



Park Practice, 9 Broadwater Way,
Eastbourne, East Sussex, BN22 9PQ
Tel: 01323 502200
Email: admin.parkpractice@nhs.net
Website: www.parkpractice.co.uk



NEWSLETTER SUMMER 2025

Welcome to the Summer edition of our Newsletter! As we enjoy the warmer weather and longer days, it's a great time to think ahead to the autumn season, especially with flu season approaching. Our flu clinics will be starting soon, and we encourage all eligible patients to book their vaccinations—getting your flu jab is one of the best ways to protect yourself and those around you from serious illness. We have already purchased our flu vaccine stock in advance to ensure timely availability for our patients, so by attending our clinics, you will not only be protecting your health but also supporting your local NHS service.

We are also pleased to announce that our extended access services are moving to the Hillbrow Centre, providing appointment options for evenings and weekends, in newly refurbished surroundings. As always, we are here to support your health all year round.

Dr Martin Writer

Consultation Notes

Some of our clinicians may be using an NHS-approved AI transcribing tool to listen to your consultation which helps us to create appropriate notes. This information is NOT stored on the tool or externally.

If you wish to opt out of the use of the tool for your consultation, please tell the clinician at the time of your appointment.

Do You Have a New Musculoskeletal Problem?

There are two options for you:-



Firstly, we have two First Contact MSK Practitioners, Matt Daly and Victor Oluwalomola, who both have a weekly clinic. If you have a NEW musculoskeletal problem, they will be able to assess you, diagnose the problem and provide self-management advice on how you can improve the situation.

They can also arrange x-rays, ultrasounds or MRI scans if appropriate. They are unable to prescribe medication.

Please ask our receptionists if you would like to make an appointment with one of them. There is no need to see a GP first.

Or you can self-refer to physiotherapy

Do you have a problem which is affecting your bones, joints or muscles? East Sussex MSK offers a self-referral service for physiotherapy meaning you do not need to see your GP or clinician first.

If you are aged 16 or over, you can find out more and refer yourself here:-

<https://eastsussexmsk.nhs.uk/gethelp/>



Why has Extended Access moved to Hillbrow?

The Extended Access Service has now moved to Hillbrow Health and Wellbeing at 1 Denton Road in Meads, Eastbourne.

We understand this is likely further to travel for most patients, but unfortunately, continuing the service at the Hampden Park Surgery was no longer viable for South Downs Health and Care (SDHC).

On the positive side, this move will allow SDHC to offer more appointment capacity, both during the day and in the evenings, and also now supports the training of new GPs in Eastbourne – helping to strengthen local primary care for the future.

More information can be found here: <https://www.sdhc.org.uk/contact>.



Have you had a Private Diagnosis of ADHD?

If you have been diagnosed with ADHD by a *private specialist* and been prescribed medication for this, Park Practice will not continue to prescribe the medication on the NHS for you. The responsibility for prescribing your ADHD medication lies with the specialist service where you received your initial diagnosis and you will need to pay for this medication yourself.

If you wish to receive NHS funded treatment following a privately funded diagnosis, you will need to be assessed and diagnosed by an NHS funded service, once you have reached the top of their waiting list. Please speak to one of our clinicians who can make the necessary NHS referral for you.

Please be aware that an NHS clinician can not be compelled to accept a diagnosis made following a privately funded assessment and may disagree with the diagnosis you have been given.

We are sorry for any disappointment this may cause.

Flu Vaccination Clinics

We will be starting our flu vaccination clinics from the 1st of October 2025, including Saturday 4th of October 2025 at Park Practice.

To be eligible for a flu vaccination you must be:-

- Aged 65 years and over.
- Patients aged 50-64 years in clinical risk groups (including people with certain health conditions and those with weakened immune systems).
- Children aged 2 and 3 years, on 31st of August 2025 (born on or after 1st September 2021 and on or before 31st of August 2023).
- Pregnant women at any stage of pregnancy.
- Frontline health and social care workers.
- All school children from reception class to year 11 (inclusive). *Schools will be in contact with parents to arrange vaccinations through the school immunisation programme, as these are not done at Park Practice.*



- Those in long-stay residential homes.
- Carers (including those in receipt of a carer's allowance or the main carer of an elderly or disabled person).
- Close contacts of immunocompromised individuals.
- Poultry workers or bird handlers.
- People living with someone who has a weakened immune system.

We will contact you if you are eligible for the vaccination

Weight Loss Injections

A new medication called Tirzepatide (brand name Mounjaro) may be available to some patients as part of a national NHS programme to support weight management. Tirzepatide works by helping to regulate blood sugar and reduce appetite. It is given as a weekly injection and may support weight loss alongside other health improvements. Who is eligible?



- People aged 18 or over **and**
- Have a body mass index (BMI) of 40 or higher, **and**
- **Have at least four of the following medical conditions:-**
 - High blood pressure (and taking medication for it).
 - Abnormal cholesterol or triglycerides (or taking treatment for these).
 - Sleep apnoea confirmed by a sleep study.
 - Cardiovascular disease (eg heart attack, stroke, peripheral vascular disease or heart failure).
 - Type 2 diabetes.

If you do not meet this criteria, you are NOT eligible for this medication at this time.

If you qualify for Tirzepatide, the NHS will provide:

- Diet and nutrition support
- Help with physical activity
- Educational support around healthy lifestyle change

If you think you are eligible, please contact our reception staff.

Cervical Screening – What to Expect and Why it Matters

Cervical screening (previously known as a smear test) is a vital part of maintaining your health. It helps prevent cervical cancer by detecting changes to cells in the cervix before they can become harmful. While the idea of attending a screening can sometimes feel daunting, staying up-to-date with your tests can make a real difference in protecting your health.

Why Cervical Screening Matters

Cervical screening isn't a test for cancer itself, but for cell changes that could develop into cancer over time if left untreated. Regular screening means these changes can be caught early when they're most treatable.

Current guidelines recommend that women and people with a cervix aged 25 to 64 attend regular cervical screening appointments when invited. The frequency of screening depends on your age and previous results, but keeping up to date is one of the most effective ways to reduce your risk of cervical cancer.

What to Expect During the Procedure

Understanding what will happen during your screening can help ease anxiety:

- **Before the test:** You'll be invited to a private room where a trained nurse will explain the procedure and answer any questions you have.
- **During the test:** You'll be asked to undress from the waist down and lie on an examination couch, usually with a paper sheet to cover you. The nurse will gently insert a speculum into your vagina to get a clear view of your cervix, and then use a small, soft brush to collect some cells. The whole procedure usually takes just a few minutes.
- **After the test:** Your sample will be sent to a lab, and you'll receive your results by post, usually within a few weeks.

If You Are Worried About Pain or Discomfort

It's completely understandable to feel nervous, especially if you've had uncomfortable experiences in the past or are worried about pain. For some people, cervical screening can be uncomfortable or painful—but there are ways to make the experience easier.

The team at Jo's Cervical Cancer Trust has written an excellent blog addressing this topic: [Sometimes smear tests are painful – but there is support available](#). This article offers practical advice on managing pain, what adjustments you can ask for, and ways to feel more in control during your appointment.

We are here to support you

If you have any concerns, want to talk through the procedure, or simply need reassurance before booking your appointment, our nursing team is here to help.

We are more than happy to answer any questions or discuss any anxieties you may have over the phone before your screening.

Remember—cervical screening saves lives. Taking that small step to attend your appointment could make a big difference to your future health.

Monthly Figures

Thank you to all of the patients who have used the appointment reminder link to cancel their appointment. This enables us to offer appointments to other patients, who need to be seen.

If you pre-book an appointment but then phone up for a sooner appointment for the same condition, please remember to cancel the pre-booked one.

The number of patients who did not attend their appointment at Park Practice were:-

- ❖ April 2025 - 177 patients
- ❖ May 2025 - 175 patients
- ❖ June 2025 - 191 patients

**** Please can we remind those who do not need their appointments, to let us know, as these can be offered to others ****

Patient feedback – we listen

We welcome all your comments, both positive and constructive, as this helps us to improve our services to you.

April 2025 – 97% patients said we were very good/good.

May 2025 - 97% patients said we were very good/good.

June 2025 - 98% patients said we were very good/good.



Some positive comments:-

"Prompt appointment time keeping. Opportunity to ask questions. Pleasant staff".

"Everyone is always so friendly and helpful".

"Always excellent care".

"Ring back call for appointments is excellent".

Some constructive comments:-

"Maybe allow to book an appointment through the NHS app instead of calling".

We completely understand that booking appointments through the NHS App would be more convenient. At the moment, we are only able to offer online booking for certain types of appointments — specifically those that do not require admin or clinical triage beforehand.

This is because some appointments need to be matched carefully to the right clinician or service. In the past, online booking has unfortunately led to patients being booked into the wrong type of appointment — including with clinicians who are not trained to undertake the procedure needed. This has caused delays, disappointment, and frustration for everyone involved.

We are actively reviewing how we use the NHS App, and as systems improve, we hope to safely expand online booking to include more appointment types in the future.

"My appointment was for 9 am, I arrived at 8.50 am. Disappointingly, I was not seen until almost 10 am".

Some appointments do over-run, due to medical emergencies, which are unforeseeable. If you have been waiting for more than 20 minutes, please speak to our reception team, who will be able to advise you accordingly.

Looking at Ways to Improve Access to Care

We are always actively exploring ways to improve patient access to our services. As part of this, we will be reviewing a range of triage systems over the coming months.

This will help us understand whether introducing a triage system could support more timely and effective care for all our patients.

We aim to consider potential changes later in the year and will keep patients informed throughout the process.

Summer Bank Holiday Closure

Please note we will be closed on Monday 25th of August 2025.

Whilst we are closed, if you have a medical emergency, please call 111 and they can direct you to the best place to get help. **Only** attend Accident & Emergency if you have a life-threatening emergency or serious injury.