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LUCY OXLEY

Although it was not possible to find a mutually convenient time to meet Lucy Oxley I was able to put some questions to her.

What first attracted you to a life in medicine?

I have always been interested in the sciences, and the combination of this, plus the desire to help others, was the driving force to get into medicine; also I enjoy being busy – and a life in medicine is certainly that!

Where and when did you train?

I went to medical school at Warwick University from 2007-11, having first completed a BSc in Biological Sciences in Exeter.

Did you undertake any specialities and, if so, what?

At this stage in my career as a GP I am largely a generalist – although I have also completed my diploma from the Royal College of Gynaecologists and Obstetricians.

What made you go into General Practice?

The variety, the fact that any patient could



walk through the door with any problem. Also working as part of a team, being part of a community and getting to know patients over the years. I really enjoyed working in A&E up in Warwick and later in Coventry as part of my training and, whilst A&E and GP are quite different, they share that variety of patient presentation.

What made you decide on Pulborough?

It has a very good reputation and I enjoy being part of such a good Practice, working together to make a difference to patients. My colleagues are all very motivated – and, an added bonus, it's a beautiful commute!

Perhaps you could tell me a little about your family and hobbies.

My husband and I grew up locally but have spent the last ten years living in the Midlands for work. It is wonderful to be back in the beautiful South Downs - and we spend a lot of our free time making the most of it, going for long walks locally and down at the coast. I have always been interested in art and painting, and was lucky enough to have the opportunity to sell some of my own work to help fund my undergraduate degree. At the moment, juggling work and family life I don't get the opportunity to do many paintings myself anymore, so try to get to as many exhibitions as I can, and make do with painting the walls of our new home!

Thank you, Lucy, for giving us a snapshot of your background.

Editor

Suggestions for future content?

Please e-mail Lesley on lae@ianellisassociates.com

Membership queries

Robbie on robbier311@gmail.com



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THREE STEPS



We are constantly being reminded, particularly at this time of year, that a call to the surgery for an appointment may not, initially, be the most appropriate course of action.

The **first step**, if you are feeling unwell, is **'self help'**, maybe looking on line to see if there is any advice which might be useful, such as NHS Choices; in days gone by you would probably have reached for your first aid or medical book. Depending on the problem, the best course of action for you and maybe for those you would encounter in the waiting room is likely to be staying at home. However, don't delay if you are seriously concerned.

Your **second** 'port of call' could be to ring or visit your local chemist and ask to speak to the **pharmacist** for advice.

If you are still struggling, then it is time to get a **nurse's or doctor's appointment—your 3rd step!**

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GP MEDICAL APPRAISAL

All GPs, regardless of their status or role, have an annual medical appraisal which is broken into the following sections.

Reflection: one of the main aims is for the doctor to 'consciously think about and analyse what they are doing and what they have done, think about what and how they have learnt'. The appraiser will want to know 'how the doctor intends to develop or modify his or her practice as a result of that reflection. Good reflection is demonstrated through evidence of analytical thinking, learning and action planning.'

Continuing Professional Development: this should indicate how doctors are qualified for the role, how they stay up to date and how they know they are competent or doing a good job.

Generic and speciality-specific supporting information: this is expected to contain a further five types of supporting information, these being

- a) quality improvement activity, possibly in the form of case studies
- b) significant events which are written up on a standardised pro-forma and discussed with colleagues
- c) feedback from colleagues
- d) feedback from patients
- e) review of complaints and compliments

An appraisal meeting lasts 2-3 hours and all information submitted will be discussed, together with a personal development plan for the coming year.

Every five years, the responsible officer will recommend to the General Medical Council, using these annual appraisals, together with other information available, whether to renew the doctor's licence to practise.

Alan Bolt

POSSIBLE WAYS OF HELPING TO PREVENT DEMENTIA

Pharmaceutical giant Pfizer recently ceased research into Alzheimer's but, as a neuroscientist from Edinburgh University told the Today programme on BBC Radio 4, "despite the decision there was still a lot of hope. Not all pharmaceutical companies are pulling out and there are over 100 clinical trials at the moment." Prof Spire Jones continued "We don't fully understand how memory and thinking work fully in a healthy brain."

However, an NHS article says:

'Although there are risk factors which contribute to dementia, some of the following may help to prevent the onset of the disease:

- Using antihypertensive drugs, such as ACE inhibitors, in people with hypertension
- Encouraging people to switch to a Mediterranean diet - which is largely based on vegetables, fruit, nuts, beans, cereal grains, olive oil and fish. This has been proven to improve cardiovascular health and may help with the symptoms of type 2 diabetes, obesity and hypertension.
- Using cognitive interventions, such as cognitive training involving a series of tests and tasks to improve memory, attention and reasoning skills.
- Encouraging people to become more socially active, which could be by organising social activities, such as a book club.
- Encouraging smokers to quit.'

KEEP YOUR MIND ACTIVE IN RETIREMENT

U3A is for those who are retired, providing groups for like-minded people to pursue interests in common, locally, during the daytime.

Recently, 'You and Yours' on Radio 4 and BBC1 TV presented programmes aimed at retirement activities and the advantages of U3A as an antidote to loneliness were promoted.

Annual membership is £10 to cover administration, but some groups do have a small extra charge to cover hall costs.

Current Arun Valley Interest Groups:

Art Appreciation, Art & Crafts, Ballet & Dance Appreciation, Ballroom Dancing, Book Circle, Coffee & Conversation, Craft & Embroidery, Film Circle, Flowers & Gardens, French Conversation, History & Discussion, Luncheons, Music Appreciation, Natural History, Opera Appreciation, Poetry, Table Tennis, Science & Technology, Spanish Conversation and Walking Groups.

Email: info@arunvalleyu3a.org.uk, visit the website or phone Graham Martin on 01798 865 528.

PMG UPDATE

Staff: Dr Rosanna De Cata will be remaining at PMG to work as a salaried GP to support the clinical team upon completion of her GP Training. She will be working Tuesday, Thursday and Friday and will remain in post until Friday 1st June. Her start date is yet to be confirmed.

We will also have a new GP Registrar joining us from 1st February for her final 12 months of GP training – Dr Naureen Khan; Dr Khan will be a fulltime trainee based at Pulborough.

On Wednesday 17th January, staff from Pulborough joined with other Practice Staff in our Rural North Chichester Group (Pulborough, Loxwood, Petworth & Midhurst practices) for a joint training session at Leconfield Hall in Petworth. For clinical staff the topics included frailty, care co-ordination/planning; non-clinical staff had updates on social prescribing, mental health & wellbeing.

We have a further joint training session on Thursday 22nd February and a CWS CCG En-circle training event on Wednesday 28th March.

Alan Bolt

See if you can make up a transport acrostic poem.



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COLD WEATHER AND LONELINESS 'LETHAL IN WINTER'

Prof Jane Cummings, NHS England's chief nursing officer has said that cases of strokes and heart attacks tended to rise after a cold snap. She said that, and the growing problem of loneliness, were a dangerous combination over winter for the 2 million people over 75 who live on their own. Many of these say they can go days, even weeks, with no social interaction at all.

She also points out that all ages can be affected, with a third of new mums claiming to be lonely and 8 out of 10 carers saying they feel isolated.

"Loneliness has a devastating and life-threatening impact on people of all ages. For vulnerable groups, social isolation combined with the health dangers of cold weather are a lethal combination."

However, we can all take steps to alleviate loneliness by looking out for family, friends and neighbours. "Simple acts of companionship could make all the difference. This could include visiting anyone in these vulnerable groups more regularly, doing the shopping for them or picking up prescription medicines." added Prof Cummings.

I expect we can all think of someone who would benefit from a friendly face popping in from time to time, even if there is nothing specific that they would like done.

CHANGES WITH PULBOROUGH COMMUNITY TRANSPORT

After ten years of dedicated service to the Pulborough Community Transport, Michael Clenshaw has retired and passed the scheme on to Christine Lindsay. As from 1st January arrangements have slightly changed. If a person now needs transport, there are three options:

- 1) email: christine.lindsay1@talktalk.net
- 2) phone PCT on this mobile number: 07591 258 409 between 9 - 5pm, leaving a message to include your name, address, telephone number and details of medical appointment if unanswered.
- 3) Phone on old landline number (01798 875 600) between 10 - 12 noon, Monday to Friday and the call will be diverted to the mobile number above. This service is not available in the afternoons as the line is used by the Good Neighbours Scheme.

If you have a hospital appointment several weeks ahead, please advise as soon as possible so that it can be logged on the new computer system. Please also give at least 48 hours notice for other medical appointments as it is most unlikely a driver can be found with less than that period of notice.

Drivers urgently needed

Could you spare an hour a week or more to take people who are unable to use public transport to doctor or hospital appointments?

Using your own car and with a mileage allowance given, this very valuable service is in need of new drivers. Please contact:

christine.lindsay1@talktalk.net or phone Christine on 07591 258 409 for more details.

TRAVEL INSURANCE

Dr Fooks has highlighted the problem encountered by some of his patients when wishing to go on holiday.

They have complicated medical conditions and were having difficulty getting the appropriate travel insurance.

He has now received messages about two companies who offer a service to those with pre-existing medical conditions and these companies 'have proved helpful to my patients'.

Reception at PMG will be happy to give you the details you require.

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