



WITTERINGS MEDICAL CENTRE
PATIENT PARTICIPATION GROUP

NEWSLETTER



SUMMER 2022

Dear All,

I think it's fair to say we have had a really good summer this year, but whilst many will have been enjoying the outdoors, those with gardens will have been kept busy watering the plants. Fortunately, unlike some areas, we have had no hosepipe ban as yet but we do now need some rain to replenish the water stocks and get our lawns back to a lush green.

In this Newsletter, there are details about the forthcoming Flu and Covid booster vaccinations, news about an improved telephone system, how to check whether you have high blood pressure, a local meet up for carers and a feature on a Chichester Day Care Centre. Also, welcome news about three more clinicians who are joining the Medical Centre and how you can support Dr Bhatt's herculean effort to raise funds for Prostate Cancer by cycling from Land's End to John O'Groats.

I hope you enjoy the rest of this summer and trust you will be able to surmount the challenges which appear to be facing a lot of us as we head through autumn to the winter months.

Clive Barrington
CHAIRMAN



Message from Dr Kieran Tunnicliffe (Senior Partner)

Dear all,

I hope you have been enjoying the glorious weather we've been experiencing over recent weeks and the opportunity to spend time with family and friends with little in the way of social distancing and travel restrictions?

I am pleased to be able to introduce three new clinicians to the team over the summer. We are fortunate to have two new doctors and an experienced paramedic practitioner commencing over coming weeks and you will find their details in the Staff News section below. We are sure they will all make a valuable contribution to the care we provide and I hope they will be welcomed by you all.

As a training Practice we are also fortunate to have two GP trainees and a Foundation Doctor working at the Practice. All are seeing and treating patients as part of their training programme.

With best wishes
Dr Kieran Tunnicliffe



Flu and Pneumococcal vaccinations will commence this Autumn. Patients will be invited to an appointment either by text or by telephone. Those that are eligible for both Pneumococcal and Flu will be informed and both vaccines will be administered at the appointment.

Clinics are expected to start on Saturday 17th September. From Tuesday 6th September appointments can be booked over the phone after 11 am, through the NHS App, or via Systmonline access.



Covid Booster vaccinations are being delivered through the National Booking service and **not at the Surgery**. The dual vaccine “Spikevax bivalent Original/Omicron” will be used - designed to tackle both the original Covid virus and Omicron variant.

Starting during the week of 5th September, NHS staff will begin vaccinating care home residents and people who are housebound. The National Booking Service will also open that week ahead of the wider rollout, due to start on the 12th September, with the NHS inviting those who are most susceptible to serious illness from COVID-19 and those aged 75 and over to book an appointment from that week. As with previous campaigns, the oldest and most vulnerable will be called forward first, with people able to book in online or through 119 as long as it has been three months since their last dose. Further details can be found at the link below:

[NHS England » NHS to roll out variant busting booster jab from September ahead of winter](#)

**PLEASE DO NOT CALL THE SURGERY ABOUT COVID VACCINATIONS.
YOU WILL BE CONTACTED WHEN IT IS YOUR TURN.**



New Telephone System

A new telephone system called Surgery Connect is planned to be installed at the Medical Centre over the next few months. This will give more options for callers and should give much improved communication with the Medical Centre.

One of the main features is that there will be an optional call back facility to save callers' time holding on. Others include the ability for patients to self-manage their appointments, so they can check, book and cancel appointments using speech recognition, cutting the need to talk to practice staff directly. Text confirmation will automatically send appointment details to mobile callers and a Confirm and Remind function will automatically alert patients to the details of their appointment, helping to cut down on missed appointments. Also, call handlers will be able to see callers' medical records, so this will save time.



High blood pressure, or hypertension, rarely has noticeable symptoms. But if untreated, it increases your risk of serious problems such as heart attacks and strokes. Around a third of adults in the UK have high blood pressure, although many will not realise it.

If you take your blood pressure, either by using the machine in reception at the surgery or a blood pressure monitor at home, you can submit and check your readings by going to the NHS link below and a chart will show you whether you are at risk and, if necessary, what action you should take.

[High blood pressure \(hypertension\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Patients that have submitted a high Blood pressure reading within the past 12 months are being proactively contacted and any that are considered high will be passed to the care coordinator and they may be invited to participate in a 7-day monitoring programme.

All the local pharmacies are also offering this service. Please arrange to have your Blood pressure checked regularly as early detection of High or low Blood pressure could be easily be managed.



Coffee & Chat

Meet up at the Caring Café Carers Group in East Wittering

An informal group for carers to come together, have a chat and a cuppa!
A Carer Wellbeing Worker will be available for support and can help you manage your caring role.
No need to book – just come along for peer support and meet other carers.

Meeting dates are on a Thursday

1st September, 6th October, 3rd November, 1st December 2022

between 2.30 pm – 4,00 pm

at Calamity's Café, 11 The Parade, East Wittering PO20 8BN

To find out more

Call 0300 028 8888

Email info@carerssupport.org.uk

Web www.carerssupport.org.uk

A unique day care charity at Madgwick Lane, Chichester



Terry's Place is the legacy of the founding benefactor, Terry Senn, who helped establish the charity. His generosity has helped visitors and their carers to take a break and receive the support and advice and enjoy a wide range of activities that enabled Terry to live his later years as he wanted to. It provides a sanctuary for family and friend carers needing a break, or loved ones who are lonely or isolated, requiring a bit of social and emotional stimulation and support from the highly experienced care team.

**If you are caring for a loved one and need a break for the day,
you can find out more by calling
01 243 682060 or visit the website www.terrysplace.org
to see the full range of activities and facilities.**

STAFF NEWS



Dr Manoj Bhatt is taking to his bike this time and is hoping to raise £2,200 for 'Prostate UK' by cycling from Land's End to John O'Groats!

Starting on 10th September he will be covering 980 miles in 9 days. Over 100 miles a day - almost twice the ascent of Everest! He says it's certainly the toughest cycle ride he has undertaken to date and would greatly appreciate your help in raising money for this great cause.

Prostate Cancer is the most commonly diagnosed cancer in the UK. One in eight men will be diagnosed with prostate cancer in their lifetime. 'Prostate UK' provides vital support to individuals and families of people with prostate cancer and funds research into better ways to diagnose Prostate Cancer, so it can be diagnosed earlier and more accurately.

So far, he has raised £1,800 - so please donate, if you can, to help meet his target
<https://www.justgiving.com/fundraising/ironmanni>



Dr Laura Jansz

Dr Laura Jansz started at the Medical Centre on 22nd August and is delighted to have joined the Witterings Medical Team. She knows the area well, having grown up locally. She qualified in 2016 from the University of Leicester and came back to the area to complete her GP Specialty training. Her personal interests include a love of Art and enjoying coastal walks. She is looking forward to getting to know the Wittering's local community.

Dr Katie Conway



Dr Katie Conway will be starting on 1st September. Originally from Kent, she did her first degree in Physiological Sciences BSc at the University of Bristol, then carried out her Medical degree at Barts and The London School of Medicine and Dentistry, qualifying in 2017. She undertook her Foundation Training at Dorset County Hospital and thoroughly enjoyed rural life on the Dorset Coast. She participated in a Public Health Fellowship project looking at the benefits that outdoor exercise and activities can have on physical, mental and social wellbeing within communities. She completed her GP training in Chichester this year and loves the area, so recently put down roots with her partner renovating a house. In her spare time, she likes getting out into the local coast or countryside, playing tennis or enjoying what Chichester City centre has to offer.

Sean France – Paramedic Practitioner



Sean France will be starting at the Medical Centre on Monday 12th September. A highly qualified health Practitioner bringing a wealth of experience and knowledge to his role as an Advanced Clinical Practitioner (ACP) working alongside our GPs supporting our multi-disciplinary approach to health care. Sean is dual qualified as both an advanced Nurse and Paramedic Practitioner and until recently served in the Royal Navy as a Lt Commander, Staff Officer Medical Force Generation.

MEDICAL CENTRE ACTIVITY

The table below shows the number of appointments carried out during the last three months. It is very distressing to see the numbers for patients who have not attended appointments have risen sharply again, thus denying others when appointments are often in short supply.

If you can't make an appointment, please notify the surgery on 01243 671883

2021/22	May	June	July	TOTAL
Total Number of Appointments	4402	4378	5031	13811
Did Not Attend/Answer Triage Call	86	90	67	238
Av. Prescriptions generated daily	561	375	578	505