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Henfield Medical Centre, Deer Park  
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### DATES FOR YOUR DIARY

**Friday evening 9 May**  
from 7.00 pm to 9.30 pm at The Henfield Hall  
Henfield Village Event

The Friends, the Practice and the Link will have a joint stand

**Tuesday 17 June at the Henfield Medical Centre**  
7.00 pm Friends AGM  
7.30 pm DOCTORS' QUESTION TIME

**October / November at the Henfield Medical Centre**

Autumn event on some aspects of dementia, including Alzheimer's

### CONTACT DETAILS

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Website: [www.friendsofhenfieldmedical.org.uk](http://www.friendsofhenfieldmedical.org.uk)

# BETWEEN FRIENDS

THE NEWSLETTER OF THE FRIENDS OF HENFIELD MEDICAL PRACTICE

ISSUE NUMBER 38  
SPRING 2014

Registered Charity No 1140280  
Website: [www.friendsofhenfieldmedical.org.uk](http://www.friendsofhenfieldmedical.org.uk)

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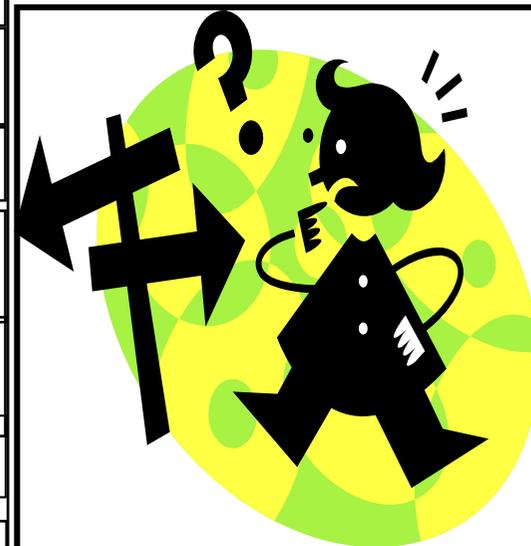
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*We can all get confused and forgetful at times but if the problem is really serious, help is at hand for sufferers and their carers. Read the article on page 14 about memory loss.*

### Chairman's Letter

I am delighted to introduce this Spring issue of *Between Friends*, the third compiled by Doreen Webster since she took on its production in early 2013. Once again it is full of interesting and useful information.

One important date for your diary is **Tuesday evening 17 June** at the Henfield Medical Centre when the short Friends AGM at 7 pm will be followed at 7.30 pm by a *Doctors' Question Time*. We hold one of these every two years or so, and they are always both popular and instructive. We are assured of a good attendance from the Practice clinical and admin staff, so please do join us, either for both the AGM and DQT, or if you prefer, just come along at 7.30 pm for Question Time.

The last six months have been busy as usual, both for the Friends, and of course for the Practice during the winter season and as the Henfield area's population increases and naturally ages. Last Autumn's presentation *Who Needs Antibiotics?* was informative as well as great fun, and included excellent and amusing performances by Drs Karen and Olivia – see page 6 for an illustrated write-up. Our last evening event in March on *Pain Management* attracted a full house and was addressed by Dr Stephen Ward and Lord Luce ( a patient of the Practice and our former MP ) – write-up in the next issue. Our evening meeting next Autumn will be concerned with some aspects of Dementia, including Alzheimer's, so look out for the date and details.

On the financial and equipment front, the Friends' application to the Kindersley Trust was successful and we received a generous £700 grant which is being used to buy an auriscope for one of the consulting rooms - this is a device used to examine ears, noses and upper throats. Eventually the practice aims to have a wall-mounted version in each of the consulting rooms - the newer rooms already have one. We also received a £50 grant from the Henfield Parish Council, and three separate £100 donations from a grateful patient. A fridge has also been purchased for the storage of vaccines.

If you are interested in the work of the Friends, perhaps joining the committee, please email [peter@bateshouse.freereserve.co.uk](mailto:peter@bateshouse.freereserve.co.uk) or telephone me on 01273 493172, and please do come along to the AGM on 17 June.

Peter J Bates, Chairman of FHMPT



COMING SOON!! TO HENFIELD MEDICAL CENTRE

PRIVATE - PODIATRY / CHIROPODY PRACTITIONER

We are pleased to announce a PRIVATE Podiatry Service will soon be available for patients of the Medical Centre.

It will be run by an experienced NHS/ Private Practitioner of more than 20 years. She is HPC Registered and Degree Qualified, BSc (Hons), with a comprehensive and extensive knowledge of all aspects of the structure, function and treatments of the Foot and Lower limb.

For further details please contact:

Patricia Paul (Bsc (Hons) Podiatry

MOBILE: 07837221056 or

Enquire at reception Business Cards available.

#### *Editor's comments*

*This is full and varied edition. We hope it has entertained and informed you. Henfield Medical Centre is a very busy place - so please always remember to cancel those unwanted appointments. Until our next issue in the autumn—I hope you all have a good late Spring and Summer.*

*Doreen Webster*

**Our very grateful thanks go to these local businesses who have generously supported this issue of 'Between Friends' with donations and therefore enabled us to reach more people.**

**HENFIELD OPTICAL LTD**  
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## Are You Worried About Memory Loss or a Diagnosis of a Dementia?

**Know Dementia**, a local charity based just outside Henfield, is committed to supporting families affected by this condition. We support families along their journey, at all the different stages, providing guidance and advice so that people know that they have someone to talk to at any given time. The charity is working in both Henfield and West Grinstead Parishes to help to develop a better understanding in the community so that people with a dementia and their families are understood, respected and supported - confident that they are still a part of their own community.

**Know Dementia** provides a drop-in facility on the **first Tuesday** of the month at **Woodlawn Surgery in Partridge Green** from **09.00** to 11.00 and **Henfield Medical Centre** on the **first Thursday** of the month from **1.30** to 3.30. This gives you the opportunity to drop in and find out what support is available for you or your family member.

**Know Dementia** has organised a year-long activity programme which includes keeping both the person diagnosed and the family carer involved, fit and healthy. Families will have the opportunity to take part in our local jazz, swing and blues choir, involve themselves in different sporting activities and meet with other families in order to support and learn from each other. Watch out for activities and dates on the Boards in the **Medical Centre** or in your local banks and shops.

“Our aim is to reduce the stigma of dementia, improving the opportunity for people with a diagnosis to remain independent, by having choice and control over their lives and staying living at home longer.” (taken from News Release 04.09.13, Jeremy Hughes, Alzheimer's Society).

No-one should go through this journey alone.

### WHAT CAN YOU DO?

If you know someone with a dementia  
stay in contact

become a volunteer with the charity

become a Dementia Friend ([www.dementiafriends.co.uk](http://www.dementiafriends.co.uk)).

Contact: Know Dementia on 01273 494300

## NEWS FROM THE PRACTICE

### New member of our Team

We are pleased to welcome an Advanced Nurse Practitioner to our Primary Care Team.

Michael Geraghty is a specialised nurse who has trained to Masters Level in acute care and prescribing. Michael will join us in June and we are looking forward to him being able to enhance the services we offer. He will be assisting our GPs, seeing patients autonomously and freeing up doctor time to enable them be more available to help more complex patients with chronic needs.

### Helping our Same Day Urgent Care Team

If you have an acute medical problem, or an exacerbation of an existing problem, that you consider requires urgent attention, please help us to facilitate this for you by calling before 10 am. This will help us to organise our services and appointments early on in the day to enable the most efficient way to help patients.

### Over 75s

The GPs have a new General Medical Services Contract with NHS England this year. One of the changes in the contract is the directive that all patients aged 75+ will have a named GP in the Practice to oversee their care. At Henfield Medical Centre we have always recognised the importance of continuity of care for complex patients and the elderly. For this reason we have personal lists whereby each patient is registered with an individual GP Partner rather than with the Practice. So this new initiative does not bring about any changes for our older patients but does endorse the good practice we have always promoted.

### New Message and Phone Option

When you ring our main switchboard number you will find that the answering phone message advises patients to ring before 10.30 am if they believe they may require same day advice or assistance from a clinician. Contacting us early helps the clinicians manage and plan their day to ensure they can meet patient needs in the best way possible each day. Also when you ring for a result you will now be asked to press 3 and leave a message with your name and telephone number. This is so an expert member of our administration team can look up your result in protected time allocated for this, ensure that the result is in, and, that the

doctor's instructions are clear. The results can then be conveyed to you in a measured way when you are called back the same day by that member of staff. We feel this is a safer way of looking up and delivering results to patients.

### **New GP covering Dr Lambe's Maternity Locum**

From May until August 2014, when Dr Lambe returns from maternity leave, Dr Alexandra Allen will be looking after Dr Lambe's patients. Dr Allen will work Mondays, Tuesdays, Thursdays and Fridays in the Practice.

### **Chanctonbury Locality Project – Falls**

Thank you to those of our patients who had the opportunity to complete a Falls Questionnaire as part of a survey for a shared project between Chanctonbury Practices. As a result of this project there will be a pilot scheme to offer people living in the Chanctonbury area, at risk of falling, a 12 week course of strength and balance exercises with a postural instructor.

### **Congratulations to our Marathon Runner Iidia Campbell**

Iidia, one of our receptionists, recently ran the London Marathon in 3 hours 52 minutes. Iidia is a seasoned marathon runner, and she was particularly pleased with this time which beats her previous time by 2 minutes. She ran to raise money for the British Heart Foundation and raised about £500. There is still an opportunity to add to that. If you would like to contribute just call at reception at the Medical Centre.

### **MINIMUM EXERCISE**

The life-preserving power of gardening has long been appreciated but the importance of standing up and taking a quick wander every now and again has only recently been recognised. Unrelieved sitting at a desk or watching television can have a profoundly negative effect on your metabolism. So get into the habit of walking around every half hour or so if possible. Your doctors set a good example—their walk to the waiting room between appointments promotes good health as well as being a courtesy to the next patient.



## **MASSAGE, REFLEXOLOGY AND RELAXATION AT HENFIELD MEDICAL CENTRE**

You may have noticed some exciting new developments at Henfield Medical Centre. In addition to the relaxing music playing in the reception area it is now possible to book in for a range of private Complementary Therapy treatments.

Elizabeth Ross-Talbot, an ITEC qualified practitioner and a member of both the Federation of Holistic Therapists and the Complementary and Natural Healthcare Council, is delighted to be able to offer massage, reflexology and relaxation treatments at reasonable cost. "I believe this is a very exciting opportunity and I'm looking forward to working at the Medical Centre with patients who would like to explore a holistic approach to maintaining their health. I believe deep relaxation is a key player in restoring and maintaining healthy minds and bodies so please come and have a chat with me." Treatments include a confidential consultation to assess patient needs. Client specific lifestyle advice is also discussed to improve overall health and wellbeing.



Practice Manager Katie Hill stated "The GPs are pleased to be able to house this service within Henfield Medical Centre and also see it as a positive way to optimize use of space for the benefit of running additional therapies for our patients".

### **Who can benefit from Massage, Reflexology and Relaxation treatments?**

Therapeutic benefits have been shown to be an effective means to:

Improve digestive function

Help insomnia

Treat hormonal and fertility problems

Aid period problems, PMS, menopause, migraines

Stimulate muscle tissue and improve nerve action

Help constipation, IBS and gastric problems

Improve skin and muscle tone

Reduce joint strain and stiffness

Alleviate depression and anxiety

**YOUR THERAPIST** Elizabeth has lived and worked in Henfield for the past 18 years and is also Director and Principal Tutor at The Wilbury School of Massage and Reflexology in Brighton. This is a private service at Henfield Medical Centre and not an NHS service.

For appointments or more information

Contact [ejrosstalbot@gmail.co.uk](mailto:ejrosstalbot@gmail.co.uk) or Mobile 07795101881

## JENNIE SMITH HAS QUALIFIED IN PRACTICE MANAGEMENT

After leaving college at 18 years old, and after obtaining my Medical Secretary Diploma, I worked in a Health Centre in Portslade and always loved the work. While I was there, the practice obtained its first computer which was purely for keeping patient information; very little was stored and we had just one computer terminal. All work was still typed out on manual typewriters and all prescriptions were handwritten. Patient notes had to be pulled from the large cabinets for every clinic and then filed away again after any letters had been typed. Every letter and result received from the hospital or other source, had to be filed by hand into the notes and often sat waiting to be filed for several weeks. The telephone hardly rang and although clinics were busy, the workload seemed far more manageable. I found working with people from “the cradle to the grave” really interesting and it was at that time that I decided I would love to run a practice of my own one day.

Realising that this would not be possible at such a tender age and without any real experience, I decided it was time to move on to another venture. It was then I was lucky to find a position in private consulting rooms in Hove. Working in private practice was completely different. I had to do everything from making appointments, preparing clinics, typing letters to GPs for every patient who was seen, booking operations, stock control, sending out accounts, debt collection, dealing with insurance companies, doing end of year tax accounts, doing my own PAYE ..... in fact everything to run each consultant’s business. I stayed in private practice moving with the consultants I worked for, to the Hove Nuffield Hospital and then eventually Woodingdean, for the next 23 years. Over that time I worked for consultants in many different fields.

Deciding it was time to follow my dream of Practice Management in a GP surgery, I applied at Henfield to obtain some experience back in the NHS. After working two afternoons covering maternity leave while still at the Nuffield Hospital, I was offered a position as a PA to Dr Reade and Dr Lambe. I am fortunate that Henfield Medical Centre is forward thinking and fully supported my wish to take the Diploma in Primary Care Management. In November 2013, I finally finished a very comprehensive and intensive course, and have just qualified as a Practice Manager.

Working at Henfield Medical Centre is so different to the days in Portslade. Technology has allowed us to take care of patients’ needs much more efficiently. People are offered far more in the way of preventative care and health is monitored much more closely which does mean that we are far busier. Hospital care has changed; operations and possible treatments have increased and therefore patients have far more opportunities for their conditions to be improved. Thus referrals have increased and hospitals are struggling to meet demand. Medications available to treat conditions are more sophisticated and varied, New ways of working are going to be essential to meet government expectations and patients’ health needs. It is going to be an interesting and hopefully exciting future.

## Protected learning sessions

Everyone in the Practice has to attend regular Protected Learning Sessions...on average seven times per year. These sessions are known as ENCIRCLE events and the dates are pre-set by the Coastal West Sussex Clinical Commissioning Group ( CWS CCG ).

You may have seen the posters around the village, at the Medical Centre, at Partridge Green and in Small Dole Post office, explaining that the Medical Centre is closed for the afternoon for training. Many patients find this very frustrating as the information, whilst displayed on posters and on our web site, sometimes comes as an unwelcome surprise when people arrive, only to find the building locked up until 5pm!

So, what do we get up to during these periods of closure? The answer is an enormous amount of very necessary training and updating of skills,

CWS CCG organise some of the sessions as plenary events for **all** GPs, nurses and health care assistants, and admin staff in the six Locality Groups ( Henfield is part of the Chanctonbury Locality Group, along with Steyning, Storrington and Billingshurst ). These are held at various venues including Fontwell, Field Place in Worthing and Worthing Hospital. The 55 practices in the CWS area can all be closed at the same time and our patients are looked after by the Out of Hours service whilst we are shut. Other sessions are in-house events where we can set our own agendas – within certain limits. Importantly, all clinicians must have a refresher course on Basic Life Saving and Cardio-pulmonary Resuscitation **every 18 months** and all admin staff have to do the same every three years.

Some examples of areas we have covered over the last year are sessions on: child protection; fire training; adult safeguarding; infection control; chaperone training; dementia awareness; mental health referral pathways; medical hot topics for GPs; nursing education and updates; proactive care and risk profiling; wound care management; action for deafness; information governance; end of life care; customer skills; and regular reviews of medications pathways. I can hear you yawning now - so I’ll desist from listing any more topics, but I can assure you that the list is very lengthy.

We also discuss the annual patient survey and aim to take forward anything which will improve our patients’ experience of the Practice. We review any significant events that may have occurred ( good and bad ) which we can learn from, as this is regarded as best practice.

So no, we aren’t all having an afternoon off and neither are we doing our knitting as one irritated person suggested we might be! These afternoons are jolly hard work for us all but the time is very well spent and we certainly benefit from them, particularly the educational sessions. I’d like to think that these benefits are passed onto to all our patients, in that we are all kept up to date with some very important issues, developments and changes within the wider NHS.

Thank you for your patience and understanding in avoiding our services on the few afternoons each year when we closed.

## Who Needs Antibiotics?

Who Needs Antibiotics was the theme of a very entertaining and informative meeting on Thursday 28<sup>th</sup> November 2013. It was led by Fiona Ordidge who is the Practice self-care champion ably assisted by Kim Poole and Tina Wake, the other triage nurses and Doctors Karen Crawford Clarke and Olivia Snape. There was a quote from the Daily Mail on the board at the beginning of the meeting. It read “We have reached the end of antibiotics” followed by the words “Resistant bacteria could take us back to the dark ages. We need to act now”. All sounding a bit like the voice of doom!

Peter Bates welcomed everyone, referring to the Self Care conference which he and Jackie had recently attended. Karen Crawford Clarke used the situation with the treatment of tuberculosis to emphasise the point. A strain of this disease has developed which does not respond to antibiotics. She also mentioned the danger of overuse of antibiotics in farming which is especially prevalent in the USA.

The UK prescribes more antibiotics than other European countries. What should we do in Henfield to improve matters? Olivia Snape referred to the minor illnesses leaflets which Fiona has produced and which are available at the surgery. Antibiotics should not be used for viral ailments. They have no curative effect.

There followed a list of common viral illnesses and how long it normally takes for them to get better on their own: earaches – 4 days, colds – 10 days, sinusitis – 2 weeks, sore throat – one week, cough – 3 weeks, eye infection – 3 days. Paracetamol is helpful and is preferable to Ibuprofen, which can affect the stomach.

Apart from the leaflets a good website for information is  
[www.treatyourselfbetter.co.uk](http://www.treatyourselfbetter.co.uk).

That was the message, now for the drama – and very entertaining it was.

Scene 1

Karen was the patient talking to Kim over the phone. She had a bad cough and urgently needed to get better to meet her social engagements.



I am guessing that most of you will have had to read that fact on the previous page twice in order to believe it !

196 appointments not attended in March equates to 39 hours of clinician time. This is one whole week of doctor and nurse time wasted in the month.

### **(81 GP appointments and 115 nurse appointments missed)**

Whilst we know the majority of patients are horrified when they mistakenly miss an appointment, there must clearly be an element of the population who do not understand the repercussions from failing to attend, or who are not cancelling if they no longer need the appointment.

We try to prevent DNAs (do not attends) in a number of ways:-

Unless there are mitigating circumstances appointments are booked no more than 2 weeks ahead as research has shown booking more than 2 weeks ahead increases DNAs.

For those patients for whom we have mobile phone numbers, a text message reminder is sent 24 hours before the appointment.

Patients can cancel appointments on line at any time through our website, up until an hour before the appointment slot. We encourage patients to register for online appointments and prescriptions. If you have not yet done this please call into the medical centre with photo i.d – such as driving licence or passport - and we will issue you with a Password to access this facility.

Appointments can be cancelled by ringing 492255 between 8.30 am and 6.30 pm.

When a patient fails to attend an appointment, one of our receptionists will ring before we close that day to enquire as to the reason for the non-attendance.

If the receptionist does not succeed in speaking to the patient, then if we have an email address, an email will be sent the following day.

Missed appointments are automatically recorded on the patient's medical records by our clinical computer system. This is a permanent record with the date and the words “did not attend for appointment” entered .

We ask that you keep a diary record of any appointments made; let us have your mobile number so we can send you a text reminder; register for online appointments; always let us know if you cannot keep an appointment – even if it is less than an hour away we may still be able to offer it to someone else.

Please help us to help you – do not waste appointments.

Katie Hill - Managing Partner Wendy Davies – Office Manager

## THE SUGAR DEBATE

You may have seen discussion in the newspapers about the amount of sugar we eat. This is because the World Health Organisation has published new draft guidelines about sugar intake. The previous guidelines, issued in 2002, recommended that less than 10% of daily calories should come from free sugar. The new guidelines state that a reduction to below 5% of total energy intake would have 'additional benefits'.

This would mean cutting current consumption by two-thirds, to about eight teaspoons a day for men and six for women. 'Free sugar' in food is added sugar, plus any sugars found in fruit juices, honey, maple syrup and so on. Manufacturers add sugar ( usually sucrose or high-fructose corn syrup ) to a surprisingly large range of foods – half a can of baked beans contains 2½ teaspoons of sugar while a standard can of cola contains **ten** teaspoons !

So there will be pressure on manufacturers to reduce gradually the amount of added sugar in their products, thus helping us to get used to food that is less sweet. This type of change has been done before : about twenty years ago a group of cardiovascular specialists in the UK decided to do something about the large amounts of salt being added to processed food. As a result of their campaign, manufacturers gradually reduced added salt so that people in the UK now eat around 15% less salt than they used to, thus preventing thousands of deaths each year from strokes and heart attacks.

PS One obvious way to cut down on sugars is to change to artificial sweeteners. This, however, has a down side. Real sugar gives you two hits of sweetness. First, it activates sweet receptors on your tongue, boosting dopamine in the brain. Later, as glucose is absorbed during digestion, the reward system gets a second hit. With artificial sweeteners, you only get the first hit, so you will be left unsatisfied, and may eat more to compensate.



## PLEASE HELP US TO HELP YOU—WASTED APPOINTMENTS

The problem of people not attending their appointments is worse than ever. Precious appointments with clinicians are being wasted because of this and waiting times for appointments for those patients who need them, and who will attend, are being extended because of the failure of people to realise the importance of cancelling an appointment they no longer need.

**From 1<sup>st</sup> March to 31<sup>st</sup> March 2014 Appointments not  
attended and wasted **196****

## Scene 2

Karen – complete with a wig – played the part of a student who had a sore throat and needed to get better for a French oral exam. Kim gave her advice.

## Scene 3

Olivia was a dinner lady at a primary school and she had diarrhoea. She was advised by Fiona who stressed the importance of very light bland food and large quantities of water. Antibiotics would definitely make the situation worse. If it persisted more than 5 days see a doctor. Fiona stressed the importance of washing hands after visiting the toilet, before preparing food, after handling raw meat or after gardening or handling pets.

They certainly used the situations to get the message across.

The event had been well attended by patients, etc. and there were some questions from the floor.

There was concern about how much water should be drunk in a day.

Olivia held up 5 fingers to represent 5 glasses.



## USEFUL WEBSITES

The best general health website is of course NHS Choices, which can be viewed at [www.nhs.uk](http://www.nhs.uk). It provides patients with advice on particular symptoms, information on hospitals, self-help guides, blogs and a health encyclopaedia.

The health information provider Dr Foster has a website which brings together a range of information from waiting times for surgery, lengths of stay in hospital, and post-op mortality. Its web address is [www.drfoosterhealth.co.uk](http://www.drfoosterhealth.co.uk).

A website dedicated to providing independent information for patients undergoing hip and knee replacement surgery in the UK can be found at [www.hipandkneenetwork.co.uk](http://www.hipandkneenetwork.co.uk). The site enables the public to access government data on the quality and numbers of all the knee and hip implants on the market, allows them to search for a surgeon or a hospital and send in questions to a surgeon panel.

All these websites can be accessed via 'links' on the Friends website.

## KNOW YOUR AMBULANCE SERVICE



South East Coast Ambulance Service NHS Trust (SECAmb) works across Kent, Surrey, Sussex and parts of Hampshire. The service:

- Responds to 999 calls from the public
- Provides the NHS 111 urgent advice service for Kent Surrey and Sussex
- Provides non-emergency patient transport services in Surrey and Sussex

In our area there are three 999 call centres, where the staff are responsible for receiving emergency and other calls, providing clinical advice and support for callers, and coordinating the most appropriate response for the patient (sometimes this will include alerting local urgent response teams such as HART in Henfield or PART in Partridge Green).

During 2012/2013 the service received more than 761,000 emergency calls, 38% of which were categorised as serious ( Red 1 and Red 2).Ambulances reached 75% of the Red 1 and Red 2 patients within 8 minutes, achieving the national standard. Inevitably, response times tend to be longer in remote rural areas.

Together with Harmoni, a company which helped to provide NHS Direct, the service runs two NHS 111 urgent advice centres. When the service started in this area, there were more calls than expected, but there are now more staff available in each centre. Health advisers answer the calls, and nurses, paramedics and GPs are available to provide clinical advice. The111 service is there to answer all types of medical question, including where to find an all-night pharmacy or an out-of-hours dentist. Sometimes the operator will arrange for a doctor to phone back. If an out-of-hours home visit is necessary, the service will arrange that, and if it becomes apparent that an ambulance is needed, then the call will be transferred to a 999 call centre. Currently, about 10% of calls are transferred in this way.

The Patient Transport Service (PTS) is the non-emergency arm of the service. It provides pre-planned routine transport for patients who need to attend hospital, medical centres and outpatient appointments and who need specialist transport. All these patient transport journeys are booked through local hospitals or healthcare providers. If you do not qualify for this service, don't forget the Henfield Medical Centre Link scheme,which can transport you to appointments for an appropriate donation to cover petrol costs.

## **HENFIELD MEDICAL CENTRE LINK**

You probably already know that if you need transport to a medical facility and cannot arrange your own transport through family or friends, then you can contact the Link transport scheme by telephoning one of the coordinators. If you live in Henfield or Partridge Green you can phone Wynn Saunders on 01273 495910 or Mary Johnson on 491358. For Blackstone, Wineham and Woodmancote, phone Jan Pound on 492761 and for Edburton, Fulking and Small Dole phone Richard Flower on 493712. Of course if you cannot get hold of any of your designated coordinator you can

phone any of the others.

Please call as soon as you have your appointment, preferably within normal working hours, and transport will be arranged for you. You are asked to make a contribution towards the costs involved—the amount requested is £3 for journeys within Henfield, £15 to the local hospitals in Brighton, Worthing and Haywards Heath, and for other destinations pro rata depending on the mileage involved.

If you have a blue badge enabling you to use disabled parking, please bring it with you. Remember the badge is assigned to you, not your car, so even if you stop driving or do not drive, it is worthwhile keeping your blue badge up-to-date. Parking, especially in Brighton, can be difficult without a blue badge.

### **NEW EQUIPMENT**

The Henfield Medical Centre dermoscope "Dermlite Pro HR" has recently been purchased for us through the Friends of Henfield Medical Practice. It's price astonished me and I lock it up for safe keeping.

It is basically a VERY expensive torch with adjustable magnification and photography attachment options. With a little oil on the skin first it enables closer inspection of suspicious skin lesions.

I worked with the superb Dr Peter Coburn, Consultant Dermatologist at Worthing and Southlands as to our role with this kit. In essence it aids to reassurance where otherwise continuing doubt would exist when lesions are viewed with ordinary torches. Thus we can reassure patients and avoid unnecessary referrals for excisions. By avoiding unnecessary referrals we are helping to ensure NHS resources can be used more appropriately.

I will not share here the technical aspects of what one sees in certain conditions but suffice to say the dermoscope is a very useful bit of kit in primary care and avoids people's skin being unduly messed around with.

Almost all skin lesions we are shown are NOT of alarm and GPs can readily reassure.

Dr John Derrett