dealing with low-level anti-social behaviour is part of their role, they are not a replacement for police officers or PCSOs, but offer a complementary service to address those issues of greatest concern to the local community.

Commenting on the introduction of the new wardens, Cllr Kate Rowbottom, Cabinet Member for Community and Wellbeing said:

“I am delighted that, together with Pulborough Parish Council, we are able to employ two new Neighbourhood Wardens for Pulborough. The warden scheme already works well in Ashington, Steyning, Bramber and Upper Beeding, and I am sure this service will benefit Pulborough’s residents over the coming years.”

Ray Queded, Chairman of Pulborough Parish Council said:

“The lack of uniformed presence which has been brought about by cutbacks in policing has not been well received. The introduction of neighbourhood wardens to our village will go a long way to ease our residents’ concerns in the community.”

The new wardens will be spending their first few weeks training alongside their existing colleagues before they become fully

operational in the community. They will work a shift pattern that covers 30 hours per week. The wardens are contactable on:

07584 337475 / 07584 337476
or via e-mail: pulborough.wardens@horsham.gov.uk.

Further information on the Neighbourhood Wardens can be found at:

www.horsham.gov.uk/communitysafety/community-safety/neighbourhood-watch

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FREE PARKING

The image shows the interior of a butcher shop with various meats on display in a refrigerated case. A staff member in a white shirt and striped apron is visible behind the counter. The background includes shelves with jars and a chalkboard.

PRIMARY CARE IN PULBOROUGH

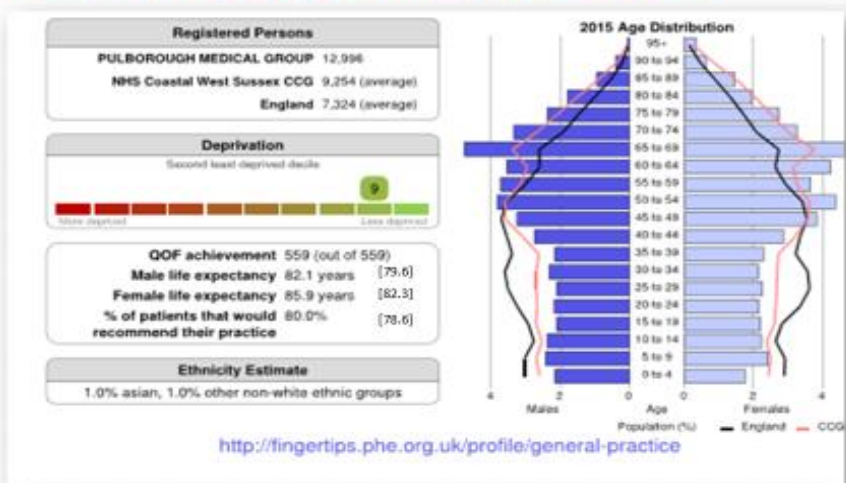
Alyson Heath, one of our Committee members, kindly chaired our meeting at the beginning of July as the Chairman was unable to be present. She also provided the following resume of the meeting – thank you Alyson.

Over 65 people attended a very informative meeting led by Dr Tim Fooks with presentations from:

David Howells – Cordens Pharmacy
Anna Harrison – Practice Nursing
Emma Swarbrick – Community Nursing

The audience had the opportunity to put questions forward before the meeting, many of which were answered during the Presentation - and there was a further opportunity at the end of the evening.

PMG Practice Profile 2015



Dr Tim Fooks explained the area that the Pulborough Medical Group (PMG) covered and the funding streams they operated under. The audience were shown the practice profile of the PMG.

The feedback from the meeting was that everyone appreciated all the facts given and were amazed by some of them; here are just a few that were shared during the evening.

- * 13000 patients
- * PMG commissioning budget £2.5 million
- * PMG prescribing budget £2.1 million
- * 35,000 GP appointments and 24,500 nurse appointments which averages out to 1200 appointments a week.

It was also mentioned during the presentation that, over a period of 6 months, there had been 1000 appointments where the patient had not shown up. This is a cause for concern when the Practice is so busy and those appointments could have been re-allocated if the Practice had been notified.

David Howells from Cordens Pharmacy gave a detailed insight into how the pharmacy is run and how PMG worked closely with the pharmacy. Below are a few facts that the audience were made aware of:

- * First Stop for Healthcare – many patients seek advice regarding minor illnesses from the pharmacists
- * Open 60 hours per week
- * Issue 24,000 items of medication per month
- * 800 new medicine service telephone consultations a year
- * 400 medicine use review
- * Telephone repeat medication request service – up to 60-80 requests a day

Dr Fooks shared with the meeting the clinical responsibilities of the Pulborough Medical Group and the Non Clinical Team Structure which have been included in this report.

Clinical Roles and Responsibilities

Tim Fooks Senior Partner

Senior Partner and Strategic Partnership Lead
Clinical Lead for paediatrics in West Sussex
GP Trainer
Diabetes Lead
Principle Investigator for Clinical Research
Child & Adult Safeguarding
Atrial Fibrillation
Staffing & HR
Clinical Governance

David Pullan Partner

Program Director
NHS Post Graduate Education for Kent, Surrey & Sussex
GP Trainer
Staffing & HR
Osteoporosis
QoF
ENT

Guy Mitchell Partner

GP/ST Dermatology
Surgeon supporting Consultant led Clinics
Non Scalpel Vasectomies
Prescribing Lead
PMG Minor Surgery Lead
Urology/PSA Surveillance Lead
Information Technology
Epilepsy, PVD, (hypothyroidism)

Ray Ghazanfar Partner

GP Trainer
Pathway
Proactive Care Lead
Dementia & Fellowship Lead
Clinical Research

Nikki Tooley Partner

Women's Health
Mental Health and DOLS Lead
Paediatric PACE
Setter Lead
Acupuncture

Carole Campbell Partner

Dermatology
(Medical)

Anna Harrison Partner

Lead Nurse
Nurse Practitioner
Nurse Trainer

Salaried GP's

Eloise Scahill

Lead A&E GP for County Hospital
Practice Emergency Response Lead

Katie Armstrong

Clinical Chief Officer of NHS Coastal West Sussex CCG
Women's Health

Clinical Roles and Responsibilities

Nursing Team

Anna Harrison

Advanced Nurse Practitioner and Prescriber
Minor Illness
Leg Ulcer Management
Long Term Conditions Management
Women's Health
Travel Clinics
Admission Avoidance
Nurse Trainer
Research
Infection Control
Learning Disabilities Lead

Tracey Rydon

Diabetes
CHD
Cytology

Beverley Richards

Pre Diabetes

Stephanie Marchant

Treatment Room
Clinical Research

Ruth Aitchison

Practice Nurse
Cytology

Jeani Elliot

HCA

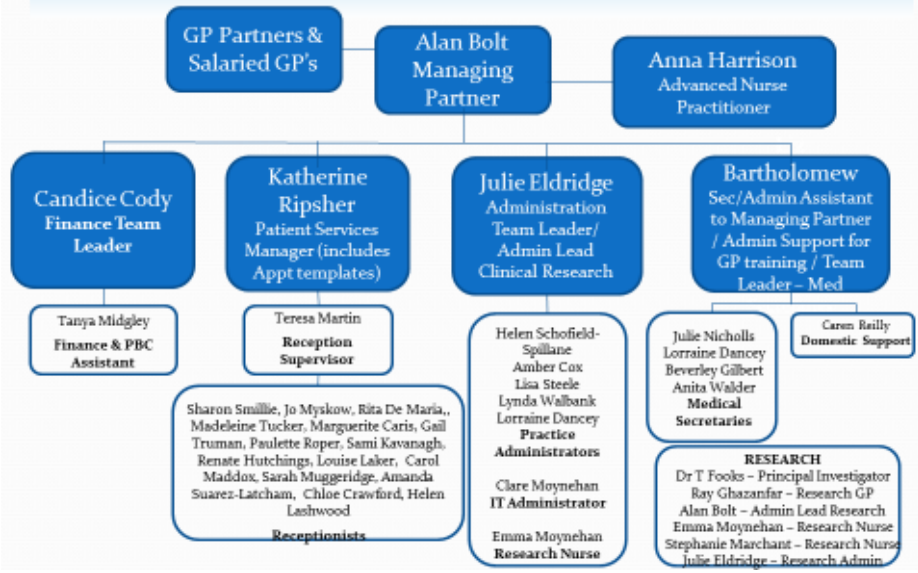
Carole Santillo

HCA

Clare Snow

Phlebotomist

Non Clinical Team Structure



Dr Fooks was pleased to announce that Anna Harrison, lead nurse, had recently been made a partner in the Practice. Anna explained her role with the PMG templates and outlined the key issues from a nurse practitioner's perspective.

The final presentation came from Emma Swarbrick, District Nurse, on Community Nursing in the 21st century. Emma outlined the work of the community nursing team who provide advanced nursing care in patients' homes. Emma is also a key member of the new Proactive Care Team.

This is a team who work with people with long term conditions, and their carers, to actively promote health and wellbeing in the community; and where possible prevent admission into unplanned care or acute hospital services.

The team includes a practice based GP, community matron, community pharmacist, occupational therapist, physiotherapist, community psychiatric nurse, input from the adult services from West Sussex County Council, co-ordinator and administrator.

They are not an urgent response service and do not respond to urgent referrals.

They meet fortnightly to discuss new referrals plus feedback initial assessment findings to the wider team, for ongoing planning.

At the end of the meeting everyone had the opportunity to discuss any additional queries they had with the presenters over a cup of coffee. A huge 'thank you' to all those involved in sharing such valuable and enlightening information.



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horsham district wellbeing

Horsham District Wellbeing is a free service offering friendly information and advice about a range of health and wellbeing issues. Wellbeing advisors can provide support, help and advice either in person, over the phone, or via email on a broad range of topics.

How can Horsham District Wellbeing service help me? Have you ever 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 available in your area? Do you want to stop smoking or drinking, but aren't confident in taking that first step alone? If the answer to any of these is yes, then Horsham District Wellbeing service can help.

Two years on from opening their first satellite office in Steyning Leisure Centre, Horsham Wellbeing team have recently launched monthly drop-in appointments there to mirror those held in the north of the district. Anyone can drop-in for a free 20 minute health MOT where advisors will be able to guide on a range of issues including body fat percentage, metabolism and physical activities. These drop-ins are held on the last Wednesday of each month from 10am-1pm at Steyning Leisure Centre; you don't need to book, just drop-in and speak to an advisor.

As well as providing free health MOT's the Wellbeing team provide a range of classes including healthy eating, exercise, strength and balance, and pre-diabetes. If you feel you are overweight or obese and are ready to change your lifestyle and create healthier habits and behaviours the Wellbeing team will be able to help. Their 'All About Me' programme is a free 12 week weight management

course to help create a healthier lifestyle. It isn't about counting calories but provides support, motivation and a 'toolkit' of resources to help with weight loss goals.

One of the most popular sessions is the strength and balance course which helps strengthen the muscles that help prevent falls, improve balance and maintain independence. If you think you are at risk of falling, this is a really great preventative way to try to reduce the chances of this happening.

For more information about any of the courses and to book your place

visit: horshamdistrictwellbeing.org.uk
e-mail: info@horshamdistrictwellbeing.org.uk
or call: 01403 215111.



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**PULBOROUGH PATIENT LINK
NOTICE OF ANNUAL GENERAL MEETING
TO BE HELD ON MONDAY 3 OCTOBER 2016
AT PULBOROUGH VILLAGE HALL AT 6.45PM**

AGENDA

- 1 Minutes of Annual General Meeting held on Wednesday 5 May 2015**
- 2 Chairman's Annual Report 2015/6**
- 3 Treasurer's Report and Accounts**
- 4 Election of Office Bearers and Committee**
- 5 Proposed Amendments to the Constitution**

The AGM will be followed by a Presentation on 'What Every Patient Needs to Know about DIABETES'

**1 PULBOROUGH PATIENT LINK
MINUTES OF THE ANNUAL GENERAL MEETING
HELD ON WEDNESDAY 5 MAY 2015**

The meeting was attended by approximately 70 Members of the Pulborough Patient Link.

David McGill was in the Chair. The Minutes of the Annual General Meeting held on 24 March 2014 had been circulated to all Members and were approved and signed by the Chairman.

David McGill thanked Stuart Henderson for all his hard work during the previous year when he was Chairman.

Chairman's Annual Report had been circulated to all Members. The Report was passed unanimously.

Treasurer's Report and Accounts. Warwick Dean Taylor presented the Accounts and explained that these covered a period of 15 months. There was a surplus of £572 and a balance of £2,205. Subscriptions totalled £947. Advertising in the Newsletter totalled £1,100. The cost of producing the Newsletter amounted to £936. The Health Events raised £346 and, after expenses, there was a small profit of £127. Warwick Dean Taylor retired as Treasurer and handed over to Jane Roach. David McGill thanked Warwick for all his hard work and he has agreed to take over the job of Independent Examiner of the Accounts.

All other members of the Committee had agreed to re-stand and were voted en-bloc and unanimously approved.

The Chairman thanked Mavis Cooper, the Secretary, and Lesley Ellis, the Editor of the Newsletter for all their hard work over the past year.

The Meeting ended at 7.00.

The Meeting was followed by a Question and Answer time with Dr Katie Armstrong, Sue Sjuve and Marianne Griffiths on the future direction of the NHS. Dr Tim Fooks was in the Chair.

2 CHAIRMAN'S ANNUAL REPORT 2015/6

The PPL had a busy year in the 12 months to the end of March 2016. The main objective remains to engage with the Pulborough Medical Group on behalf of its patients.

The principal method of doing this continues to be two-monthly meetings between the PPL Committee and doctors from the Practice, usually Drs Tim Fooks and Ray Ghazanfar, and the Managing Partner, Alan Bolt. At these meetings we are able to raise the concerns of patients and to advise PMG on an increasing number of issues. For example, we voiced the concerns of a

considerable number of patients on confidentiality of medical records and PMG responded by fully answering them.

PPL organised three very well-attended Public Meetings on Depressive Illness, Breast Cancer and Food. All of the speakers were experts in their field. We also organised a special meeting with Dr Katie Armstrong, Clinical Chief Officer, Clinical Commissioning Group for Coastal/West Sussex, Sue Sjuve, Chair, Sussex Community Trust and Marianne Griffiths, Chief Executive, Western Sussex Hospitals Trust, to discuss the future for the NHS (the General Election having recently taken place).

The PPL's Newsletter continues to expand its contents and to be a reliable source of information and advice. We are also eager to continue to expand our communication channels with patients and have endeavoured to increase awareness of PPL by taking stands at Tesco in January 2016 and sending regular e-mails to 1400 families.

The Committee was joined during the year by Alyson Heath and Tilly Spurr. Following the transfer of Treasurer's duties to Jane Roach, Warwick Dean Taylor has stood down as Independent Examiner and we are delighted that Arthur Varndell has taken on that role. PPL finances are in good shape allowing the Committee to buy two high chairs for use by less able patients in the PMG Waiting Room.

Overall PPL enjoys a good reputation far and wide across the Coastal West Sussex area for being a very active Group. We shall strive to build on that reputation and continue to work for the PMG patients.

David McGill, August 2016

3 TREASURER'S REPORT for the 12 months to 31 March 2016

The main item of expense for PPL is the printing and distribution of the 3 newsletters (£1,042). The cost of this is offset by membership subscriptions (£775) and advertising revenue (£150). The latter low

figure is explained by £675 of advertising revenue being recorded in the previous 15 months' accounting period.

Hire of halls for 4 public meetings (£212) was covered by the sale of raffle tickets and refreshments (£250).

During this period PPL provided 2 chairs for the surgery waiting room (£455) suitable for patients less able to use the existing low seated chairs. We believe these have proved a welcome addition.

PPL received £85 of donations in this period with other miscellaneous expenditure amounting to £276.

Overall there was an excess of expenditure over income of £725 for the period. The completed accounts were kindly examined by Mr Arthur Varndell.

4 ELECTION OF OFFICE BEARERS AND COMMITTEE

The following offer themselves for re-election.

David McGill – Chairman Mavis Cooper – Secretary

Jane Roach – Treasurer Robbie Roberts – Membership Secretary
Councillor Brian Donnelly, Lesley Ellis, Alyson Heath, Stuart Henderson, Tilly Spurr

5 PROPOSED AMENDMENTS TO CONSTITUTION

- a) the wording will become gender-neutral
- b) there is a clearer statement that all patients of the PMG are automatically members, some of whom will choose to subscribe to PPL for the delivery of the Newsletter and for help in meeting the PPL's other costs
- c) the details of what constitutes a quorum for the various PPL formal meetings is defined more clearly
- d) the requirement for those claiming expenses to provide clear evidence of expenditure will now be introduced
- e) there will be a clear statement of what shall happen to any surplus funds if PPL were to be wound up (it will be given to some medical body)

DR DAVID MURPHY

As Dr Murphy joins the Practice just as the Autumn Newsletter is published it seems an ideal opportunity to introduce him to you.

Editor

Hi! I've been asked to say a few words about myself as an introduction, and since it's supposed to be 500 words long I'll pad it out as much as I can!

I was born and brought up in Lewisham, South East London, where my parents worked as a Bus Driver and Childminder. I always said I'd never live anywhere but London, until I lived somewhere that isn't London - and then vowed never to live there again. I was in the Scouts all through my childhood and had the fantastic opportunity to get out of London, camping all over England as well as internationally in Holland, and often camped in Hammerwood, East Grinstead, returning years later as a local GP.

My medical school training was at UCL in Bloomsbury, where I met my wife, Katie, also a GP (in Crawley), in the first week, and 23 years later I still haven't won an argument!

During my time at UCL I became involved with a group called MedACT, a group highlighting the impact of poverty on health at home and internationally. I was part of a team that hosted the first national MedACT conference in UCL in 1997, with groups from all over the UK attending.

I was also lucky enough to undertake a BSc Degree between my 2nd and 3rd years of medicine, in Neurology, and worked on papers with Prof John O'Keefe on memory systems in the Hippocampus, something for which he won the Noble Prize for science last year.



Since leaving medical school I have worked all over the country – Harrogate (which, geography not being my strong suit, I initially thought was in North London), Truro, Ipswich, Margate, and Frimley Park hospitals as a medic, where I specialised in Cardiology, and East Grinstead for the last 11 years as a GP, continuing my particular interests in cardiology and respiratory medicine and acute medicine as a whole. My specialties are diabetes, endocrinology and I have undertaken minor operations and joint injection training.

At East Grinstead I led both the QOF (Quality Outcomes Framework) and IT. For the last 5 years I have also sat on the Mid Sussex and Horsham Medicines Management group. It's fair to say, though, that I am not a 'meetings' person and prefer to be face to face with patients.

I now live in Southwater, a lovely small village, with Katie and our two boys, James (7) and Robert (5), who combined have the energy of a hoard of invaders and keep us thoroughly busy. When I get the time, I love to cook, and have taken courses on Thai, French, Spanish and Italian cooking. I relax by trying to get to the gym a couple of times a week, and also swim – I learned to swim only 3 years ago, mainly to keep up with the children who are terrifyingly confident in the water, so this has become a new passion.

I am a massive Batman fan, and have filled the walls of one room of the house with miniatures of every Batmobile ever used in comics or on film, much to Katie's horror (there are 83), and am told I bear a passing resemblance to Jim Carey. I also have a current passion for cheese jokes – and since I'm still 40 words down I'll share one.

What cheese helps you hide a horse? Mascarpone.

I am very excited at the prospect of joining Pulborough Surgery (as no doubt are you, after the cheese joke), and learning new things from the staff, all of whom have been absolutely lovely when I have popped in. I am very much looking forward to a new challenge and Pulborough seems to fit the bill very nicely.



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PULBOROUGH PATIENT LINK

The Committee meets every two months throughout the year with one or two of the doctors and the Managing Partner.

If you would be interested in helping in any way, do please let us know by phoning one of the committee members (whose names are on the back cover) or by e-mailing:

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PMG UPDATE

Congratulations to Dr Eloise Scahill on the birth of a baby girl – Elizabeth Rose - who arrived on her father's birthday.

Congratulations also to Dr Charlotte Mance, our GP Registrar, who completes her training this month; having undertaken part-time training at 50% and taking time off for maternity leave during the process – Charlie has been in training for General Practice since August 2009. She has however achieved the highest score in the Kent, Surrey & Sussex Deanery area for the Clinical Skills Assessment examination out of all the GP trainees undertaking their final exams and will receive a special award for this achievement. The aim of the CSA test is to assess the doctor's ability to gather information and apply learned understanding of disease processes and person-centred care appropriately in a standardised context, make evidence-based decisions and communicate effectively with patients and colleagues. Charlie, sadly, is leaving PMG to work in a GP Practice closer to her home of Chichester.

Congratulations to Anna Harrison, our Practice Nurse Team Leader; with effect from 1st July Anna became a Nurse Partner at PMG and now attends Partners meetings. She joins a very elite group as only one other Practice in West Sussex has a nurse partner. Anna came to PMG (3½ years ago) as our lead nurse with the specific aim of developing and strengthening our nursing service. Primary Care nursing has always been a crucial part of modern general practice, but the specific range of skills provided by our nurses is becoming increasingly complex and demanding. The leadership Anna demonstrates has proved invaluable to PMG, and the Partners realised that we could become an even stronger team with Anna also being involved in the strategic development of the Practice and its services.

On 3rd August 2016 two new GP trainees started at PMG: Dr Iurii Michitiuc an ST2 trainee on attachment for four months (Aug – Nov) and Dr Harleen Bedi, a GP Registrar here for one year until August 2017.

On 5th September 2016 a new salaried GP joined the Practice – Dr David Murphy. He will be doing 8 sessions a week, working every day apart from Thursday, his special interest being cardiology. Until recently he worked as a GP partner in East Grinstead, but wishes to relocate to this area having moved to Southwater; his wife is also a GP. The GP groups will now be reviewed to ensure equality of patient list sizes / no of sessions between the different groups.

Sadly, we say goodbye to Carole Santillo, one of our healthcare assistants. Carole has been supporting the new Ear, Nose and Throat service who have a clinic at Pulborough and they have recruited her to join their team. Ruth Aitchison, one of our Practice Nurses has also decided to leave as a permanent member of the team, but will continue to support us in a locum 'bank' capacity; this is due to family commitments particularly during holiday times. As a result, we are advertising for a new Practice Nurse and Health Care Assistant to join our team. We have a new medical secretary, Beccie Sheppard, who joined this team on 1st July and are recruiting for a new medical receptionist.

The Practice is signing up for a couple of new Local Commissioned Services – wound care and low risk palpitations. Details will be circulated by the Clinical Commissioning Group in due course and we will be updating the PPL Committee regarding these services. Currently PMG has a weekly leg ulcer clinic, which has seen demand increase significantly over the last few years; the new LCS wound care service will hopefully help support this clinic and income generated will enable the nursing team to train and provide cover for this important clinic.

FLU CLINICS

We at PMG would like to encourage all of our patients who are eligible for flu vaccination to have this done at one of the twice weekly flu clinics we hold in October.

Full details of clinic dates are being circulated and details will be available on our website www.pmgdoctors.co.uk.

GP surgeries, like the Pulborough Medical Group, have had to order and pay in advance for supplies of the vaccine. Surgeries across Sussex plan for, and ensure they have the capacity to immunise 100% of eligible patients. We do have to estimate the likely take-up – over-estimate and we face a financial loss and waste money that could be used to greater patient benefit – but underestimate and qualifying patients may have to be turned away.

The estimating dilemma has now been exacerbated by the NHS allowing registered pharmacies to provide flu jabs. Pharmacies purchase the vaccines in the same way as GP surgeries but then receive payment of £1.50 per patient for ‘admin’ work. This work has, however, to be completed by the surgeries as pharmacies do not have access to medical records. This also means that pharmacies are giving the vaccinations without access to medical records and this could, of course, be dangerous.

The PMG letters are being sent to those who are eligible and will also make it clear whether a patient is being offered other vaccinations (e.g. shingles).

Do please support your Practice. There is a seasonal flu vaccination here in the Practice with your name on!



FLU VACCINATIONS AT PMG

The PPL share the concerns expressed by the PMG about the implications of the recent changes to the arrangement for flu vaccination. We have written to our local MP, Nick Herbert, about these changes and the potential health risk, and he has taken up our concerns with the Ministers at the Department of Health.

Do please support the PMG clinics where a friendly PPL committee member will give each patient a numbered ticket to ensure that you are called for your vaccination in order of arrival – and will also, of course, be able to answer any questions you may have about the PPL's work. Even when the waiting room appears to be full there is unlikely to be more than a 15-20 minute wait, less than the time it would take to go home and return another time. Some patients collect their ticket, do a little shopping and return to find that their number is about to be called!

When you are called through and give your name - just before you would receive your vaccination - your medical notes will be brought up on the screen. Any questions about having the vaccination can then be discussed.

Editor

TAI CHI FOR HEALTH

At a recent committee meeting Dr Fooks mentioned the benefits of Tai Chi and suggested that an article be included in the newsletter.

Editor

When I started Tai Chi over 20 years ago I used to have to explain to people what it was. Nowadays, two decades on, it seems doctors, physiotherapists and chiropractors are highly recommending this gentle exercise system for its wide range of health benefits including relaxation, pain relief, increased lung capacity, better balance, as well as increased strength and fitness.

Originally a martial art, in China today it has been made an essential part of Chinese medicine, and millions of Chinese people practise every day. The basic premise is on correcting posture and practising slow movements, checking for slight mis-alignments that will inhibit the natural flow of the body.

Every time we breathe in, we learn to open our lungs fully, which not only increases the oxygen (energy) in our blood stream, but also increases the blood flow to the whole body nourishing every cell. When we breathe out we sigh deeply; this sends the message to the mind and body to relax deeply and turn off the stress now that the 'danger' has passed. This has the effect of encouraging the body's repair systems to kick in and literally slows down the aging process by encouraging healing and regeneration.

Our Tai Chi for health system is suitable for everyone because it is slow and low impact, and immediately beneficial as it makes most people feel better after only one class. Anyone is welcome to come and join our friendly group and have a trial lesson. I'll look forward to seeing you in class very soon.

Matt Ward

There are two Tai Chi classes in Pulborough, one for beginners and a new class for improvers. For more info contact:

Michelle Clifford, 01798 872910 , killybegs9@gmail.com.

**DAVID SOLDINDER:
February 2nd 1937- June 24th 2016**

David was a member of the Pulborough Patient Link Committee from September 2010 to September 2014. He made a significant contribution to funding the Link newsletter by getting helpful advertising from local companies.

He often raised the subjects of palliative care and cancer therapy at Committee meetings for these areas had been dear to his heart ever since the death of his beloved second wife 11 years ago from a particularly aggressive form of cancer.

David dedicated the rest of his life to campaigning about palliative care and addressed a House of Lords Committee on the subject. Medical journals are still full of articles about how palliative care should/could be improved, and it is unsurprising that he was concerned about the situation 11 years ago.

David raised money for The Chestnut Tree Children's Hospice by twice providing a Christmas Tree in the foyer of the Medical Centre.

David is survived by his 3 sons Mark, Adam and Ben and his 3 grandchildren Louise, Daniel and Max to whom we extend our sympathy.

Gwen Parr, former Committee Member

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