



PARK VIEW HEALTH PARTNERSHIP

PATIENTS' FORUM

AUTUMN 2012

ISSUE 3.

FOCUS ON CARERS

Research suggests that 10% of the UK population over the age of five perform a caring role and it follows that 10% of patients in a doctors' practice will be carers. There is a range of resources available in this practice to give vital support to carers to enable them to balance their role as a carer and as an individual, but there is very little awareness or acceptance by carers that they provide a caring role. A recent study regarding carers found that there are only 89 carers registered at Park View Health Partnership and there should be 500!

How do you know if you are a carer?

Are you looking after someone with any illness, disability or who, through frailty, are unable to manage without support? If so, then you are a carer.

The term 'Carer'

Many people will not see themselves as a 'carer' but rather husband, wife, son, daughter, sibling, friend, neighbour etc and therefore do not access the support available to them. They can be any age and they are unpaid.

It is often hard to manage when you are struggling to cope and only too often we receive referrals from carers themselves or other organisations, when a caring situation reaches crisis point. This often could be prevented if timely support had been organised and planned in advance.

You don't have to make an appointment to register as a carer. Simply let reception know that you are a carer, and if the person you care for is also a patient at the practice, please let us know that too. We can put you in touch with our link carer support worker Laura who has a wealth of experience and information to help you. Just ask.



Did you know we now have a 'book shop' in the practice? All books are 50p and proceeds help with the production cost of this newsletter. If you have books in good condition that you think others may like to read, donations are always much appreciated. The books are located under the screen at the end of the waiting room and you can pay for them at reception.



10.30 - 11.30 am on Monday 1 October
in the
Health Education Room at
Park View Health Partnership
to raise funds for

**MACMILLAN CANCER SUPPORT
ALL WELCOME**

PARK VIEW HEALTH PARTNERSHIP, SIDNEY WEST PRIMARY CARE CENTRE,
LEYLANDS ROAD, BURGESS HILL, RH15 8HS

Tel: 01444 244294 Fax: 01444 480420 e-mail: parkview@nhs.net website: parkviewhealth.co.uk

PATIENT GROUP

Bi monthly meetings of the Patient Group will re-commence on the first Wednesday of each odd month, 5 - 6pm in the Health Education Room. It will be a chance for patients to share news of the practice, and put forward ideas to help improve the services offered by the practice. The next meeting is on Wednesday 5th September, and the following one is on Wednesday 7th November. All Park View Health Partnership patients are invited to attend.

FLU CLINICS

This year they will be on Saturday 13th October and Saturday 3rd November between 9-30am and 12 noon. If you are pregnant or over 65, a carer or have a chronic disease, and are a patient at Park View Health Partnership, you are eligible for a free vaccination. Please book an appointment on one of these dates at reception. Refreshments are provided after your jab by the Patient Group.

E-MAIL ADDRESS

Please would you provide the practice with your current e-mail address? We have started to send information electronically by text and e-mail so that the limited NHS resources can be spent improving patient care rather than used on administration costs. Just so you know, you won't be overwhelmed by junk mail, and your details would never be divulged to third parties and will remain confidential. You simply have to fill in a form at reception or e-mail us on info@parkviewhealth.co.uk with 'add to registration' as the subject line.

DID YOU KNOW THAT WE OFFER THE FOLLOWING SERVICES TO PATIENTS AT THIS PRACTICE?

Blood tests

Child Immunisations

Maternity

Health checks

Cryotherapy

Stop smoking clinic

Diabetes management

ECG s

Blood Pressure Checks

Dietary advice

Anti-coagulation monitoring

Support for carers

Ear Syringing

Flu jabs

Coronary Heart Disease

Asthma management

Tetanus and Pneumonia Vaccinations

Cervical smears

Foreign travel injections

Menopause advice

Family Planning

You can also get lots more advice and information about keeping healthy from the West Sussex Well Being hub westsussexwellbeing.org.uk