

BETWEEN FRIENDS

THE NEWSLETTER OF THE FRIENDS OF HENFIELD MEDICAL PRACTICE

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A message from our chairman

At the start of this, my third Chairman's letter, it is good to be able to report the purchase of a major piece of equipment for the Practice, the ECG Data Transfer Machine - see report on page 5 for more details. It is also good to report that our fund raising efforts and the appeal for funds over the past months have together realised nearly £2,500 of the £3,372 total cost of the machine. Thanks are due to the individuals who have donated (many of them Gift Aided) and to all those who have donated to or helped at our fund-raising events, also for the recent grants made to the Friends by both the Kindersley Trust and Henfield Parish Council.

To assist in fund raising there is now a set of filled bookshelves in the waiting room at the Medical Centre. See page 11 and the Friends website for further details. In the first week of operation some 40 books were purchased, raising more than £20 for the Friends' coffers at 50p per book and the proceeds have now risen to more than £60.

With the new and increased patient participation involvement in the changing NHS, there are more opportunities for lay involvement in the decision-making process associated with the Coastal West Sussex Federation. (CWS will take the place of the existing PCT from April 2013). From time to time we receive notice of these lay vacancies, so if they might be of interest to you, please let us know and we will make sure to inform you of any such opportunities when they arise. Each of them does of course have a time involvement, but the necessary travel expenses are met by CWS.

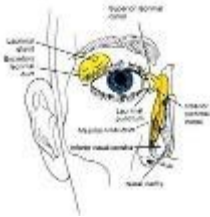
Last autumn's presentation *Is Your Skin Talking to You?* was well attended and well received - see page 13 for a brief report. If eye problems are of interest, please make sure to book your place for Thursday 3 May, when Mr Sal Rassam will be presenting *The Secret Diary of an Ophthalmologist*. Again more details are on the website and the opposite page of this issue.

One development within the NHS is Local Enhanced Service (LES) schemes on certain topics - Fiona Ordidge, Practice Diabetes Nurse, has written an excellent description (page 6/7) of the LES relating to diabetes, partly as a prelude to our autumn evening event on Wednesday 3 October, when the subject will be diabetes. With the very large (and growing) diabetic community within the Practice (and possibly an even larger potentially diabetic group in our area), this promises to be a popular event, so get the date in your diary now and look out for further content and booking details in due course.

We have been pleased to welcome to the Friends committee a new member, Richard Kendall, who has, with his wife Susan, moved recently to Henfield and is assimilating very quickly into village life. Their daughter, Liz, is MP for Leicester West constituency, and is currently shadow minister for care and older people.

Please remember to keep up-to-date with Friends' news by checking the website www.friendsofhenfieldmedical.org.uk frequently, particularly under the 'latest news' heading, which we are trying to keep updated regularly.

Peter Bates



OUR NEXT TALK

'The Secret Diary of an Ophthalmologist'
Talk by Sal Rassam - Consultant Ophthalmologist

Thursday 3 May 2012
Henfield Medical Centre at 7.30pm

Please book your place by calling
Ann Ellson on: 01273 492772
Or Jenni Ochoa on: 01273 492635

Editors Note:

It is good to know that despite all the challenges and uncertainty that the NHS Service is facing as a whole, government directives are now beginning to filter down at a local level and new initiatives are being developed to benefit patients.

An example of this is the 'Locally Enhanced Service for Diabetics' that Fiona Ordidge explains about on page 6/7. This initiative is particularly good news as the number of people developing Diabetes is increasing at a significant rate.

As you will see from Katie Hill's item on page 8/9, the feedback from the recent Patient Survey has been taken seriously and there is a great willingness to communicate and work together with patients to improve the service.

Finally, I think everyone who donated money and helped with fundraising events towards the new ECG machine deserves a great pat on the back! This has now been purchased and is already benefiting patients.

Moira Parrott - ED



A DAY IN THE LIFE OF A NEW RECEPTIONIST

Hello, we are Jenny Bush and Liz Mason, Henfield Medical Centre's newest recruits to the reception team. Liz previously worked within a busy and at times very frustrating banking call centre. She lives in Brighton with her hubby and two daughters aged 19 and 24, plus her two rescue cats Alfie and Bobby.

Jenny worked on a very hectic hotel reception, although the phone didn't ring there as much as it does here! Jenny currently lives in Small Dole with her terror of a yellow Labrador. As the only full-time member of reception she sometimes feels under pressure to keep everything and everyone up to date at all times.

At first, working here seemed very daunting and baffling with all the medical terminology to learn and we very quickly realised we would need to pull on all the customer service skills learnt over the years. There is definitely never a dull moment on reception and we can experience a multitude of different emotions each and every day, from happiness to sadness, frustration and anger to relief and a sense of achievement. Neither of us was quite prepared for the multitude of tasks involved as part of our day to day duties, from issuing prescriptions through to chasing doctors down hallways!



Liz on Jenny - Jenny is a pleasure to work alongside. Her youthful memory skills put me to shame but despite our age difference we do seem to have very similar personalities and work well as a double act. Our only bad points are that because we are both perfectionists we worry about making mistakes!

Jenny on Liz - She is always smiling, you can throw anything at her and she will just keep on in her positive manner. Liz is very helpful and we work well as a team. I'm sorry to say that as she works late she does sometimes hear the odd "Liz please can you phone this patient for me?". Although I sometimes get the odd sarcastic response, I know she will always help me out. Unfortunately Liz is a little squeamish, so if you're bleeding it might be best to ask for another receptionist (although not me)! The best thing about Liz is she always has a stash of polos so keeps us all minty fresh.

Hopefully we won't see any of you too soon as that would mean you were unwell!

Jenny and Liz.

NEW ECG MACHINE

The GPs and staff at Henfield Medical Centre would like to thank the Friends for their recent fund raising campaign to raise money for a new ECG machine. Through various events involving both Friends and Staff and through donations from patients and local bodies, including the Kindersley Trust, Henfield Parish Council and the WI, a total of £2,465 has been raised towards the total cost of £3,372. Our gratitude is extended to the companies and individuals who have donated, including some contributions in memory of a recently deceased patient of the Practice.

The amount raised is expected to rise when tax is reclaimed for the gift aided donations, and the balance of the total cost will be met from Friends existing funds. It is still not too late for you to contribute - see the contact details on the Friends website or ask at reception for a Gift Aid form and leave your contribution with the staff in an envelope addressed to the Friends Treasurer, Patrick Field. Cheques should be made payable to the Friends of Henfield Medical Practice Trust.

The new ECG machine is now up and running. It comprises a 12 ECG and software package through which for the first time we can integrate with our clinical computer system. This means it can be connected to consulting room computers and the ECG trace is monitored on the computer screen, giving an indication of the quality of the signal from every cable to ensure the best possible reading. The machine then automatically files a high quality reading directly into the patient's medical records at the end of the test. This ECG report can be seen and read from any consulting room. So a nurse taking an ECG with a patient at one end of the building can ask a doctor in another part of the building to check the report on their screen, meaning that no more time is consumed scanning manual attachments to medical records and poor quality ECGs. This is particularly important if a patient is seen with chest pain for example - the clinicians will take an ECG and send this directly to the hospital cardiac department for advice. Previously the quality of the report made this method cumbersome and unreliable, but our new ECG equipment enables us to send a clear report electronically directly to the hospital for reading and analysis.



A great piece of diagnostic equipment has been made available to patients of Henfield Medical Centre through the Friends.

Thank You.

SPECIFICATION FOR A LOCALLY ENHANCED SERVICE (LES) FOR DIABETES

Practices are contracted to provide all essential and additional services for patients with diabetes. This includes the management of patients with Type 2 diabetes on diet and/or tablets, of patients with Type 1 diabetes, and the more complex type 2 patients, including those on insulin, in partnership with specialist colleagues.

This LES looks to a future where we expect more people in the population to develop diabetes. It has been shaped to be able to demonstrate achievement of the NICE Quality Standards for Diabetes in Adults.

1) Professional Training and Education

Practices are expected to nominate a GP lead and a nurse lead for diabetes who must attend at least one training event annually provided by the Coastal West Sussex Federation (CWS). They should also maintain continued professional development in diabetes, take part in local diabetes education events, and cascade key messages about diabetes care to their practice team.

2) Pre-Diabetes

The Practice is required to perform an annual fasting glucose test on patients on the Pre-Diabetes register. This register will consist of all patients with:

- Impaired fasting glucose
- Impaired glucose tolerance
- A history of gestational diabetes.



People with undetected diabetes and people at risk of developing diabetes should be identified and receive support to manage their condition. To assemble this register, patients of 40 years and over, within the following 'at risk' categories should also be screened on a three-yearly basis:

- A family history of Type 2 diabetes in a first degree relative
- A Body Mass Index (BMI) of 35 or over
- Asian ethnicity
- On the Cardio-Vascular Disease, Stroke or Peripheral Vascular Disease Register.

3) Structured Patient Education

Patients with newly diagnosed Type 2 diabetes should attend the DESMOND structured training programme within one year of diagnosis.

4) Care Planning and Reviews

Diabetic patients should have an annual care plan which includes documented agreed goals and a jointly developed action plan as well as a personalised HbA1c target. The annual review should include:

- Discussion and advice around progress with diet and exercise
- Agreement on the frequency and timing of reviews
- Education and onwards referral to DESMOND if agreed
- Assessment of complications
- Assessment of psychological complications
- Active enquiry of those patients on sulfonylureas or insulin with regard to any symptoms of hypoglycaemia
- Agreement on follow-up support
- Review of medication, including compliance.



5) Women of child-bearing age with diabetes: Pre-conception counselling and contraceptive advice

Ensure that diabetic or pre-diabetic female patients aged from 15 to 54 are offered contraceptive advice and/or pre-conception counselling.

6) Insulin Therapy Initiative

Competent MERIT trained staff, together with the Diabetes Specialist Nurse Team, may initiate and manage therapy with insulin.

7) Insulin Management

Ongoing management of insulin-dependent patients is an optional element for practices. Diabetes specialist nurses are commissioned to take part in joint clinics with practice teams.

These seven headings set the framework of care that we are expected to deliver to our diabetic patient population. In the next issue I will explain how we intend to achieve this and what measures have been implemented to make that possible.

Fiona Ordidge, Practice Diabetic Nurse

Glossary:

NICE - National Institute for Clinical Excellence

DESMOND - Diabetes, Education & Self-Management for Ongoing and Newly Diagnosed

MERIT - Meeting Education Requirements Improving Treatment

HbA1c - Average blood sugar level over a three-month period

HOW YOU CAN HELP US TO HELP YOU

On any given working day about a million patients attend their local GP surgery – it is remarkable that primary care in the NHS works at all! This number continues to rise. Government statistics show that from 1995 – 2007 each patient who consulted a healthcare professional in primary care, did so 3.9 times. By 2008 this had risen to 5.5 times. This meant that the total number of patients seen in 2008 was 300 million. One of the reasons for this is increasing patient demand.

We believe we can work together with our patients to manage this demand and ensure we maintain an efficient and safe service that meets our patients' needs. We have recently run a patient survey and are working closely with the Friends of Henfield Medical Practice and a wider patient reference group to draw up an action plan from the results of the survey. (*More details are available on our website*). One of the main actions is to help our patients understand what they can do to help us offer a service that works well and benefits everyone. For example:



"Stand Back - I'm a receptionist.
What did you want to see the doctor for?"

Some patients dislike the receptionists asking for an indication of the problem when they ring to make an appointment. However, when we explain that this was introduced after an review of appointment requests showed that 47% could have been dealt with another way and would have freed up doctors to see patients who could *only* be dealt with by them, they agreed it was a sensible initiative. Patients benefit by saving time and it also enables a more efficient service. Examples from the review include:

- Patients asking for an appointment with a doctor when suffering with a minor illness, such as a chest infection, when such problems can often be managed by our triage nurse.
- Patients who were well but had a medication review due. Their medication can be updated by electronic note from the receptionist to their GP and save a visit to the surgery.
- A baby with nappy rash who was best and more quickly helped by our Health Visitors.
- Patients with queries that could be dealt with by the GP's PA liaising with the GPs on their behalf, again saving the patient the need to come in.

If a patient doesn't feel comfortable giving the reason for requesting an appointment, the receptionists will accept this straight away and make the appointment with the doctor. However, on appropriate occasions when the receptionist is able to redirect callers, we find patients are generally pleased with

this service and the doctors' appointments are not wasted. To help us to improve our service please note the following:

- Consultation time for each patient is 10 minutes so it's important that whenever possible you come with just one problem for the doctor or nurse to manage during that time slot.
- If you are seeing the duty doctor or minor illness nurse and you may need to be examined, please remove your outer garments (coat, scarf etc) whilst in the waiting room. Precious consultation minutes can be wasted whilst the clinician waits for the patient to be ready.
- The same applies if you are attending for a blood pressure check, or if there's a chance your blood pressure may need taking during the consultation. Again please remove outer garments and ensure the top of your arm is ready to be easily accessed before you go into the consultation.
- When phoning in to the Medical Centre please use direct lines whenever possible and listen carefully to the brief recorded message and press the appropriate number. For example do not press 1 unless it is a real medical emergency. Recently one member of staff answered 3 emergency calls where the patient had pressed 1 in error.

We welcome feedback on our patients' experience of our service and are keen to work with them to manage increasing demand, enhance what works well, and find ways to improve anything that doesn't work so well. As a result of this initiative and our patient survey we are introducing new ways of communication – a suggestions/feedback book in the waiting room, a comprehensive handbook listing our services, contacts and how our systems work, possibly a Facebook page, and who knows, one day you may even have the opportunity to follow us on Twitter!

Katie Hill - Practice Manager

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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NEWS FROM THE PRACTICE

New Faces

Dr Shafique Shamim, GP Registrar, has joined us until August 2012.

GP registrars are qualified doctors who are in the last years of their further 3 year training to become a GP. They are attached to individual doctors in the Practice who work closely with them. You will be offered appointments with GP Registrars even though you are on the list of a permanent GP at the Practice, rather like seeing a registrar at your hospital appointment instead of the named consultant that you are under for your care.

Tessa Whitehead is a new member in our Administration Team. She is PA to Dr John Derrett.

Patient Survey

We have completed our annual Patient Survey, the results of which together with our action plan, will be published on our website. Thank you to everyone who took part and to the Friends (our Patient Participation Group) who helped us formulate our action plan.

Redecoration to Woodlawn Surgery, Partridge Green

The work to Woodlawn Surgery is now complete and we hope our patients will enjoy a lighter and brighter surgery as a result.

Henfield Medical Centre Gardens

We had a good response to a request for help with planting and maintaining the borders around the Henfield Medical Centre building and the Courtyard outside the waiting room. As the Spring and Summer advance we hope to blossom!

Katie Hill - Practice Manager

TRANSPORT LINK UPDATE

The Link Scheme organisers would like to acknowledge the continued financial support received recently from Henfield Parish Council as part of their policy of annual donations to local organisations.



We still need new volunteer drivers for this service which provides a car and driver for those without transport readily available, to appointments at the Henfield Medical Centre and Woodlawn surgery at Partridge Green, also to hospitals, dentists and specialist clinics.

In the Medical Centre, there is a box on the left hand wall which contains

leaflets with details of the coordinators' telephone numbers, and how to use the Link Scheme. There are also leaflets at both Woodlawn and in the Henfield Library, and on the Friends website. If you are interested in volunteering as a driver, or just want more information, please contact the Friends chairman, Peter Bates, on 01273 493172, or the scheme organiser, John Langhorne, on 01273 492591. It is a worthwhile activity that we can guarantee you will enjoy.

BOOKS FOR 50p

Just to the right after the inner door to the waiting room at the Henfield Medical Centre, you will find a set of bookshelves full of second-hand books (mainly fiction and almost all paperback).



They are there for everyone to buy for a contribution of at least 50p to our funds. Please browse while you await your appointment, choose your book or books and put the cash in the fixed metal box provided. All monies raised through the scheme will be used by the Friends to purchase equipment for the Practice that is not provided by the NHS. Any books to be donated to the scheme should be handed in to the reception staff, but please in good condition and not more than two or three at a time. Please note that no change is available, but overpayment donations will be very welcome.

This is a scheme already applied successfully by other PPGs and Hospital Friends, and we will be reporting on a regular basis the amounts so raised. More than £20 was collected in the first week, and as we go to press the amount has gone over £60, which means that more than 120 books have been purchased.

TRIBUTE TO THE EMERGENCY SERVICE

While in Cambridge last September I managed to lose both of my insulin pens on successive days and found myself as a type 2 diabetic on a Friday evening without access to insulin over the coming weekend. By using the 'googled' emergency number I was able to visit a late night pharmacy, who advised me to ring the same emergency number to try to obtain a prescription. From just my name, postcode and doctor's name they were able to access my records at Henfield and, 10 minutes later, a duty doctor phoned me back.

From the information available the doctor was able to prescribe two disposable insulin pens, and fax the prescription to the pharmacy. It took some time to follow the procedures but within two hours I had replacement insulin for the weekend, and at no financial cost. It was very reassuring and a tribute to the value of holding central NHS records that can be accessed readily in such circumstances.

Peter J Bates

DVLA MEDICAL REVIEW FORMS

Following an EU directive, the forms used for the periodic three-year application for renewal of driving licences that applies to those of us on insulin or with other medical conditions, are under review by the DVLA at Swansea. For the first time the DVLA have consulted with the charity *Diabetes UK* in this exercise, and I responded to an invitation to join a joint DVLA/*Diabetes UK* working group set up to take through the revisions necessary. Some 40 insulin-reliant diabetics applied, and I was appointed, along with a lady type 1 diabetic from Newcastle. We are involved in a series of meetings over the next 12 months, the first one being held at Swansea in January, when we were given a tour of the massive DVLA offices, particularly the Medical section - all very impressive, considering the size of their task.

It is gratifying that the DVLA are taking direct account of the views of those of us directly affected, and that our input will be reflected in the new forms used nationally for all insulin-dependent diabetic drivers when applying to renew driving licences from later this year.

Peter Bates

FRIENDS WEBSITE

www.friendsofhenfieldmedical.org.uk

Please do click on to the Friends website on a regular basis as it will help keep you up-to-date with the Friends activities and meetings, and other relevant news, in the gaps between issues of this Newsletter. Clicking on the site also helps us to stay at the top of the list so that anyone putting *Friends of Henfield Medical* into a search engine will find us and go straight to the website. On the Friends notice boards in both the Medical Centre and Woodlawn surgery you will find details of the website, accompanied by some pull off adhesive labels that you can take home and use as a reminder with your desktop or laptop computer. Please take one with you when you next visit either surgery.



WAITING FOR CONSULTATIONS

One problem apparent from the patient survey reported on page 8 is the wait for appointments due to unavoidable delays. The action planned is to use both the waiting room screen and the automated check-in to keep patients informed on waiting times and delays rather better than has been the case in the past. Please do take the opportunity to view the excellent presentation '*How You Can Help Us*' that's now running on the waiting room screen, and website www.henfieldmedicalcentre.co.uk. Especially, please remember that you may not always need to see a doctor, and help the reception staff by considering the alternatives - by working together, the Practice and patients can build a better service.

PATIENT SURVEY RESULT

The results of the recent survey carried out with the Patient Reference Group (PRG) have been discussed with representatives from the Friends and the Practice, and as a result an Action Plan has been drawn up to improve the service provided by the Henfield Medical Practice. You can find the results of both the survey and details of the agreed Action Plan on the HMP website www.henfieldmedicalcentre.co.uk

If you would like to join the PRG and be involved in future surveys (probably annually), then go to the Friends website (see front cover) and click on 'Have Your Say' or pick up a 'Having Your Say' leaflet from the Medical Centre or from Woodlawn surgery.

10 MINUTE CONSULTATIONS

Please be aware that doctors' consultations are scheduled at 10 minute intervals, and your co-operation is requested in helping your doctor keep to this schedule. There may be circumstances in which some appointments overrun, or a duty doctor has to deal with an emergency, in which case your waiting time may be longer than you would wish, and in such circumstances your patience is requested.



YOUR SKIN TALKING

Last October we heard a very interesting talk on skin cancer from Dr Russell Emerson, a real enthusiast who showed a selection of slides and talked about the newer treatments that are available. There is no space for a full report, but we must pass on his advice to see a medical professional if you have any worrying skin lesions. Watch out for changes in the appearance of your skin, and keep an eye on any moles. The aspects to check are **A B C D E**:

A: APPEARANCE - (or *Asymmetry*). *Normal moles are symmetrical.*

B: BORDER - *Normal moles have a smooth border. If they are ragged or blurry, get them checked.*

C: COLOUR - *If a mole changes colour, or has more than one shade, then it is suspicious and needs to be checked.*

D: DIAMETER - *Moles larger than 6mm in diameter should be looked at.*

E: ELEVATION - *Moles which are raised and have an uneven surface could be suspicious*

Don't forget that a lot of skin cancer is caused by damage to the cell by UV light from the sun (or from sun beds). Protect your skin during the hottest time of the day this summer, especially if you are on holiday in warmer climates. Hats and a good sunscreen are essential.

HEALTH AND THE NATURAL ENVIRONMENT

Medical evidence shows that access to the natural environment improves health and wellbeing, prevents disease and helps people recover from illness. Experiencing nature in the outdoors can help tackle obesity, coronary heart disease and mental health problems. It encourages people to be more active, and reduces stress levels. People live longer if they live near areas of green space, and patients get well quicker if they have a view from their window.

All outdoor exercise will have benefits, whether it consists of a gentle stroll, a jog, a run or a team game of some kind. Locally, there are walking opportunities for all tastes. If you like walking, then St Peter's Trotters or Horsham District Council health walks might be for you. Contact the Parish Office (495532) for details of the Trotters, or see the Parish Magazine for the health walks (or telephone the Walks Co-ordinator on 01403 215269 - online www.horshamhealthwalks.co.uk). Woods Mill at Small Dole is also a great place to walk; take the children or grandchildren, and do some pond dipping.



Cycling can give a good aerobic workout. There are also local clubs for tennis, cricket, football, stoolball and bowls. The last named gives a very gentle workout, but the fresh air and conviviality are beneficial. The Henfield Joggers encourage both comradeship and vigorous exercise in the open air. They meet every Wednesday evening at 7 pm, at the Henfield Leisure Centre and welcome people of all levels of fitness so you don't have to be an experienced runner to go along. The philosophy since the club started 22 years ago has always been about providing an opportunity for members to enjoy the social aspect as much as the exercise so it's a great way to meet people and make new friends. If you prefer cycling to running, they also have a programme of very sociable Saturday cycle rides with lunch stops once a month. More information about these and the annual Beginners Course can be found on their website: www.henfieldjoggers.co.uk



For those who prefer to achieve something while exercising, gardening can provide a good workout. Take it carefully, and protect your back. The British Trust for Nature Conservation (now known as BTCV) and partners across the UK run environmental volunteering opportunities. Among its activities are *Health Walks*, which aim to improve people's mental and physical health through environmental activity.

Another BTCV scheme is the *Green Gym*, which inspires people to improve both their own health and the environment at the same time. Experienced leaders guide you through a range of practical projects, giving you the opportunity to tackle physical jobs in the outdoors - improving your strength and stamina, boosting your practical skills and confidence and benefiting your local green spaces. Our local group doing this type of work is the Henfield Conservation Volunteers. Their local contact is Andrew Sharp on (01273) 494566 or 832062, or email henfieldconservation@wef.co.uk

OLDER PEOPLE'S INFORMATION MEETING

The Henfield Action for Older People annual information meeting will be held on Wednesday 2 May in the Garden Suite at The Henfield Hall. Topics covered will be the television digital switchover; crime and keeping your home secure; and the neck pendant alarm system.

The television digital switchover will happen for most of Henfield in two stages on 30 May and 13 June. The annual information meeting has been brought forward this year so that it takes place before the switchover date in order to provide older people with an opportunity to have someone explain in person what everyone needs to do, depending on their circumstances, in order to convert successfully to digital. There will also be an opportunity to have answered any questions about the switchover process.



During the afternoon there will also be a talk on crime and keeping your home secure. Advice will be given on straightforward practical steps that anyone can take to make their home more secure and again any questions that people have will be answered. The last speaker will explain the neck pendant alarm system and how it links in with a key safe which allows the emergency services access to someone's property should they be called out.

The meeting starts at 2.00 pm and during the afternoon there will be a refreshment break when homemade cake and a cream tea will be served free of charge.

All are welcome to attend - there is no need to book, but if you have any queries, please telephone **Alison Vine on 01273 492620**.

ADRIAN SCHOUTEN

Chartered Physiotherapist
MSCP (England) MAPA (Australia) MCBF (Holland)



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Henfield, West Sussex BN5 9JQ Tel: 01273 495990

DATES FOR YOUR DIARY

Wednesday 2 May - The Henfield Hall at 2.00pm
Older People's Information Meeting

Thursday 3 May - Henfield Medical Centre at 7.30pm
'The Secret Diary of an Ophthalmologist'
Talk by Mr Sal Rassam - Consultant Ophthalmologist

Thursday 21 June - Henfield Medical Centre at 7.30pm
Friends of Henfield Medical Practice Trust AGM
Followed by Doctors' Question Time

Wednesday 10 October - Henfield Medical Centre 7.30pm
Talk on Diabetes
See posters and local Press for more info in due course

CONTACT DETAILS

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