



WITTERINGS MEDICAL CENTRE  
PATIENT PARTICIPATION GROUP

**'Keep in Touch'**

**SPRING 2019**



Welcome and with Spring on its way (at least we hope so) we have had a bit of a spring clean and, as you will notice, we have created a fresh new logo which we think is more representative of our group. We hope you enjoy our Newsletter this quarter, it has some very interesting articles, lots of information and some appeals for help.

We are always looking to add to our membership, currently 1500, and increase our circulation, so please spread the word amongst your friends and relatives and encourage them to join us and 'Keep in Touch' forms are available in the Medical Centre waiting room, or E mail the contact address at [contact@witppg.co.uk](mailto:contact@witppg.co.uk)

With Easter approaching in a few weeks' time, may I wish you and your family a very Happy Easter.

A handwritten signature in black ink that reads "Clive Barrington". The signature is written in a cursive style with a horizontal line underneath the name.

Clive Barrington  
CHAIRMAN



## EASTER SURGERY TIMES

w/c Mon 15 April	All appointments will be book on the day
Thurs 18 April	CLOSED from 6:30 pm
Fri 19 April	CLOSED
Sat 20 April	CLOSED
Sun 21 April	CLOSED
Mon 22 April	CLOSED
Tues 23 April	OPEN from 8:00 am
w/c Tues 23 April	All appointments will be book on the day

If you need medical advice urgently when the Surgery is Closed  
please call 111

**In case of emergency please Dial 999**

GP APPOINTMENT?  
CAN'T MAKE IT?  
DON'T NEED IT?  
**CANCEL IT!**

Last month **80 people** failed to attend their appointments.  
Over the last 12 months **900 appointments were unattended.**

**That's equivalent to 150 hours over a year, where GPs could  
have seen other patients!**

If you are unable to attend or no longer require your appointment please let the Medical Centre team know as soon as possible. You can reply CANCEL to text reminders, which will automatically cancel your appointment for you.

Thank you.

## FOR THOSE WITH MOBILITY ISSUES



### SANDCRUISERS AT WEST WITTERING BEACH

by Craig Rathbone, Committee Member WMCPPG

If like me you have a mobility issue, or maybe you have a friend who just can't walk as far as they used to, then this could be good news for you. West Wittering Beach now have two adult and one child Sandcruiser wheelchairs that can be used to gain access to the beach.



I am a large chap but with the help of my carer, I was able to get down to the beach and the sea. My carer reported it was easy to push, even on the sand.

You must book in advance as the Sandcruisers, which resemble a moon rover more than a conventional wheelchair, are very popular especially in high season.

Bookings can be made by phoning the Beach Office on **01243 514143**. Once you arrive on site, visit the office - situated before and to the left of the car-parking barrier, where you will be asked to sign a disclaimer and leave a deposit of £20, refundable when you return the Sandcruiser. There is no hire charge.

The Office is open 9.00 am to 4.00 pm. The cost of parking varies from £8.50 peak season to £2.00 out of season. Blue badge holders can get a reduced-price annual pass at £33.00 by contacting the Office.

## NEW WITTERINGS COMMUNITY MINI BUS



The minibus provides transport for elderly and disabled people within the Manhood Peninsular for various events and shopping in East Wittering ...

**... BUT WE NEED MORE DRIVERS!**

If you could help by becoming a volunteer driver please contact **Rod Tranchant on 01243 673739** or email [rod@tranchant.co.uk](mailto:rod@tranchant.co.uk)  
No special licence or skills are required.

# ADVANCED CARE PLANNING



by Dr Penny Bradbury, GP Partner

Can you tell your loved ones what you would like to happen in the event of a serious illness when you can no longer make or communicate your wishes? Discussing end of life preferences is a difficult conversation to have and many people prefer not to think about what may lay ahead. However, being able to let your wishes be known can ensure that you retain some autonomy during your last months.

It is never too early to discuss end of life care. Indeed, it can be very practical to organise Power of Attorneys and Wills whilst you are fit and well. They will only be used in the event that you are no longer able to express your opinion.

Things to consider:

## **Power of Attorney**

This is a legal document that nominates someone to make decisions on your behalf in the event that you are no longer able to. There are two elements to it – one deals with healthcare decisions and the other deals with financial decisions. Your next of kin is not able to make these decisions for you unless they have been made a power of attorney. Forms can be downloaded from <https://www.gov.uk/power-of-attorney/make-lasting-power> and must be registered with the Office of the Public Guardian.

## **Advanced Care Plans/Living Wills**

An advanced decision or living will is a statement made by an adult with capacity about what they would like to happen in the event that they are no longer able to make decisions about their care. It cannot demand treatment that a medical professional would view as futile but it can refuse treatment. For example, if someone did not want to receive treatment for cancer if they had advanced dementia. An advanced statement must be clear and state which treatments are being refused rather than just a blanket statement. An advanced decision must be signed and witnessed and it is useful to give a copy to the GP surgery so the GP is aware of your preferences.

## **Do Not Attempt Resuscitation Decisions**

A DNAR form is a legal document which must be signed by a medical professional. It states that the person does not wish to have cardiopulmonary resuscitation in the event that their heart stops beating. It **does not** mean that any other medical treatment will also be withheld.

If anyone would like to discuss end of life care planning with a GP then please do make an appointment. We are able to help you make decisions and explain the different options in more detail. We can document decisions such as your preferred place of death – whether this be at home, a nursing home or in a hospital.

Further information can also be found on the Age UK website

<https://www.ageuk.org.uk/information-advice/money-legal/end-of-life-planning/>

## THE MANHOOD MOBILITY VOLUNTEER SERVICE



The Manhood Mobility Volunteer Service is a charity which was set up by a group of like-minded locals 23 years ago to provide transport for local residents who are unable to use their own or public transport. We primarily provide transport for medical appointments but will also carry out social journeys (shopping, hairdressing and visiting) where we have spare capacity – medical journeys will always take priority.

We have a disabled person's vehicle, shown in the picture, but usually our drivers use their own cars and are paid a generous mileage allowance in accordance with current HMRC regulations and as it's classed as unpaid 'voluntary work' it is covered under most standard car insurance policies without additional premium. There is no requirement to carry out any specific number of journeys, some of our drivers do runs on most days and others may only do one a month and often it's that occasional driver that really helps when we are especially busy!

### **MORE DRIVERS NEEDED!**

We are in need of more drivers and if you might be interested in helping us please contact:  
**Justin, at our office in the Witterings Medical Centre,**  
**9.30 am – 12 noon, Monday to Friday, or ring 01243 672200.**

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## FRIENDS OF THE WITTERINGS MEDICAL CENTRE



### **Can you help?**

The Friends of the Witterings Medical Centre is a registered charity. It was formed in 1995 and since then has provided funding, through donations, to purchase medical equipment, office equipment and furniture for the Medical Centre. To date, we have raised in excess of £250,000. By so doing, we have supported both Patients and the Medical Staff and made a valuable contribution to the excellent facilities offered by the Practice, which otherwise may not have been afforded.

### **Chairperson & Donations required**

We need help to keep it going because our current Chairman is retiring and is looking for a volunteer to take over. It is not an onerous role. It mainly involves liaising with the Medical Staff and deciding how the funds are spent to meet any needs the Practice may have to maintain and improve its services. Any other volunteers who might be willing to help raise funds would also be welcome.

We need to continue gathering funds for future requirements, whether through one-off donations or monthly subscription. If you are able to make a contribution it would be gratefully received and we can supply details of how this can be done.

**Please contact Bob Hutton, Chairman on 01243 673626  
for more information on the Chairperson role, helping or making a donation.**

## PATIENT INFORMATION CENTRE (PIC)



We are delighted to be open again after our unexpected drenching! We owe huge thanks to staff at the Medical Centre who acted so quickly to save most of our stock when the water started to pour in.

We would also like to thank the Citizens Advice and The Alzheimer's Society as both organisations continued their events at the Medical Centre despite our disarray and in consequence many patients have benefited from their help.

Despite our wonderful space in the reception area we still do not have enough space to display all the information we hold. To overcome this, we run a 'focus' that changes every two months.

The focus subjects for the next few months will be:

<b>Mar</b>	<b>Alzheimer's and Dementia</b>
<b>Apr/May</b>	<b>Arthritis</b>
<b>Jun/July</b>	<b>Skin, Allergies, Lung conditions</b>
<b>Aug/Sept</b>	<b>Men's Health</b>

PIC is open to Patients whenever the Medical Centre is open and staffed  
Monday - Friday, 9.30 am - 11.30 am. All enquiries are dealt with in the strictest confidence.

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### COFFEE MORNINGS WITH



Will be held at Witterings Medical Centre  
On the **first Wednesday of every month**

Starting on Wednesday 1<sup>st</sup> May 2019

**10.00 am – 11:30 am**

Please drop in and see us for a chat and support

## HAVE YOU BEEN VACCINATED AGAINST....



### .... SHINGLES

SHINGLES is caused by the same virus as Chickenpox. Anyone can develop Shingles because most people have had Chickenpox (even if they don't remember having it). It can be very painful and tends to affect people more commonly as they get older. You are eligible for vaccination as follows:

- **Age 70 – 75**
- **Age 76 (depending on birth date)**
- **Age 78 & 79**

### or .... PNEUMONIA?

People who should have the PNEUMOCOCCAL VACCINE are as follows:

- **Babies – though this is usually done as part of childhood vaccination**
- **People over the age of 65**
- **Anyone with a health condition that increases their risk of pneumonia**
- **Anyone at occupational risk, such as welders.**

**To book a vaccination, ring Reception for an appointment.**