

**ALL our appointments are in house where the
Doctors Know You And You Know Them.**

We ensure that all children under the age of 10 years are seen within the same day and where possible within 2 hours.

RETIREMENT

After being with us for over 10 years, we are very sad to announce Dr Lindsay's retirement from the practice. He will be leaving us on 31st July 2017. He has dedicated 40 years to the NHS and Primary Care and he will be greatly missed by patients and practice alike. We would like to take this opportunity to thank him for all his hard work and true dedication over the years and especially during his time with our practice.



We are sure that we speak for all our patients in wishing him a very happy retirement and all the best for future plans.

Help your NHS by buying your own painkillers—Paracetamol and Ibuprofen

Last year GPs in Leeds spent over £2 million on prescriptions for paracetamol and ibuprofen. It costs the NHS four times as much as to issue a prescription than it does for you to buy them yourself. This money could be spent on other treatments such as to help prevent stroke in over 2500 people a year.

Health Factoid— Being optimistic can save your life

We all know that thinking positively can have a great impact on your happiness, however research has also revealed that being an optimist can help you live longer. The *European Heart Journal* reveal that optimistic people are less likely to suffer from heart disease, while researchers at Duke University Medical Center found that heart patients who were more optimistic about their treatment lived longer than those who were not.

If you require medical advice out of hours you can call 111 or if you need an ambulance you can still call 999.



NEW ARRIVAL

We are pleased to announce Dr Helen Lawton has had a baby boy in February 2017 and have named him George. Both mum and baby are doing very well. Dr Lawton will be returning to the practice in October 2017.

Local Rate Telephone Number : 0113 3911950

We are looking for patients who are interested in helping form the future of the NHS and Primary Care through our **Patient Reference Group**. If you would like to know more about this—please ask reception for a application form.

Any Suggestions?? We are always looking for ways we can improve as a practice. If you think there is something we can get better at or improve on we are happy to hear from you.

Please ask at reception for a 'Suggestions' form to complete and hand in.

Be S.M.A.R.T—Stay Sun Safe

Skin cancer is the most common form of cancer in the UK, and rates continue to rise. At least 100,000 new cases are now diagnosed each year, and the disease kills over 2,500 people each year in the UK - that's seven people every day.

There are three types of skin cancer: malignant melanoma, squamous cell carcinoma (SCC) and basal cell carcinoma (BCC). UV exposure is the main preventable cause of skin cancer, so here are a few tips on how to stay safe in the sun:

Clothing- Clothing should always be your first line of defence against damage from the sun, with sunscreen being used in addition to clothes, including a hat, t-shirt and UV protective sunglasses.

Find the right sunscreen- Use a sunscreen of SPF30 (SPF stands for 'Sun Protection Factor') and refers to the level of protection against UVB radiation, linked to skin cancer. Look for a four or ideally five star UVA rating on the bottle which will help protect from UVA radiation, associated with skin ageing. You may also find that the UVA rating is represented by the letters 'UVA' inside a circle. Keep babies and toddlers should be kept out of direct sunlight.

Get your timing right - Skin needs time to absorb sunscreen, so apply generously about 20 to 30 minutes before going out. Reapply frequently at least every two hours, as it can come off when sweating or through rubbing.

Seek shelter!- The sun tends to be strongest in the middle of the day, so find some shade typically between 11am and 3pm, especially if you are very fair skinned. Just 10 minutes of strong sunshine is all it takes to burn pale skin.

Information from British Skin Foundation—www.britishskinfoundation.org.uk

HEALTH CARE ASSISTANT

We are pleased to announce we have a Health Care Assistant—Tracy Quiney who has joined our practice. Tracy has over 8 years experience and will be working along side Sally. We are sure you will enjoy getting to know Tracy over the next coming weeks and months.

Health Factoid— An hour's sleep could make you happier than £45,000

What would it take to make you happier? A better job? A larger salary? Well, according to a US study by psychologist Daniel Kahneman and his colleagues, an increase in household income actually has little effect on your daily mood. In fact, the study suggests that getting one extra hour of sleep each night does more for your daily happiness than a £45,000 raise!



Do you feel low, anxious or depressed? Lonely and isolated?

Would you like to feel more healthy?

Please contact Connect Well—
0113 336 7612

connectwell@commlinks.co.uk

To access this free service.