



We have had a few staff changes in the past couple of months with several retirements and some staff moving on to new challenges - you will notice some new faces on the reception desk as well as in the admin and secretarial offices if you are one of our regular visitors.

Dr Joy Lumsdaine has also joined us and will be with PMG for the next 18 months completing the final stage of her GP training – please see the adjacent article for further info about Joy. We recently had a GP Trainer Re-Approval visit from the Associate Dean for Sussex, Dr Liz Norris, to confirm that we are continuing to meet the required standards for hosting GP trainees in our surgery.

Dr Eloise Scahill has now returned following her maternity leave and is settling back into life at PMG working Mondays, Wednesdays and Thursdays.

I would also like to remind patients that as part of the **Improved Access Scheme, we are offering doctor and nurse appointments during the weekend and evenings. Please ask the receptionist for further details.**

Finally just to let you all know that:

THE SURGERY WILL BE **CLOSED FROM 12.30PM ON WEDNESDAY 19<sup>TH</sup> JUNE** TO ALLOW THE DOCTORS AND STAFF TO PARTICIPATE IN AN ORGANISED TRAINING EVENT (ENCIRCLE DAY).

As mentioned in the last newsletter, a new GP Registrar, Dr Joy Lumsdaine (known as Dr Joy), started her final year of GP training on 25<sup>th</sup> March and will be at the Practice until the middle of next year. Recently I went into PMG and had a chat with her to find out a little of her background.



Although there are no other doctors in her family, Dr Joy decided that medicine attracted her, after A levels initially starting a nursing degree. However, she switched to medicine and trained at Barts which is a teaching hospital in the City of London, qualifying in 2011 after 5 years; she then completed her foundation years at Brighton and Haywards Heath which took a further 2 years.

Following this, Joy spent a year at St Richard's studying elderly medicine and then started her GP training, also based at St Richard's – again a 2-year stint! This included a variety of subjects, but particularly psychiatry and paediatrics.

I asked what aspects Dr Joy was finding particularly challenging - and her reply was the time restraint on appointments. This is partly due to the fact that she is still training and also that computer systems vary enormously and take a little getting used to.

I then asked if she would tell us a little about herself. She grew up in Sussex, went to Steyning Grammar School and now lives in Storrington with her 5 children, ranging from 16 to 1. They have 2 dogs and enjoy walking and appreciating the South Downs. She also loves singing, has been involved with the Chanctonbury Chorus based in Steyning and would like to start singing again.

To conclude this mini cameo, I asked what she feels is the most important aspect for patients to remember in helping themselves to keep fit – “Stay happy and always come back and see me if not ....” was her immediate response.

Thank you, Dr Joy, for your time; it was good to meet you and to have a little insight into what becoming a GP involves. Editor

Liz Bartholomew retired at the beginning of June, having worked for the Pulborough doctors for very many years, initially at the Barnhouse Surgery and for the last 12 years at PMG - for Liz Coulthard, for Alan Bolt and for Liz Eades. The PPL committee thank you, Liz, for all the help you have given us over the years, and we wish you and your husband a long and happy retirement and much pleasure in your travels - and in your garden.

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## Pulborough Patient Link



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patient  
link  
- your voice in local health

**Pulborough Patient Link  
invites you to a Public Meeting in  
Pulborough Village Hall on  
Monday 24 June**

**AGM followed by  
Dr Adam Stone MBBS FRCP  
Consultant Gastroenterologist  
St. Richard's and  
Nuffield Hospitals  
Chichester**

**who will give a talk entitled**

**Gut Feeling  
Is Your Digestive System  
Telling You Something?**

**7.00 – approx. 8.30 pm**

**Refreshments and Raffle Draw**

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Dame Marianne Griffiths lives in Pulborough and is the chief executive of Western Sussex Hospitals NHS Foundation Trust as well as Brighton & Sussex University Hospitals NHS Trust (BSUH). In January, Marianne was made a Dame in the Queen's New Year Honours List for her many services to the NHS and in mid June she was invited to Buckingham Palace for an investiture ceremony to receive her honour. This month, we are delighted Dame Marianne has also written the following piece for our magazine:



I often say I have the best job in the world, and I really do mean it. Of course, running two acute hospitals trusts is challenging, often stressful and far from easy, but at the end of the day I have the immense privilege to work alongside 20,000 of the most caring, committed and inspirational colleagues you could ever hope to spend your time with.

Every day and night, they do their very best for thousands of patients, often at the most difficult and vulnerable times of their lives, at St Richard's, Worthing, Southlands, the Royal Sussex County and Princess Royal hospitals. The NHS is loved like no other public service and those of us fortunate enough to work in it have a responsibility to look after it, cherishing it for future generations.

We are also one of the most diverse workforces in the world, with more than 100 different countries represented by our staff in West Sussex and Brighton & Hove. Of course, originally hailing from Limerick in Ireland, I too count myself among those who have travelled from abroad and found a new home from home within the NHS family.

My journey started 40 years ago when, struck by a burning ambition to up sticks and forge my own path, I left the comfort of my family in Limerick and made my way to London. This was the height of The Troubles, and it wasn't easy arriving as a young woman, alone and with a pronounced southern Irish accent but, I persevered and, looking back, I am just so pleased I did.

I have had such an amazing career, working with incredible people from all over the world, of different religions and faith, ethnic background and sexuality. I originally trained as a nurse, before going on to read Psychology at the University of Exeter, and then completing chartered accountancy examinations with KPMG. This path helped me to understand care, people and the business and, while I have always continued to learn, it provided me with a solid foundation upon which to build a wonderful career in the NHS.

Before joining the acute sector in 2009 to lead the newly created Western Sussex Hospitals NHS Foundation Trust, I was Deputy Chief Executive and Director of Commissioning and Delivery on NHS South East and before that Chief Executive at Kent and Medway Strategic Health Authority. In my time, I have also led the commissioning of social services in West Sussex and served as the Director of Strategic Development for the Health Authority.



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My most precious years, however, have been without doubt the last decade at Western Sussex Hospitals, and more recently at BSUH NHS Trust, where working alongside thousands of colleagues we have continually improved the care and quality of hospital services we provide, benefiting communities, such as Pulborough, the South Downs villages and coastal towns.

On 1 April this year, we celebrated our tenth birthday at Western Sussex Hospitals - exactly ten years to the day from when the trust was formed from a merger between Royal West Sussex and Worthing and Southlands Hospitals Trusts. Within four years, Western Sussex Hospitals won Foundation Trust status – an important recognition of our high standards of care - and in April 2016 we became the first multi-site hospital trust to be rated “Outstanding” by the Care Quality Commission, the OFSTED of the NHS. This was one of the proudest moments of my life and one that I will always treasure.

In recent years, there have been significant changes to the way the NHS is managed and organised and countless pages of news and comment have been written about it. I am proud that we have contributed to the changing national narrative by being one of the first trusts to commit to a new way of working, putting the practice of continuous improvement and the explicit interests of patients at the heart of everything we do. We call this our Patient First programme.

However, the real story of 2009-2019 concerns the millions of patients my colleagues have looked after and the

countless acts of compassion and kindness shown to them by staff and volunteers. In this time, we have worked tirelessly to improve what we do and the way in which we do it. While it is difficult for figures and facts alone to capture the real essence of the incredible care provided, they nevertheless still tell an amazing tale of growth and continuous improvement.

I would like to share with you some of the figures that stand out most, showing how far we've come since Western Sussex Hospitals was formed:

- Outpatients appointments have increased by nearly 40% to 605,000 a year
- Inpatient and day cases have risen by 23% to 138,000 a year
- Average length of stay has gone down from five days to less than two-and-a-half
- Infections such as C.difficile have been virtually vanquished, dropping from 252 cases to less than 30 a year; while hospital acquired MRSA has been consigned to history with zero cases.
- We conduct 33% more scans and x-rays – this year around 400,000
- Our trust family has grown by a fifth to nearly 10,000 staff and volunteers
- And we've invested around £150m in our estate, medical devices, clinical facilities and IT

The ever-increasing demand for care we are seeing is probably the most striking aspect of the past decade and it is one we are steadfastly committed to addressing. However, with staffing and recruitment a national problem across the entire NHS, we are doing so by investing in the ingenuity of our staff, and working in new ways devised by them that improve our services and continue to deliver the high quality care people should expect of us.

However, we also know that as a health system we need to focus more on the health of our population, not just address issues in hospital once they become serious. This is why we are now working much more closely with our partners in primary, social and community care, public health and with local authorities, as well as involving the communities we serve to ensure we provide a health service fit for the 21<sup>st</sup> century.

It is a very exciting time for me and my colleagues to be part of this changing landscape and I am confident as we work ever more closely together, we will provide ever improving care and public health services for the people of West Sussex.

If you would like to keep informed or even play a role yourself, why not consider joining Western Sussex Hospitals as a member of our Foundation Trust.

To find out more please visit

[www.westernsussexhospitals.nhs.uk/members](http://www.westernsussexhospitals.nhs.uk/members)

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## NUTRITION SCIENCE AND THE ART OF EATING

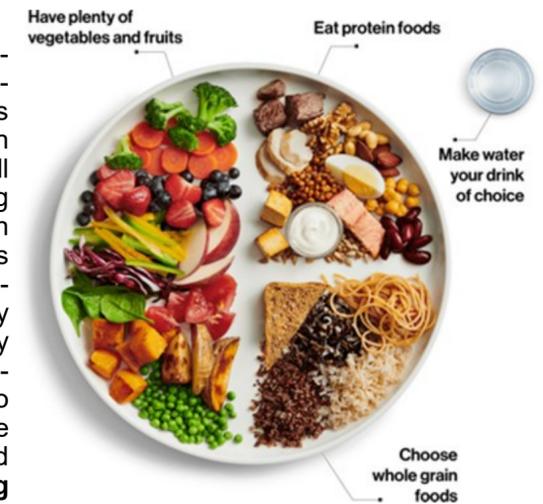
As you are reading this, there is a high chance that you are interested in what you eat. Most people eat regularly and food, nutrition and health are big topics. Nutrition Science, the study of what we eat and how it influences our health, is booming and there were over 300,000 peer reviewed research articles published on human nutrition last year. We are beginning to know far more about how we interact with our food, not just about the energy it gives us, but about the links with health and disease. Yet as the depth of the information grows, it seems that rather than making what we should eat simpler, the picture is becoming ever more complicated and confusing. There are tabloid press articles published every day and they often seem contradictory, one moment promoting a food, the next minute saying it is a risk. Unfortunately a lot of this is due to misreporting. A quick look at the twitter account @justsaysinmice nicely illustrates some of what is happening, with tiny mice studies regularly headlined as groundbreaking in humans. In reality, each of the 300,000 published studies, however small all provide another piece in the jigsaw, that may or may not make the overall picture clearer, but on their own they mean very little.



This does not help us much on what we should eat, but Governments and National Health institutions spend a great deal of time trying to give the best advice based on all this research and producing solid easy to understand recommendations. In the UK we have the Eatwell Guide (2016), a pictorial representation of what a healthy balanced diet should look like and over laid with extra advice to have at least five fruit and vegetables a day, to limit sugar (<5% Calories), salt (<6g) and saturated fat (<11% Calories) and to eat more fibre (>30g) and lots of fish (>twice a week). It sounds straight forward and you can not fault the science but what does it actually mean? Take fruit for example; an adult portion of fruit or vegetables is considered to be 80g, which is easy enough if you carry scales. A portion is also given as 2 plums, 2

satsumas, 2 kiwi fruit, 3 apricots, 6 lychees, 7 strawberries, 14 cherries, or half a grapefruit, a slice of melon, a single apple or banana. This is easier to gauge without the scales but what if your strawberries are large or your melon is very small? Bananas and apples come in a huge variety of sizes. Also, a smoothie can count as more than one of your 5-a-day but fruit juice cannot, what is the difference? If homemade this is clear, but most shop bought smoothies would be classified as juice.

Maybe the problem is that eating should not be seen wholly as a science. The growth of Mindfulness, the process of focusing and savouring the present moment, is building support amongst advocates of healthy eating. Whilst food producers and supermarkets focus on price and packaging, there has been less focus on the touch, smell and taste of the food we eat, yet this is where the focus of eating should be. Maybe the preparing and eating of food should be an art..... and incredibly science agrees. In advice that came out this year, based on the very latest studies, the Canadians are now encouraged to focus on far fewer guidelines. These are to have plenty of vegetables and fruits (visually: half your plate), to eat high quality protein foods (visually: a quarter of your plate), to choose whole-grain foods where possible (visually: a quarter of your plate) and to make water your drink of choice. In addition you should cook more often, eat meals with others, be mindful of your eating habits, and enjoy your food. **Simple, beautiful and no weighing or counting needed!**



Tilly Spurr MSc, Associate Lecturer and Doctoral Student in Sports and Exercise Science at Chichester University

### PLEASE HELP CORDENS TO HELP YOU

When visiting the doctor and new medication is suggested, the prescription will immediately be sent electronically (EPS) to your selected pharmacy.

On arriving at the chemist, please go to the counter as the item(s) will not be dispensed until you ask; you will then be called when ready. If you don't let them know you are waiting, you could be sitting there indefinitely!

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