



## LONG STANDING SERVICE TO THE COMMUNITY AWARD WON BY NORMAN HEWELL



Applause filled Horsham's Capital Theatre as local heroes and organisations received recognition for their outstanding contributions to the community. More than 20 deserving winners were presented with awards at the West Sussex County Times Community Awards Ceremony.

The Friends of Park Surgery were absolutely delighted that our fellow Committee Member, Norman Hewell, won the Long-standing Service to the Community Award. He has been a stalwart of the Committee for many years but that is only one of many voluntary roles to which Norman has devoted a large part of his life.

Norman will be celebrating his 80th birthday too this month, so our hearty congratulations go out to him together with our admiration for all that he has done, not only for the Friends of Park Surgery, but also for the wider community.

## RECENT FOPS PURCHASES

During the past few months and with the support of donations by FOPS members, the practice has purchased two emergency trolleys, one for each clinical floor, that are fitted out with resuscitation equipment, a defibrillator, an oxygen cylinder, intubation tubes and all drugs necessary to deal with a heart attack, asthma attack or anaphylactic shock. The trolleys alone cost £400 each. In addition we have bought a 24 hour ECG machine (£1,900) and 10 Oximeters (£830) which monitor a patient's blood oxygen level. FOPS also funds emergency transport when patients have no other means of getting to the surgery if they do not have friends or family to help. FOPS funded a mail shot to all patients advising them of changes within the practice during the year. We feel such general communication is vital to help keep our patients informed of changes within the practice and are grateful to FOPS for their support with this.

Our most recent purchase was an additional self-check in screen which has been installed on the ground floor, so we now have three, one for each waiting area. About 70% of patients use the self-check in screens, reducing waiting time at reception considerably. We hope everyone enjoys the bold blue walls where the screens are located – these have added a real splash of colour to the surgery.

## **Cancer – Never Going to Happen to Me!**

### **An open meeting for members and non-members of FOPS**

**Come along and hear Catherine Scott from Public Health talk on the various screening services available plus presentations on Bowel, Breast and Prostate Cancer by the Partners of Park Surgery.**

**Tuesday 29 November 2011 at The Normandy Centre, Denne Road.  
Doors Open at 7.00 pm. Presentations from 7.30 pm.**

**Please telephone the surgery to book a place. 0844 815 15 11**

**Free Refreshments**

## **FUNDRAISING**

Friends of Park Surgery raise money for the benefit of the patients of the Surgery in a variety of ways including coffee mornings including the popular raffle, the monthly Prize Draw club, book and bric-a-brac sales and donations for prints of scans of babies.

Another way the Friends of Park Surgery could help with the fundraising would be to include a legacy to "Friends of Park Surgery" in their Wills. Any funds will be spent on vital equipment or services for the benefit of all the patients at Park Surgery. The Friends have a separate bank account into which all legacies are paid. All legacies can be dedicated in favour of a particular loved one and a wish expressed about how the money is spent. Every legacy is very gratefully received and you can be sure the money will be used to improve the lives of the patients of the Surgery.

Did you know that while three quarters of the UK population support a charity in their lifetime, only seven per cent leave a charitable gift in their Will? There is a nationwide campaign running to bring leaving a legacy to everyone's attention and hopefully to increase the number of legacies left to good causes. Please contact Paula Salerno, Practice Manager, if you need any more information about leaving a legacy to the Friends of Park Surgery as we can supply suggested wording for use in the preparation of Wills or when adding a legacy to an existing Will by Codicil.

On behalf of the Doctors at Park Surgery, Simon Dean said "We are extremely grateful to the Friends of Park Surgery for all they do for the patients of the surgery. We are currently hoping the Friends will be able to help us with the cost of buying a 7 day ECG monitor which potentially will be of great benefit to many of our patients".

## **COFFEE MORNING**

**The next Coffee Morning will be held at the Horsham Unitarian Church on Saturday 26 November from 10 am to 12.00. Homemade Cakes and a Fantastic Raffle!**



## **NEW ONE STOP SHOP FOR THE HORSHAM DISTRICT!**

Get free information and support on improving your wellbeing, including:

<b>Alcohol, Smoking, Drugs</b>	<b>Healthy Eating</b>	<b>Healthy Home</b>
<b>Healthy Mind</b>	<b>Being Active</b>	<b>Being Social</b>

**Horsham District Wellbeing** is a free, friendly and impartial service for people to find out more and get support on things like getting themselves or their family fitter, doing some regular exercise, dealing with stress, loneliness or isolation, kicking a habit or simply improving your general wellbeing. As well as visiting [www.horshamdistrictwellbeing.org.uk](http://www.horshamdistrictwellbeing.org.uk) for information, people can contact Horsham District Wellbeing by phone on 01403 215111, where friendly advisors will discuss the support and options available to them. They can also email [info@horshamdistrictwellbeing.org.uk](mailto:info@horshamdistrictwellbeing.org.uk).

### **'FLU VACCINATIONS**

**It's not too late to book your flu vaccination – contact the surgery now.**  
**Just turned 65? then you are automatically entitled to the vaccination, and also if you are a carer (not necessarily a live-in carer) or have a chronic respiratory disease, heart condition or diabetes. Contact the surgery now.**

### **Friends of Park Surgery Monthly Draw!!**

A monthly draw, for members only, is available for a subscription of £12 a year with prizes of £75, £35 and £15 and the odds of winning are extremely favorable. Spaces in the draw have to be limited but some have become available recently – if you would like to take up this opportunity please contact Ian and Chris Mogford via the Surgery or email [friendsof.parksurgery@nhs.net](mailto:friendsof.parksurgery@nhs.net) and we will pass your details on to them.

### **ADVANCE NOTICE OF THE ANNUAL GENERAL MEETING**

**The AGM will take place on Tuesday 20 March 2012 at the Normandy Centre in Denne Road. Doors open at 7.00 pm. The AGM will be followed by Presentations from a Dementia Consultant and Representatives from the Alzheimers Society and Crossroads. Please phone the surgery to book a space. 7.00 pm for 7.30 pm**

## Claim your **Free** Hearing Assessment at Amplifon Now

Vincent Howard, has recently taken up the position of Hearing Aid Audiologist at the local Amplifon branch in Horsham. Book your FREE hearing assessment with him today and you'll receive:

FREE in-depth hearing assessment  
 FREE demonstration  
 FREE expert advice and information  
 FREE 5-star cleaning and servicing  
 A friendly relaxed environment

Call **0845 241 2629**  
**Amplifon**, 5 Shelly Road, Bishopric, Horsham.

## PARK SURGERY WEBSITE

If you haven't looked at the surgery website lately, please log on to [www.parksurgery.com](http://www.parksurgery.com)

**You can fill in the joining form for our Patient Reference Group on line, keep up to date with general practice information and order repeat prescriptions on line, through a secure link.**

**An online survey that we hope you will complete has also just been added.**

## DRAW WINNERS

### Private Members Draw July to October 2011

#### July 2011

**Mrs D Davidson (14) £75; Mrs R Milan (5) £35; Mrs P Carmichael (66) £15.**

#### August 2011

**Mr G Chart (74) £75; Mrs S Sturt (72) £35; Mrs E Heasman (92) £15.**

#### September 2011

**Mrs D Partlett (39) £75; Mrs E Case (55) £35; Mrs D Coburn (226) £15.**

#### October 2011

**Mr W Copeland (12) £75; Dr I Mogford (182) £35; Mrs M Dunkerton (175) £15.**