

# Aireborough Family Practice

[www.aireboroughfamilypractice.nhs.uk](http://www.aireboroughfamilypractice.nhs.uk)

## Welcome to the third edition of our practice newsletter.

We were all delighted when Sister Kate Bradley and Sister Sally Howarth agreed to join the practice to form a new practice nurse team. Both Kate and Sally have considerable expertise and experience in a wide variety of nursing including Primary Care and have been made welcome and appreciated by all the patients who have met them. They bring with them enthusiasm for new ideas and we look forward to developing with them improved care within the challenges that 2013 changes will present to the practice.

### Patient Participation Group. Next Patient Group meeting 23rd May 2013 at 7 pm

The next PPG meeting will be on 23rd May 2013 at 7:00pm here at the surgery.

We would like to invite patients to

come along to this friendly and informal group to assist the practice to make improvements, whether these be small or large, to the practice.

We want your help in assisting us in becoming better at what we do!

So if you are interested in coming along, please let reception know.



**JABS AREN'T JUST FOR JUNIORS** Unfortunately, during the 1980's and 90's childhood immunisations had a lot of bad press. As a result many young adults have been left vulnerable to childhood diseases which were almost unheard of—Measles, Mumps, Rubella, Whooping Cough and Meningitis C. Recently we have seen in the news young people becoming seriously ill and even dying as a result of not being immunised. Please check with reception what your immunisation status is. If you are a young adult who is not safe from these childhood illnesses we can arrange for you to have the necessary vaccinations ASAP.

**BE WISE - IMMUNISE NOW!**

### HEALTH CHECKS FOR OVER 40's

If you are 40+ we are offering a free health check book an appointment with one of our practice nurses, which incorporates checking for heart disease and diabetes. Please see reception for further details and for booking an appointment.

**FOUNDATION YEAR DOCTORS.** Many thanks for making Dr Simon Lam and Dr Michelle Everitt so welcome. Simon is shortly to begin training in anaesthetics and Michelle is to start training for general practice. Dr Salina Jain has joined us to complete her foundation year training and has already met many patients and has become a useful member of our team!

**Heath Factoid**—Did you know humans shed about 600,000 particles of skin every hour. That works out to about 1.5 pounds each year, so the average person will lose around 105 pounds of skin by age 70!!!

**Medical Students** We have medical students at the practice and usually they are sat in consultations with the doctors. If you do not want to have a student present, please let reception know when you arrive and they will inform the doctor before you go in.

### Opening Times - Surgery and Clinic

#### Opening times:

**Monday: 8:00am—6:30pm**

**Tuesday: 7:30am—6:30pm**

**Wednesday: 8:00am—7:30pm**

**Thursday: 8:00am—6:30pm**

**Friday: 8:00am—6:30pm**

#### Clinic times:

**Monday: 8:10am—6:10pm**

**Tuesday: 7:40am—5:50pm**

**Wednesday: 8:30am—6:50pm**

**Thursday: 8:30am—5:50pm**

**Friday: 8:00am—5:50pm**

## Local Non-Urgent Telephone Number : 0113 3911950

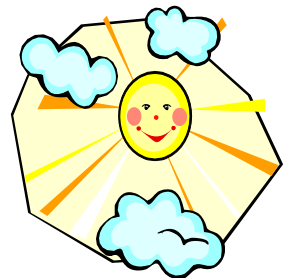


We appreciate that life is very hectic and we are all busy with day to day activities. So as a way to help you remember your appointment time we have a new service. We send an alert text message reminder to your mobile the day before your appointment. If you wish to benefit from the excellent service, please see reception to ensure we have your up-to-date mobile number.

## Be S.M.A.R.T— Stay Sun Safe!

In 2006, more than 90,000 people were diagnosed with skin cancer in the UK. More than 10,000 of these were malignant melanoma, the most serious type of skin cancer. Each year, around 2,600 people die from skin cancer. Skin cancers are caused by damage from the sun's ultraviolet (UV) rays. Protecting the skin from the sun can help prevent these cancers. Sun damage doesn't just happen when you're on holiday in the sun. It can happen when you're not expecting it, for example when you go for a walk or sit in your garden. Be S.M.A.R.T stay Sun Safe -

- Spend time in the shade between 11am and 3pm.
- **M**ake sure you never burn.
- **A**im to cover up with a T-shirt, hat and sunglasses.
- **R**emember to take extra care with children.
- Then use factor 15+ sunscreen



Remember to report mole changes or unusual skin growths to your GP. Always take special care of children's skin. The best way to do this is to cover them up and keep them in the shade.

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

**111—Out of Hours number.** If any of you have recently called the Out of Hours service—you will have noted that you have dialled the new number of '111'. This service went 'live' on 5th March 2013 and has replaced NHS Direct. When you call 111 you are put through to a triage service who will ask you quite a lot of questions—some of which may not be relevant to your problem—who will then pass the details of your call to the appropriate service. If you have experienced any problems with the 111 number, please let us know, preferably in writing, and we will ensure that these passed on to the relevant bodies.

**Health factoid—**The air from a human sneeze can travel at speeds of 100 miles per hour or more -- another good reason to cover your nose and mouth when you sneeze!

**EDUCATION ,EDUCATION, EDUCATION** A few surgeries each year are cancelled so that doctors of the practice can take part in teaching and observing students and young doctors in training. This work is essential for the future of our NHS and it benefits the patients by keeping the doctors up to date—you can not teach or examine on what you don't know about!!

**Repeat Prescriptions .** As the reception desk is extremely busy we are only able to take requests for repeat prescriptions between 11:30am—3:00pm and these will be ready to collect after 1:00pm the following day.